Doctor Mom's Guide: Natural Remedies For Your Child's Back-to-School Health Transcript

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Introduction and Back-to-School Illnesses

Welcome back to ADHD, Autism and Chronic Disease Parenting Summit. I'm here with an amazing naturopathic doctor, one of my favorites, Doctor Elena Rummel, who, is the founder of Med School for moms, one of the, you know, my favorite of all the platforms for for parents who are looking for remedies and thinking about keeping their kids healthy.

So I really appreciate you being here, and I always love chatting with you. Thanks, doctor. Joel, it's so nice to be here. So we're going to do a very action packed, really relevant topic today.

We're going to talk about back to school remedies illnesses. I mean if there's anything that I hear in my office and you hear from your parents, it's, you know, my kids are sick, what can we do?

But let's just start off with a very basic question that, you know, maybe it's a little bit funny, but it's really, you know, very common question, like what is normal for kids in terms of getting sick?

How frequent are they supposed to get sick? And I can say it's a lot more than parents think. It's a okay, perfect question to start. So if you're listening, you may have a second, or you may have a kid who continues to get sick.

And oftentimes it's actually pretty normal. The average for a preschool age child or toddler is anywhere between 8 to 12 illnesses a year. So you can think of that as once a month.

There's another illness, and as your kids get a little bit older, maybe school age to teens, we're looking at 5 to 6 illnesses a year. So that's about every other month.

Now the goal though, and what Doctor Joel and I want to talk about today is how do we speed the healing. Right. How do we make it so that maybe there's a cough, there's a little sniffle, but it only lasts maybe 3 or 4 days versus 10 or 12 days, because then before you know it, you've got maybe a week break and now another illness comes again.

So that's going to be my goal with this, short time that we have together. I'd love to help speed healing with these kiddos. Yeah, I love it. And that's like a perfect intro to this topic because I talked about this all the time too.

You know, I think parents have, expectations that are not realistic for their kids, especially if they're sending them to daycare, preschool or kindergarten.

And, you know, they feel like they should never get sick or they feel like they go to the doctor, and then the doctor should have something magical to make them better.

But that's not the goal. That's not the goal of parenting. Not the goal for me as a practitioner is not to make sure that your kid never gets sick because that's not reasonable.

There are a lot of viruses that kids are going to get. Our goal is to help them to be as resilient as possible so they don't get super sick, but they are going to be sick off and on.

Every, you know, couple of weeks. If they go to daycare for the first time because they're in a room with a bunch of kids and, you know, by nature of daycare, parents need to send those kids to daycare so they can't keep them out for 2 or 3 weeks every time.

So they're just passing stuff around. Absolutely. And in fact, I actually am more concerned if a parent comes to see me and their child never gets sick.

Whatu2019s Normal for Kids Getting Sick

If there's never a cold or a stomach bug or an illness, that means that there may actually be more of an underlying chronic condition going on. I want kids to be sick at least a few times a year now.

They don't need to be sick on average that 12 times a year. Remember, that's just an average number. So they could still be sick year. But the goal is that our kids immune systems are maturing.

They have to be trained. And when they're exposed to a virus or bacteria that they've never been exposed to, which is with all kids. Since kids are fresh in the world, their cells need to be able to adapt.

It's actually called a term called for misuse. Where there's a technical injury to the cells, it could be from an illness, it could be from a toxin, it could be for something in the environment that actually causes more of a resilience to the cell.

Okay. The cells learning the cells, creating antibodies. We should be encouraging this. And as parents we don't want to see our kids suffer. But the great thing is we have so many remedies to help them with their discomfort, to help manage it, and again, to help speed the healing.

So that's what I love to teach the parents. Yeah. And we're going to chat about natural remedies. Now before we get in, I'll give the standard preface that, you know, we always give, which is, you know, if you're ever worried about your child, then it's always reasonable to go get checked, go get seen at the at the doctor.

We're not against modern medicine at all. Sometimes you need a medication. Sometimes you need an antibiotic. That's fine. Most of the time you don't. Most things are, viruses.

And we'll get better on their own. And it's a great opportunity to bring in natural remedies. But of course, if you're ever concerned, go get checked.

But our goal, you know, both of us really are very similar in terms of trying to help teach you how you can support your immune system, how you can support these conditions to help things get better quicker or to do things.

So that way you can kind of bridge that gap over that, that day or two where the symptoms are starting up. It's not that bad. And maybe you can give them that supports their body can heal on its own.

