



THE PLAYBOOK

# Introduction

As parents, we will do absolutely anything and everything to keep our kids healthy. That's why when they get sick, oh man do we get stressed. From stuffy noses to coughs 😊, and especially fevers 😅... our natural reaction as parents is go straight to fight-or-flight worry and anxiety.

It's this natural, stressful emotion combined with a generation or two of "training" that also then sends so many parents right to the doctor's office or pharmacy aisle with their sick kiddos.

And of course these illnesses tend to hit at the worst of times, late on a Friday night or over the weekend right 😊?

Each of us parents wants to always do what's right, helping our kids get through the illness as fast 🚀 as possible and avoid them in the future. And that last part is why this Raising Healthy Kids Naturally Playbook will become so important and valuable to your family!

Now you can not only load up on all sorts of natural health 🌿, nervous and immune system boosting actions during an illness... but you can also be rest assured you're helping your child build strength 💪, resilience, and adaptability in the long term as well.

You see the biggest problem with our current "health" care system that trains us to turn to Tylenol, antibiotics, decongestants 🌟, and corticosteroids almost immediately is that while those things may help in the short term, they weaken and suppress the immune system and body in the long term 🤞.

The truth is God designed our kids to be healthy and strong 💪 right out of the gates 😊, but they also have quite a bit of growth and development yet to go. Getting sick a few times in those first few years when the teeth are coming in or the weather is changing can actually be a good thing that brings about some short term struggles that add up to long term gains.

If you've had this internal struggle between going natural or going medical when your kids are sick, you most definitely aren't alone. Parents of today more than ever are looking for the answers, and drug-free action steps and solutions that not only help in the short term, but make things better in the long term as well!

Working with thousands of families for the last 15+ years we have found answers to both questions, how to go medication free and get the results you want...

What is that answer 😊?

Focus first on getting the body everything it needs to fight off illness and build resilience, and make sure to do it in the right order or sequence 📋!

That last part talking about the "order" or "sequence" in which this must work is the part very few parents or even providers are aware of, so as you make your way through this playbook please be sure to pay extra special attention to how we have the action steps "ranked" and ordered with what's most important first.

While this sequence will likely be simple to understand, it's not always easy to put into action. But parents, you can be rest assured, that just like thousands of us who have used this playbook as our "recipe" for building healthy, resilient kids... it too will work for you if you put each of these things in play consistently over time!

Lean into this playbook and lean into your chiropractic tribe as well ❤️ We're all in this together!

## So let's get started!

1

SECTION ONE:  
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**THE 4 FOUNDATIONAL  
PILLARS**

# SLEEP WELL



We all know what it's like to not get enough sleep 😴. You feel moody, easily agitated, and unfocused—plus, little sleep takes a big toll on your physical health over time. Our bodies do some of their best work while we're sleeping, and that's as fully grown adults.

Consistent poor sleep in children can contribute to digestive issues 🥟, immune system problems, focus and behavior challenges, anxiety and depression 😰, and other health concerns. **Sleep** is an all-important catalyst for everything else you do to keep momentum in your health.

## 2) EXERCISE & PLAY



If we all think back to our childhood, it was rare to NOT be playing outside 🏃‍♂️ 🌞, moving constantly during the daylight hours. Truth is, we didn't have anything else to do! iPhones 📱, live streaming, and Nintendo Switch 🎮 weren't created yet. We had to build forts, play neighborhood sports, ride bikes 🚲 around town, and climb trees. I promise this is not trying to make anyone feel older than we already are, but only to emphasize the change over the last 20+ years of how childhood is now "set up" to move less.

Exercise and movement aren't just good for our kid's bodies, it's good for their brain 💡 and nervous system. **Research shows** the more kids move, the better they can activate brain pathways key to learning, focus, social development, and **immune response**. Plus movement and exercise are massive catalysts for mood 😊, sleep, and eating healthier foods 🥗.

