

Coughs

A cough is caused by either an irritation on the airways or an attempt to get something out of the throat or chest. It is a sign that the child is trying to remove waste materials from the body, through the airways.

Causes include Change in weather or climate, allergies, exposure to smoke or other environmental toxins, respiratory infections, and disease like: Bronchitis, croup, asthma, whooping cough, bronchiolitis.

A dry cough is usually the way in which respiratory symptoms begin. Over a period of a week the cough usually becomes more productive. This is a good sign, as it means the child is almost finished removing the wastes. One of the best ways to advance the healing of the cough, is to help thin the mucus.

You can do this by keeping the child warm, hydrated, and to stay away from inflammatory mucous producing foods.

Our bodies produce mucus to protect the integrity of the mucous membranes (mouth, nose, sinuses, throat, airways, gut, intestines, skin, vaginal canal) by capturing inflammatory or irritating material before it enters the blood stream. Mucous is also produced to enhance the removal of accumulated cell, tissue, organ, and system waste products.

Increased mucous production occurs when our bodies have been exposed to increasing amounts of irritating/inflammatory materials that make their way into the body.



What to do when your child has a cough:

1. Prop your child up to help with breathing and make sure the room is warm and well ventilated.
2. To further open the airways, run a humidifier with a few drops of eucalyptus oil.
3. Try to avoid dietary allergy triggers.
4. If your child is old enough or will tolerate the idea: a netti pot/saline nose wash will help clear out the sinuses. Most coughs are usually caused by a post-nasal drip. By clearing out the sinuses with the warm salty water, much of the coughing stops.
5. Hot steam baths, chest massage or rubbing vigorously up the back, along the ribs, around the sternum will also help the body to eliminate and clear.
6. Help to keep the bowels open and moving: aloe vera, digestive bitters, cooked apple and pears are great to help with digestion.



Use homeopathic complexes:

1. Dry Barky cough:
A homeopathic blend for dry barked, spasmodic coughs, Croup and whooping cough.
2. Wet productive cough.
A homeopathic blend for a wet productive cough with lots of rattling, loose mucous, Bronchitis, postnasal drips.
3. Muco -draino Complex:
A complex of Homeopathic remedies aimed to support the thinning of mucous.

When to seek professional help:

1. If the cough doesn't resolve or seems to be getting worse after 2 weeks
2. If the child goes blue or pale around the lips and fingernails
3. If the child has difficulty breathing, uses his accessory muscles to assist with breathing (this skin around the neck, ribs will cave in during inhalation).
4. If breathing becomes shallow, laboured, and fast
5. If there is vomiting after coughing