And so you don't need that anti then antibiotic or whatever that medication is. So I guess we'll just start with how can natural medicines help parents.

And when is a good time that you feel like, parents can can use those or turn to that toolbox. Right. So I look at natural medicines is three different actions.

The first one could be is to decrease the intensity of symptoms. So let's say it's earache and the child's having so much pain. Well if you give a correct remedy and I'm happy to show remedies then the intensity is not so bad.

And it actually helps parents feel productive during that waiting period. So as PTA, the American Association of Pediatrics tells us, doctors, you don't really need to give an antibiotic until there's 2 to 3 days of ear pain.

And within those 2 to 3 days of ear pain, if the pain decreases in intensity, that you can actually forego antibiotics altogether. And in fact, 75% of ear infections clear up on its own because the body is so wise and so resilient, and we can clear it up whether it's virus or bacterial.

So give I think it's higher than that. Like sound like 99. I honestly it's like 99%. But the research I've seen it's like 90

or more. Oh my gosh that's incredible.

Thank you for sharing that. I always go by 75%. So thank you for giving me that update because I still think that's a super high number. And I think that again, one of these things about decreasing the intensity of the symptoms is just that, that waiting when a doctor will send you home to say, let's watch, let's wait.

We could be productive during that time. And so something like garlic and muscle and ear drops just as a as a quick fix, an ear oil that we could drop inside the ear.

As long as a child doesn't have ear tubes or a perforated eardrum, which is like a little hole in the ear, we can use that, you know, like what a beautiful therapy that natural medicines can do during that time to help speed healing.

Now, the second thing that I believe natural medicines can do is shorten the duration of the illness.

How Natural Remedies Support Healing

So like I mentioned before, is that if your child's going to get maybe one illness every month, you definitely want them to be as short as possible so that the child has a little bit of a break before potentially the next illness.

If we're on top of natural medicines early in the illness and we give the natural medicines frequently. So there is definitely an art and a science to practice in using natural medicines.

We absolutely see a shortened duration of the illness. And I think that that's so beautiful because this means kids can go back to school sooner. Parents can go back to school sooner, right?

Kids are not as uncomfortable for longer. This is a very, very key thing that if we know how to use natural medicines effectively, if we know how to use them safely, they're beautiful.

And then the other third part of it is to use them as prevention. If we can get our kids on a really good protocol, a daily regimen I call the Daily Essentials for Optimal Wellness, we can actually help prevent illness from starting.

And one next example I like to give is just let's say the flu. If you have 100 people in a room only, let's say maybe 40% of those people will even contract the influenza virus, but 60% of them won't.

Okay, this is a rough number. Why is it that 60% won't, but 40% of those people are susceptible. So this is where we start talking about susceptibility.

It's not just because you're exposed to a virus or bacteria. All of a sudden you're going to get sick. It's those who are susceptible to illness that are going to actually have symptoms and contract that illness.

So we always are looking for, working out susceptibility. And like you say, you use the word resilience and that increasing resilience in a child will help decrease their susceptibility and help to recuperate faster and decrease symptoms.

So natural medicine is so key in working with the child who really we want to build resiliency. So I'm right on my mission. So so right on with your doctor.

So I just love it. Yeah. And that's such a great point. When you brought up about you know, the flu or whichever virus, you know, if you're in a room then obviously that whichever virus it is that's going to affect, you know, how contagious it is and how people are going to get it.

And no matter you know what you do, you could be the healthiest, you know, marathon runner person who eats the healthiest of the world. You can still get sick and you can be completely unhealthy and not get sick.

But I think our goal as practitioners is to get into that middle zone, which is the vast majority of people, and build up

that, you know, resilience or build up that immune system.

So that way you give yourself and your kid to give your kids the best chance to not get sick when you are exposed something because you think about it.

I mean, you walk around outside in or you go anywhere, so you go into a room in the middle of the winter. There's a bunch of people that are sick, there's a bunch of people that are about to get sick, but you don't get sick every single time you go somewhere.

So the question then becomes okay, why why are you getting sick when you do get sick. Why did your kid get sick when they got sick. And sometimes the answer is well they were just exposed to somebody you know for a long time that is sick.

But the other but the most of the other time it's because some other things are happening in your life, whether that means you're stressed out or that means you're not eating very well, whether that means you don't have all the nutrients that you need or whatever, whatever it is.

I mean, there has to be other factors that come into play. Otherwise you just be sick all the time. But but you're not. So I mean that that's where I think it's really interesting.