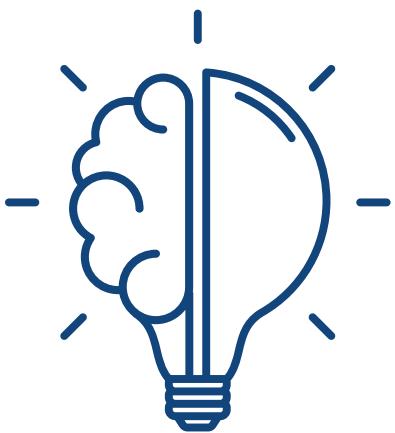
## 3) EAT CLEAN & HEALTHY FOODS



This is a big one, and no doubt a focus of your family at some point. We like to divide this into 5 simple steps: Eat nutrient-dense foods 🥕, drink plenty of water 💧, minimize intake of processed sugars 🍬, and avoid trans (unhealthy) fats and chemicals (preservatives, food dye, etc.).

Don't get discouraged if you're not perfect! Think 80/20 balance! Consistency over the long term is more important than the "one-off" birthday party where natural foods went out the window for a meal. For more help with this check out this article to find the "[Best Nutrition for Kids.](#)"

# 4) HAVE A HEALTHY, ADAPTABLE NERVOUS SYSTEM with NEUROLOGICALLY FOCUSED CHIROPRACTIC CARE



Since the autonomic nervous system controls and modulates every single cell, tissue, and organ in the body, especially the immune system, the benefits of **chiropractic care** become incredibly far-reaching! You can best understand the multiple benefits of chiropractic by looking at it through the lens of a condition called **dysautonomia**.

This is perhaps the most confusing part of chiropractic honestly – how can it be so simple 🤔?

Most parents are so used to the current medical system, where there is a different specialist and kind of doctor 🩺 for every system of the body (ENT, GI, neurologist, etc.)... and none of them seem to communicate or coordinate very well together. In contrast that's exactly why chiropractic care focuses on the nervous system. The Central and Autonomic Nervous Systems are the "**Air Traffic Controller**" ✈️ of our entire body. Making a healthy nervous system the key signaling catalyst for the immune system and all else!

If you're currently on a weekly wellness plan for chiropractic care and you or your child are going through an immune challenge, those are the perfect weeks to head in for an additional "Boost Adjustment" or two for extra healing support!

## Why these the pillars? And why focus here first?

Well, besides the details outlined above, they are the foundation for everything that follows. You can add in all the supplements, smoothies, herbs, and essential oils you want but if your child's nervous system is stressed out, they're not sleeping, not moving, and not eating clean... nothing will work near the same.

The moment your child gets sick, circle back and "double down" on the foundational pillars and "basics" here by making sure your child gets plenty of sleep, moves, eats clean, and most especially gets adjusted an extra time to two in order to get the nervous system and immune system functioning at their best!

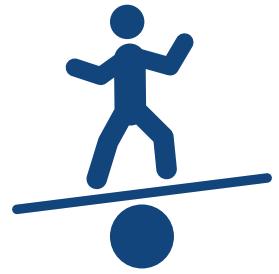
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## SECTION TWO:

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# BOOSTING & BUILDING the IMMUNE SYSTEM

# The way our bodies' immune system is set up requires one thing above all else – **balance**.



Scientifically this balance is between the expressive side of the immune system (Th1) and the suppressive side of it (Th2). The expressive side is designed to fight immune invaders (bacteria, viruses, and environmental toxins), which leads to all the classic signs of illness and infection we know about such as fevers, cough, mucus, etc. Then from there, the suppressive side is designed to regulate this response to not overdo it (acts as the “governor” or “brake pedal”).

Similar to the conversation above around the nervous system, the majority of immune systems (kids and adults) are greatly imbalanced towards the suppressive side. This causes the neuro-immune system to be more dormant and underdeveloped, meaning it lacks the ability to appropriately respond to germs and junk that come at it!

Not fighting the “invaders” effectively right away starts an infiltration in the body, creating a chronic cycle of immune struggles that repeats as the immune system is never truly expressing or activating enough to kick the sick(ness) once and for all. Think of it as the body being “congested” with chronic illness, mucus, and inflammation so much so that even when the child is not acutely or actively sick, they are not healthy and strong either.



We refer to this as the “bucket analogy” where kids who have stressed out, subluxated, imbalance neuro-immune systems have both too small of a bucket and can’t handle even common illnesses very well... and at the same time have a ton of crud and mucus already in the bucket, leaving it half full or more at all times so there is less room for new illnesses.

So what can we add to increase this expressive (Th1) side? The answer: Everyday Immune Boosters and Builders that strengthen and communicate with the body to help the immune response and signaling.

