

The Role of Naturopathy in Children' Health

Dr. Kevin Passero, N.D.

Many parents are often in a position where they have to consider what is the best medical decisions for their child. Breast feed or bottle feed? Vaccinate now or wait? Use antibiotics or wait the sickness out? Medicate for ADD or not?

With the advice and guidance of your pediatrician the best decision for your child's health is usually made. But have you ever wondered if there is an alternative to the standard options given to you by your child's doctor.

Naturopathic medicine can offer you safe, viable options. With the proper guidance from a qualified Naturopathic Doctor you can safely explore some of these options and understand how they may benefit your child's health in both the short and long term.

Common pediatric conditions like allergies, asthma, depression, anxiety, ADD, recurrent infections and developmental delays, can all be effectively supported with natural therapies. However, it is important to understand the role that Naturopathy can play in your child's health. Your child's pediatrician will still play a primary role in the care of your child. When emergency situations arise, diagnostic tests are needed or when prescription medications must be utilized, your relationship with your child's pediatrician will be very important.

However if you are interested in managing a variety of your child's health concerns, like ear and sinus infections for example, without the use of anti-biotics, a Naturopathic Doctor can help you decide if your child is a good candidate for alternative therapies. The use of herbs, homeopathy, vitamins or supplements can be just as effective as drugs for addressing various health issues without the chances of negative side effects. In addition, because they work to support the natural ability of the body to resist things like infection children managed with natural therapies can have stronger immune systems and are less likely to suffer from recurrent infections. Restoring vitality and balance back to a child's health is very important for their future health. Suppressing a disease or condition at a young age will likely predispose a child to imbalances in the future.

If parents are curious about natural therapies, but are not ready to completely abandon conventional treatment, Naturopathy can still play a vital role. Parents often observe that although a child is being medicated for a particular condition, they are still not symptom free. In this case, using natural therapies under the guidance of a Naturopathic Doctor can often bring symptoms completely under control. It is important to make sure that the Naturopathic Doctor you are working with has been trained in pharmacology so they understand potential negative effects that can occur between drugs and herbs/vitamins.

Children represent the most vital and dynamic humans in our society. Their bodies are so unadulterated and pure that they possess an amazing healing potential. This healing potential can be easily unlocked with the proper natural therapies. By utilizing the guidance of both your Pediatrician and your Naturopathic Doctor your child can experience the best all of health care has to offer.