That's where natural remedies can come in. Because you can, just like you said, you can prevent, you can support, you can help that your body has what it needs when it does get sick, to fight it off faster or so.

That's a beautiful the beautiful zone where we can be helpful. We're not magicians, but we can be helpful. Absolutely. And, you know, we're talking about back to school specifically around this time of year.

And if you think about it, kids are going from playing outside and, you know, sleeping in and having so much fun in their summer break to then going indoors with a lot of kids, you know.

Right. And and it's stressful because it's a change of schedule. They're waking up a little bit earlier. It's very, you know, dictated with it. And so you think about it. Yes.

Kids are getting more sick as this back to school time. But what if we can really help boost their their system with good nutrition and good sleep and, you know, less stress during the summer months and all of those nutrients that we have in play and then bringing that to school, it could be a whole different situation for us parents.

Awesome. So do you want to talk about a couple of specifics? Let's maybe go through some of the the biggies that that parents are going to hear or see all the time with their kids.

We talked about earache a little bit, so maybe we can start with fevers.

Fever Remedies and When to Worry

That's always. A right. Okay. I love talking about fevers because there's a lot of fever phobia out there. Parents get very scared. The first thing I just want to mention with fevers is and again, Doctor Doyle, I know you teach us, but it's not about the number on the thermometer, okay?

Fevers are a good thing. The raising temperature actually helps to kill off viruses of bacteria. They don't like to be in that heated environment. So this is all good things that our body does.

So what we want to just do is focus on more the discomfort of the child, making sure that they feel okay, but not to reduce the fever too much. Another thing is, the biggest thing with fevers is you want to look for accompanying symptoms.

So as doctors ourselves, we don't actually care about the temperature on the thumb thermometer. What we're

going to ask and dig into more is but what other symptoms does your child have to help us rule out anything dangerous?

So let's say that your child just has a fever and there's really nothing going on. And we just want to use natural medicines and safely help them at home.

I love three different remedies, but again, you could choose one. One of them is a homeopathic remedy. What I love about homeopathic it's safe for all ages, from newborns to elderly.

You can use it with other medicines. You can use it alone. One of my top favorites is belladonna. This is for high fevers. That comes suddenly, maybe in the middle of the night.

Your kid's face is red and they're sweating. It's a beautiful remedy and it works within minutes. So you're going to see a reduction. Not completely gone, but just a reduction in the fever.

And then, you know, your child's reacting to that. So I speak about homeopathy first is because it gives you the quickest benefit okay. The second remedy I love, I would consider as a home remedy.

And this is called cold wet socks. And I know, doctor you've heard about this. It's going around now. Social media. I'm so glad it's gotten more publicity because it really works and it can again work for all ages.

And what this does is it really helps boost circulation and lymph flow in the system to really help the body do the work on helping fight okay, and helping bring more immune cells to to the areas that it needs.

So what you would do is you would take a simple cotton pair of socks, you put them in cold water. For older kids, you could put them in ice cold water for younger kids, just regular cold water and the tap wring them out.

Place them on your child's feet, and then you take a pair of wool socks and you put those over the cold, wet the cold wet socks, and you put the kid to bed and you let the body dry.

The wet socks. And what it's going to do is again, push circulation. Blood flow is going to be pumped from the head down to the feet and the feet. It's going to go right back to the head, and it's just going to continue to circulate.

And this is where you get all this immune cells just pumping out and the lymph just getting rid of all the waste. So this speed healing and this is great.

Oftentimes parents will say the kid has a fever at night. But then they wake up and they feel so much better and they're ready to go. It's not just for fevers.

It could be for coughs, for runny noses, even sinus infections. There's so many great reasons why you can use cold, wet socks. And then my third one is an herbal medicine.

Okay, so there's different types of natural medicines. I talked about a homeopathic that's a different natural medicine. Talked about a home remedy that's a natural medicine.

And then there's herbal medicines which are plant medicines that we help extract some of the medicinal qualities. And I actually have two favorites for fevers.

But if I had to choose one, I would just say for a standard medicine cabinet, I want elderberry sirup in anyone's medicine cabinet. And the biggest reason is you don't only use it for symptomatic relief, but you can use it for prevention.

So if, you know, let's say, one of your children came home and they have a fever, you may want to give it to all the other kids and the adults in their in the family to help prevent the spread of that virus.

Now, elderberry is just a berry, so it's very safe and it's it's sweet. So kids love it, which is always very important when it comes to medicines with kids.