As we cover some of the most well-known and used remedies, know that these can come in a wide variety of different brands, potencies, and substances. While we don't take the time to discuss which of these are best or most effective, knowing the sequence and order of what you apply is just as valuable for you, your kids, and your family.

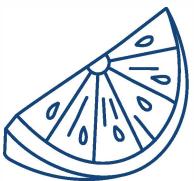
\*A quick note before we get into specifics: if you or your child have any underlying health conditions or are taking other medications, talk to your doctor or provider before starting supplementation or additions to your routine.\*

# IMMUNE SYSTEM “BOOSTERS”



## WHOLE FOOD VITAMIN/SMOOTHIE

Nutrition plays a major role in the overall health of our kids, and it's ok to admit if your kiddo is at least "somewhat" of a picky eater. You're not alone! If your child drifts towards less variety, more carbs, or processed snacks, a whole food smoothie or multivitamin is a "booster" to keep the system less stressed. Smoothies, in our experience, are an easy, fun way to add in nutrition. Check out some of our favorite whole food smoothie recipes [here](#) and remember to always talk to your health provider about the specific vitamins or supplements you add in.



## VITAMIN C + D (Especially in the Midwest & Northern States)

**Vitamin C** - Plays a central role in immune function and is often used to help bump up your body's defenses against infection. Impressively enough, one 2006 trial in Annals of Nutrition & Metabolism even found that getting enough vitamin C in your diet could help decrease symptoms and shorten the duration of respiratory infections.

**Vitamin D** - An important micronutrient involved in many aspects of health and is also one of the top immune system booster vitamins. Not only is vitamin D3 integral to the function of immune cells in the body, but a deficiency in this important micronutrient can actually increase the risk of infection. Get a safe but generous amount of sunlight, as this is the most bio-available and absorbable source. But consider adding in a supplement form, especially from October through April during the winter months.



## PROBIOTICS

**Probiotics** are a form of beneficial bacteria found in the digestive tract. Probiotic supplements have been linked to a long list of health benefits for kids, including enhanced digestion and, most notably, improved immune function. In fact, studies show that probiotics regulate the function of certain immune cells and may even be beneficial for immune-related conditions, ranging from viral infections to allergies and eczema.



## OMEGA 3s

One reason omega-3 fatty acids **may be so beneficial** to many aspects of health could be that they help **decrease** system-wide inflammation, the root cause of most diseases. An **anti-inflammatory diet**, or adding in omega 3's (healthy fats) gives kids a great start at fighting disease and functioning like it was designed to do. While this can come in supplement form, adding in salmon, avocado, and olive/coconut oil are great options too!

# IMMUNE SYSTEM “BUILDERS”

**VITAMIN A:** This fat-soluble vitamin is vital for **maintaining** healthy vision  , supporting skin health, and promoting proper growth and development  . What's more, vitamin A is also crucial for the **development** of certain immune cells necessary to fight inflammation and infection, earning it a slot as one of the best supplements to boost the immune system.

**ZINC:** Often considered one of the most effective immune-boosting supplements, **zinc** is crucial to maintaining overall health. Research  shows that zinc helps regulate the immune response and is necessary for the survival, proliferation, and maturation of immune cells. Clinical trials have also found that getting enough zinc in your daily diet can reduce the incidence and improve the outcome of serious conditions, like pneumonia and malaria.

**BONE BROTH:** **Bone broth** can increase beneficial bacteria living in the gut  , and gut health is highly correlated with stronger immunity. Good bacteria in the gut (aka probiotics) can actually turn on certain genes that help regulate inflammation and turn down numerous types of unwanted symptoms.

**FERMENTED FOODS:** **Yogurts, Kefir, pickles, and kombucha** are some favorites with kids! So why are these fermented foods good for you? Simple answer: The **probiotics** in them have many positive effects on the digestive system and basically the whole body. For example, a 2017 review **explains** that compounds within these foods have “antimicrobial effects, anti-carcinogenic and even anti-allergenic effects.” They are also important for increasing antibodies and building a stronger immune system. Just be careful to check the sugar content when it comes to kids, too much can counteract the positive benefits.

**FRUITS & VEGETABLES:** While this may seem obvious and it clearly goes with the “pillar” above of eating clean healthy foods, it needs its own love! Fruits especially  are loaded with immune-strengthening vitamins. They are filled with water (helping kids who don't like to drink a ton) and the natural fructose within is an awesome substitute for sugary snacks as the body processes it differently, avoiding the blood sugar and hyperactive spikes!

While both our **Builders** and **Boosters** list could go on...this is a great start, and with family wellness care, the simpler to execute and succeed with the better. To go more in-depth and specific we recommend **Dr. Josh Axe and the Ancient Nutrition** team as an amazing resource for all nutritional health content.



# IMMUNE SYSTEM “FIGHTERS”

So we've got the Pillars, Builders, and Boosters...but what if it's too late? What if you're already in a season of immune struggle? Ear infections 🧣, a flu virus, cough, and congestion 🤢 that won't go away? If you are beyond prevention, and we've all been there, we got you! The next level of your Nature's Medicine Cabinet is all about The Fighters 💪. The Natural ingredients, recipes, and remedies you can turn to when you want to add in the expressive immune fighters that work with the body's natural neuro-immune response.

For this, we “set up” our Natures Medicine Cabinet as condition-specific and while many natural remedies will cross over, condition to condition, it's very important when in this stage of immune struggle, actively fighting a virus or bacteria 🦠, for the body to pinpoint and target the exact system and struggle it is going through.

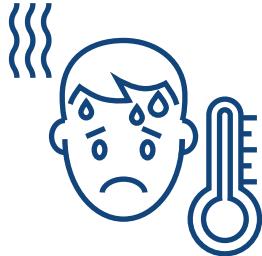
Doing too much can often be worse than doing nothing at all, as the body needs to send all the signaling, support, and nutrients to the ‘right’ places in a focused manner. Overdoing it with every oil, homeopathic or nutrient will add confusion to a neuro-immune system that is already on high alert and on the job!

\*One more quick note before we get into specifics: Keep in mind that there are no one-size-fits-all recommendations. Needs vary based on a number of different factors. For this reason, it's important to talk to a trusted healthcare practitioner to address any concerns and ensure that your child's needs are being met.



**EAR ACES** - Take note that ear "aches" 🚨 commonly start before an ear "infection." The pain, pulling, and clogged with fluid feeling most often precedes an infection, so it is important to be very proactive which can result in staving off a full-blown infection. With everything below, ensure your kiddo is very well-hydrated, limiting sugar and other mucus-production foods (such as dairy or processed snacks.) The most important thing to remember is that an **infection can be viral, bacterial, or both**. This is why the American Academy of Pediatrics (AAP) put out **guidelines** to offer "observation and close follow-up" of symptoms before **prescribing an antibiotic**. But don't just "watch and wait" as they say...get started with this conservative approach first!

- **Get Adjusted** - (clearly already mentioned as a "pillar" but adjustments can help drainage - get started quickly and increase the duration and severity)
- **Essential Oils:** Lavender, Peppermint, Wintergreen, Tea Tree
- **Homeopathics:** Aconite, Pulsatilla, Chamomile
- Garlic and Mullein Ear Oil
- Lymph Massage
- Warm Compress and/or Steam Bath with essential oils.



**FEVERS** - **Fever** 😟 can be scary, but are an important part of the body's neurological response to bacteria and viruses, helping **activate the immune system and fight**. While each provider often has different temperature "thresholds" of when to reach out to them, it's not always a specific number to use as your guide. If a child is acting lethargic or any type of neurological system or not drinking or taking fluids, reach out right away.

- **Stay hydrated and push fluids.** It's ok to not eat during a fever, but fluids need to stay consistent
- **Essential Oils** - Lavender, Peppermint, Wintergreen
- **Homeopathic Remedies** - Belladonna and Bryonia
- Apple Cider Vinegar Compress/Socks
- Rest/Sleep/Keep comfortable - Trust the body, **Fever are important for immune response**.

[More at home remedies](#)



**COUGH, SINUS & CONGESTION** - Sinus⚠️, Congestion, and Cough: Unfortunately, these three usually happen in order, sinuses get congested and a cough soon follows. When fluid can't get out of the sinuses, throat, and lungs, infection is always more likely, and even when it does start to drain a **long lasting chronic cough** can be the result. Pillars of **adjustments**, movement, and clean eating are key here as well. However, if your kiddo feels feverish or is acting lethargic, substitute movement for rest, sleep, and recovery.