We have to make sure they're compliant. And it's specific to being anti viral. And it's about 8 to 9 out of ten. Childhood illnesses are caused by viruses in which antibiotics are not going to do very much or at all.

Only antibiotics are going to help with bacteria. So we want something that's antiviral. And so this elderberry sirup, this medicinal property for me is going to help coat the cells.

So the virus can't penetrate inside and then infect the cells and replicate. So it's something sweet. It's delicious. And I think it's great to have first hand on for a fever, because majority of the time it's just from a virus.

So you can get on top of it soon. So those are my top three that I wanted to share right away. Yeah, those are perfect. And I always talk about, you know, in different branches of a tree or whatever you want to look at it, but like that's exactly what you mentioned.

There's so many different things that you can do. You know, not everyone's into homeopathic. It's not everyone's a verb. So there's different options of things that that you can have in your toolbelt.

Research them and decide what what you're comfortable with and what you can do. But at the end of the day, the the over. The overall goal here is to provide you some more tools.

So that way you don't necessarily have to feel like you're doing nothing. You can support the body. You could do something to help them feel a little bit better.

And then hopefully it's it's giving them, you know, five, ten, 15% improvement and helping them get better a little bit faster. And all of these things have tons of research out there.

I mean, the homeopathic is a whole other world, and we won't get into all the details of it. But a lot of people, you know, have a, you know, strong beliefs in homeopathy and have done it for many years and have shown that.

But certainly things like elderberry, there's a ton of research out there that, you know, it goes, and helps kids in terms of fevers and coughs and viruses, you know, improvements.

It's not magical. Again, it's not magical tools. It's not like you have a cough and that's just like improves it in one day, but maybe it improves by 5% or 10%.

But that's a big deal. So I'm sure we'll, we'll talk about that in, in coughs in a second. But I just want to mention one other thing about fevers. And just a reminder if you're listening this, we're talking about back to school remedies.

So we're talking about school age. Kids are a little bit older. We're not talking about babies here. So babies is a little bit different category for talking about newborns.

And these recommendations don't necessarily go for a newborn because if a newborn has a fever it's a much bigger issue. And that's something you need to get seen right away.

So not necessary. Not for sure. Not the time to do natural remedies if you want to get checked, if it's a one month old or something like that. But we're talking about school aged children.

I just want to make a reminder for people when they're listening. This, you know, we're not necessarily we're not recommending a homeopathic for a baby who gets a fever.

That's someone who needs to get seen. Thank you very much. That's great. I would even say up to eight weeks. If your child has a fever up to eight weeks, you absolutely call your doctor.

Go to the emergency room. That's a lot more concerning. But really, after the age of eight weeks, you got a lot of remedies and we've got a little bit more room.

Right. So I think that that's fantastic. Thank you for clarifying. And that's why I think it's I wouldn't say it's funny, but it's like it's an interesting topic because when you're when you have a baby, everybody talks about fevers and how scary they are and how you have to go to emergency about right away.

And it's really important to have clarity that a newborn's means to them very different than as you get older.

Coughs and Respiratory Support

So I think that people kind of have that lingering fear with fevers, which they shouldn't have, because they're told that in the first couple of weeks.

But you treat a two year old or a four year old very different than, than a newborn. So a fever is nowhere near as concerning when your kids four in general, they when they're, you know, six weeks old.

So I think that's where, you know, it's important to have these kind of talks because then people realize, oh, okay, I don't need to be so worried. And I can just let it let it ride for a little bit.

Excellent point. Yeah. So that maybe we can talk about coughs and and respiratory bugs. So that's going to be a big thing when you go back to school. Yes. Excellent.

So coughs do tend to linger this is probably one of the more acute illnesses that I find. Maybe it will take 10 or 14 days for the calf to clear completely go away.

But I do want to preface, and this is important for all illnesses, that it's important as a parent. We're looking at the child's mood and their personality.

So a child can easily run around with a cough, but be happy they're not interfering with their daily quality of life. They're still playing. They're still happy.

That is okay and actually very healthy. They're just trying to clear mucus from from their lungs or from their throat really, or post nasal drip. So please just keep that in mind when it comes to severity and, and your degree of worry.

I think a lot of us unnecessarily worry, which does not help to speed healing at all in yourself or your child. So please just keep that in mind. So when it comes to respiratory infections, you definitely want to, you know, more alarmed that their shortness of breath have difficulty breathing.

Strider. That really sounds. But then of course, yes, go visit a doctor majority of the time it's just an upper respiratory infection, again caused by a virus that's causing some either post nasal drip.