- **Stay hydrated** (water or water with electrolytes is best)
- **Essential Oils:** Frankincense, Ravensara, Tea Tree, Thieves
- Elderberry syrup
- Humidifier and/or Neti Pot
- Raw local Honey



**SORE THROAT** - Most often a sore throat is more the "effect" than the "cause" stemming from an ear or sinus infection and post-nasal drip/drainage. This most common culprit is then the breeding ground for viruses or "strep" bacteria (group A streptococcus). Most parents choose to go the natural route as a sore throat post sinus infection, cold, or flu is common and often gets better quickly. It's important not to ignore a sore throat 😷 that lasts longer than 3 days with worsening symptoms such as a **fever, red or white patches, or stomach pains**. Contact your provider and they can help if this is the case!

- Grapefruit Seed Extract Liquid (mixed in water or juice)
- Raw local Honey 🍯
- Colloidal Silver
- Manuka Honey cough drops



**Natural Antimicrobials for Common Colds & Flus** - While you can go deep combing through the **research** on what to add in, these are 5 favorites to strengthen the fight against influenza, respiratory viruses, stomach flu, and bacterial overgrowth or infection. Check out the links describing all of the amazing benefits!

- **Oil of Oregano**
- **Colloidal Silver**
- **Garlic**
- **Elderberry**
- **Goldenseal**

With every child's immune system and nervous system being unique, there is no substitute for the advice of your child or family's provider, whether that be a Nurse Practitioner, Chiropractor, Pediatrician, or Naturopath. In fact, this entire Natural Medicine Cabinet article and handout were created by Naturally minded practitioners! So if you are looking for a congruent provider local to you to go more in-depth check out our [directory](#). Nothing is more important than having a team and tribe around you to feel more prepared and confident as you care for your family's health naturally.



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SECTION THREE:

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THE MOST IMPORTANT  
“Ingredient” OF ALL

If your natural medicine cabinet is now stocked up and ready to go, it's time to add in the most important thing mom and dad – **Confidence!**

Truth is, confidence doesn't come naturally at the start. As parents, we will have tough days, new challenges, and struggles as our kids age.

Plus, to be real, we all know that still today the majority of traditional pediatricians, grandparents, and other friends and families are all going to be onboard with this natural, neurological, and chiropractic route to building strong 💪, healthy kids!

For so many the roots of traditional doctors are medications run very deep. They turn to Tylenol, Flonase, and antibiotics at the first sign of every sniffle and think common sense things like taking care of your nervous system and eating chemical-free food are for the "crazy" ones.

### We get you, we feel you, and we got you ❤️

Here's 6 steps we strongly encourage you take to really build your confidence at the same time as you're building health with your entire family:

- 1) Consult your Pediatric Chiropractor and Integrated Providers first, not last
- 2) Build your tribe of other natural health, chiropractic families to connect and consult with on the regular (hint: you can find them in the community area at your next chiro appointment!)
- 3) Check out all the links and citations in this playbook, and keep studying and learning
- 4) Read the articles and blogs on [www.PXDocs.com](http://www.PXDocs.com) and follow them on social media as well (links included below)
- 5) Attend a Raising Healthy Kids Naturally Workshop live (or via webinar through our PX Docs Network)
- 6) Keep asking questions

All of this may seem foreign and brand new to you now as you're just starting out, but we promise your Pediatric + Family Chiropractic team and your natural health tribe will be there every step of the way to help build your confidence and understanding!

This entire Raising Healthy Kids Naturally Playbook was created from an amazing in-person and online webinar we've done with this title and topic for the last 15 years! In that time, thousands of parents have not only connected with the natural, congruent information, but they have also connected with each other. These relationships and the confidence that has been nurtured through them have made all the difference in the health of their families and our entire community.

If you would like to attend an event in-person or access the online video version, please visit [www.pwcimpact.com](http://www.pwcimpact.com) right away! If you got your hands on this amazing playbook and you're not local to PWC, do not worry... we've trained thousands of offices worldwide in this work, and you can find that directory at [www.PXDocs.com](http://www.PXDocs.com) along with tons more information and support!

# God bless and be well!



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