So just gunk that they have in the back of their throat or their lungs, they just need to get out. And kids notoriously are not very good at blowing their nose or just coughing things out.

So we just need that kind of help support them. One of the things that I love, again, is elderberry, just simply because it's an antiviral. But one thing that I absolutely love for a very stubborn cost that don't go away is a at home nebulizer treatment.

And so this is something that you can now buy on Amazon or at a pharmacy. It's no longer something that's just used in a doctor's office or in a hospital with steroids.

Parents can use a nebulizer, but in something called normal saline, that's a very important part. You can't just put water needs to be normal saline, and then just put the mask on your child and just have them breathe.

For people who don't know what a nebulizer, it's just a machine that kind of pumps out an aerosol type of compound. And so it's so easy to breathe that in.

The kid could just be playing or even watching a movie and and just sitting there with a mask. What this does is it helps thin the mucus. It helps to like, really lubricate the, the, the, the lungs and the wall and it just helps them breathe easier.

So in my opinion, this helps speed the, duration of the illness. And it also decreases the intensity, the symptoms that the kiddo will feel better and you get faster quicker.

You can get better faster. Yeah. No definitely. I mean that one of the big remedies that people, you know, I've always done is like breathing in steam or going in the shower and the nebulizer just kind of the medical, the medical version of that I think which much quicker.

Exactly. And more direct. Right. And then you don't have to worry about the temperature or anything. It goes right onto your mouth or your nose and you breathe it right in it.

And it's so easy to get because it's so cheap. I mean, you can get a nebulizer for like 30 bucks or 50 bucks and then, you know, saline is just basically saltwater.

So that's, you know, very minimal couple bucks. So for a remedy that you're going to be buying, it's about as cheapest as you can get. And then you can use it for future, you know, illnesses.

So you have it and it's done it. I just I tend to go right to that because I do try to look at home remedies before even going to supplements, because supplements really should be an supplement to a lifestyle and what you have at home.

And there's definitely a time and a place, right, for that very stubborn cough. We've got a lot of homeopathic and herbs, but if you got to start somewhere, I just feel like, let's get the most bang for your buck.

And it's minimally invasive. It's just great and safe. Yeah. And for me, you know, talking about herbs I love honey. You know, for kids older than me, absolutely.

Elderberry sirup like you already mentioned. Those are things I have a ton of. It's crazy because you look at the literature now and honey now has more evidence than cough sirup.

Yeah. Well, and and that has, you know, still slowly Bridget's way through, but there's almost like, no cough remedies left anymore. That or you're supposed to give your kids, which is really crazy because it's so common.

But but somehow honey's like in medicine has become cool again, I don't know. Well, I think because so many cough sirups have been recalled that we needed to some kind of alternative.

And yes, studies are really great with honey and that is so easy to give to a child over the age of one. Of course. So yeah, I think it's really important to look in your medicine cabinet, see what you have, and go from there.

And again, if it's very, very stubborn, then there's so many other options too. I love it. I mean, we can finish off with the other big school fun of of stomach bugs vomiting, diarrhea, the.

The good. And that's always so fun. Right? So when it comes to stomach bugs, interestingly enough, if you go right to your doctor, the biggest thing we're going to be, we're going to tell you is to to ensure that the dehydration doesn't incur and to keep your child hydrated.

Okay. This is probably the key thing that I just want all parents to understand that there's really not going to be a magic cure here as far as traditional medicine goes, unless it's, of course, from a parasite or some like real true chronic infection.

Stomach Bugs and Hydration

But this is lingering diarrhea or vomiting more than, let's say, 3 or 4 days. Okay. But as a parent, we really want to consider hydration, which will quicken actually the the duration of the illness too.

So hydration with something like coconut water or electrolytes or diluted juices are going to be key. I'm not a big fan of what Pedialyte has. All of the different artificial flavors, colors, and sweeteners.

We can avoid that. And so electrolytes, coconut water, diluted juices are really just as beneficial and much cleaner. So I always say start with that.

Another remedy that I actually love, if you have it on hand, is something called activated charcoal. It's just carbonated charcoal that will help bind to a toxin.

Could be from a stomach bug. It could even just be from a stomach virus. This is so helpful. And again, quickening the duration, you would open up a capsule.

It's a black powder. It doesn't really have much taste. I like to put in something like grape juice, just so that the color disappears and the kid doesn't see it.

Otherwise, if it's like Halloween time, it's fun. But if it's not, they kind of don't like that and they just haven't drink it. And you know, it's going to help bind to those toxins.

And so that helps alleviate some of the discomfort. And then another one that I just absolutely love. It's a homeopathic remedy called our Seneca album.

It's my go to for homeopathy with any kind of stomach bug because again it helps to give that rapid relief. But those are some of my favorite ones. But definitely always start with the hydration.

That's going to be your key. And then we can always go to something like activated charcoal or other type of remedies like that. That's awesome. And I guess what we'll finish up. So, I wanted to ask you, you know, you've worked with a lot of parents now, a lot of moms, you're their you're their med school, which is very cool.

If there's one thing that you would want the parents listening this to learn that you've you've taught your families, are you really want the families that, you know follow you and go through your programs to know what would be the the most important point or action tip or something that they could do, that you feel it would be really helpful for their kids health.

Okay, doctor Jill, I love this question and my answer is very clear. It's my mission is to help parents feel whether it's a mom or dad, know that they have it within them to really, truly be able to help their kids.

There's definitely a time and a place to go see a license doctor, but more times than not, I believe that moms can be a quote unquote doctor. Mom or dad could be a quote unquote doctor dad.

And they have it within them to be able to calmly assess the situation of what's going on, to be competent with tools, whether it's conventional medicine or whether it's natural medicines.

And feel confident to know when it's really time that they can treat their kids from home feeling safe, being a doctor mom or doctor dad or going to see their doctor and making very educated decisions about their children's medical, options.

And I think it's really important that we don't just go into a doctor's office just trusting them blindly. That's important that we have it within ourselves to be able to have that competence and confidence, to really be able to help their kids because you know your child better than anybody.

And I absolutely love educating and supporting parents and really believing that they could do this. And oftentimes it takes a little bit of education, a little bit of tips here and there.

But that's absolutely my passion, and I hope that parents understand that they can really do it. All right. That's a great answer because that's why exactly I wrote the book.

You know, the book that I write. And working on this, I really feel like parents are so stressed out and don't trust in their own abilities. And for whatever reason, even though we have more resources than ever and it's the least risky time to have a kid that there ever was in history.

If you look at, you know, any sort of statistics, I've been looking up that just dying from diseases left and right back in the day, and now we have all sorts of medications and we have an internet, and we have an Oprah's list of this app that, you know, you can bypass it and it can show up an Amazon in one day.

But we're so stressed and we don't feel like we can do it.

Building Parental Confidence and Resources

And I think that's very untrue. I think it's it's innate and it's in there and we have more, more resources than ever. Resources like you, you know, if you want to learn more about, health and wellness and resilience and natural medicine, then then there are great practitioners out there that you can learn more from to build up your confidence.

And so, maybe you can tell people a little bit more about your platform and where people can find you, and I can't recommend it enough. So I think if, you know, parents are looking for more resources in this world, then then you're a great, great place to look.

Thank you so much, Doctor Joe. So for a lot of free information you can follow me over at doctor Elano. Romel it's on Instagram that's free and available and I love creating content to share for a very small fee.

I have a monthly membership program called the Doctor Mom Membership, where I share all of my holistic protocols for the most common pediatric concerns from fevers, but a lot more in depth.

I have a comprehensive protocol to even something as as chronic as eczema or hand, foot, mouth, or RSV or even something like mold toxicity. Okay, anything that I would have a patient come into my office, I take a very functional medicine perspective, since I'm a natural breathing doctor and I list out very clearly what are the signs and symptoms to look for when it's time to go visit the doctor? So you know.

But then when you don't see all those signs and symptoms, what you could do to confidently help your your child's from home being either a doctor mom or doctor dad.

And you can just follow it step by step. Very easy to follow and I absolutely love providing that support. You can get up, you can get on group calls with me.

I love answering questions directly or my private Facebook group. There's a big community of us that just love to share resources, so if it's the middle of the night, you got a ticket.

You know exactly what to do. So that is where you can buy me. I'm that's over at Doctor Mom membership.com. Or you can go over to my main website at med School for moms.com, where you can see all my favorite remedies for kids, other programs that I have specifically on vaccines.

Because again, I love to help empower parents and just making informed and empowered choices. So I'm kind of your gal over here just trying to help educate and help just lessen the worry and the overwhelm of being a parent with a sick kiddo or making medical choices.

I love truly helping. Thanks so much for having me on Doctor Joel. Yeah, thank you for all that you do. It's that's really appreciate it. And again, check it out.

If you're looking for more resources and have a good rest of the day everyone. Thank you.