

# Dr. Mom - Ideas For Improving Your Life

Debra Raybern, 2009, 2012

**Is there a doctor in your house?** There can be and it can be you. When you learn these healthy tips and strategies to use for common everyday health concerns, you too can be the Dr. Mom for your family.

Many times a health challenge sends you or the family to the doctor's office, yet know a few simple steps can save you time, money, and frustration. Work, play, or school, no one like to be sidelined due to illness.

There are two aspects of a health challenge - **Prevention** and **Treatment**. Learn to confidently address some of the concerns your family faces - coughs, congestion, flu, fever, scrapes, cuts, bruises, muscular discomforts, digestive upsets, crying, restlessness, sore throat... What else can you think of?

## **Prevention:**

A healthy immune system requires a few simple steps, always outweighing the cost of being sick.

Doing things more natural doesn't mean you will never get sick, but it does mean you will probably be sick less often and drastically reduce the severity of the illness. But waiting until the illness is at its peak before addressing it with nutrition, essential oils, herbs, etc is far less effective than using these to reduce your risk and treat something at the first sign.

The better you support your immune system and employ consistent prevention tactics, the healthier you will be. Dr. John Christopher, the well known herbalist of the 20th century said, "The cold is actually the cure." Purging excess mucus from the system, which harbors germs, is what happens with the common cold. The biggest mucous maker by far is milk.

The **Environmental Working Group Study** of October 2007 reported that after surveying 3,300 parents, comparing the baby products they used to lists of chemicals known to cause allergies, hormone disruption, nervous system damage and cancer; the group found that children are exposed to 27 chemical ingredients on a daily basis that have never been assessed for safety. Not by the industry, nor by the government.

Dr. Sutton, the environmental scientist who conducted the study, points out that baby products in American markets create allergies, skin irritations and in certain cases, breakdown to form new cancer causing agents. She points out that Desitin diaper cream contains sodium borate, which can collect in the brain and liver, causing detrimental health effects.

Surprisingly, 89 percent of products labeled "Recommended by doctors" are actually some of the worst offenders, containing what Dr. Sutton considers dangerous chemicals.

## **Sugar**

By far the biggest offender of the immune system is refined sugar. Refined sugar lowers the body's immune system. Just 1 teaspoon of sugar has been shown to lower the function of the immune system for up to 18 hours. One can of soda contains 16 teaspoons of sugar.

Replace refined sugar with fruit. In cooking and baking replace sugar with **Yacon, Stevia**, Maple Syrup, Honey, applesauce or other pure natural sugars.

Nancy Appleton author of "Lick the Sugar Habit", listed 147 ways refined sugar was harmful to the body, none were pretty, some quite serious.

Information is for educational purposes only and not meant in any way to diagnose, cure, mitigate or alleviate any disease or illness.

This document and all created content therein outside of quoted studies and references are the intellectual property of Debra Raybern, Sharing Great Health, INC. You have permission to print, email and share provided you do not change or alter the contents of the document, plagiarize, assume credit for, or receive monetary benefits for or from them without written permission from the author.

**When it comes to meal time**, if it comes from a box - should we really call it a meal? Why not opt for a large mixed greens salad with tomatoes, cucumbers, finely shredded carrots and yellow squash, cashews, raisins, sliced olives, avocado strips, celery and chia seeds once or twice per week. Add some pre-cooked protein (beans, salmon, chicken, beef) and dinner is ready in a flash. Most of the preparation can be done by children as your helpers in less time that it takes to get take-out or add water to a hamburger meal in a box. Far greater health benefits, saves you time and money.

**Our Toxic World** - Of the nearly 70,000 chemicals being used commercially in this country, the EPA considers 65,000 of them to be potentially if not definitely hazardous to your health. It is estimated that we are exposed to more chemicals in a day than our grandparents were in a lifetime.

The 2004 Body Burden Study by the Environmental Working Group, tested the umbilical cord of 100 infants for 418 chemicals and found: 287 of the 418 were present, 208 of them could cause birth defects, 18 caused cancer and ALL could be traced back to the mothers diet.

Household cleaning products are among the most toxic substances we encounter daily. In one study conducted over a 15 year period, women who cleaned their own homes with traditional commercial cleaners had a 54% higher death rate from cancer, than women who did not clean their homes themselves, or use non-chemical cleaners.

The study concluded that the increased death rate was due to daily exposure to hazardous chemicals found in ordinary household products.

Mold can cause health problems in both humans and animals, even death. In his book, *Natures Mold Rx*, Dr. Ed Close sights evidence where 16 infants died in an area near Cleveland, Ohio. The only common factor among the cases was that all the houses where the infants died contained high levels of mold spores call stachybotrys chartarum.

One of the more dangerous children's products is the #1 selling vitamin. According to a list from the FDA it contains ingredients known to cause allergies, thyroid tumors, trigger asthma, hive, hyperactivity, chronic runny nose, kidney tumors, brain tumors and 92 other diseases including seizures. All from these five ingredients: Red dye #40, Yellow dye #6, Blue dye #2, aluminum, aspartame.

Isn't it time we cared less about cost and more about quality? **KidScents MightyVits is a quality, healthy choice.**

### **What's in your child's Toothpaste?**

Swallowing a substance provides as much as 5-10% absorption by the body. Holding a substance in the mouth for 60 seconds allows up to 85% absorption because of its close proximity to the brain. A top selling children's toothpaste, *Oral B Stages*, contains a known car degreaser and other chemicals that according to the FDA's approved list, can trigger brain tumors and seizures.

**Young Living's Thieves Dentarome** and **Kidscents** toothpastes contain NO chemicals and NO fluoride. They clean and whiten teeth, freshen breath and are safe if swallowed.

The also contain ingredients clinically proven to fight gum disease.

Information is for educational purposes only and not meant in any way to diagnose, cure, mitigate or alleviate any disease or illness.

This document and all created content therein outside of quoted studies and references are the intellectual property of Debra Raybern, Sharing Great Health, INC. You have permission to print, email and share provided you do not change or alter the contents of the document, plagiarize, assume credit for, or receive monetary benefits for or from them without written permission from the author.

# Remedies, Alternatives and Ideas for Improving Your Life

## General Health

**Multi-green** supplement and **NingXia Red** every day will put a spring in your step. Add **OmegaGize** with fish oils, CoQ10, and Vit. D for an even better boost.

**Peppermint** or **En-R-Gee** oil blend - wear on the back of the neck, wrists and temples, smell and diffuse.

**Frankincense, Clarity, Brain Power, Common Scents** and **Present Time** for more focus and attention. Pick one or more to smell, diffuse, wear on scalp, back of neck or on temples.

Abundance and Joy in life - **Abundance, Highest Potential, Magnify Your Purpose, Joy, Tangerine, Harmony, Valor, Dream Catcher** or **Rose**. Pick one or more to smell, wear over your heart and on wrists.

## First Aid

**Lavender** and **Lavederm Mist** for minor burns. Apply liberally and often until healed.

**Purification** for insects bites of all kinds. Also make a great repellent. Other oils to try - **Palo Santo, Basil** and **Balsam Fir**.

BooBoo's - **Melrose** or **RC** to guard against infection. **Tsuga** or **helichrysum** for bleeding. **Rose ointment** or **Animal Scents ointment** to promote healing. May be applied on top of the oils before bandaging.

**Frankincense** and **Helichrysum** applied topically to head injuries.

**Lavender oil** between eyes for Pink Eye or styes. **Thieves, Melrose** or **Purification**, diluted and dotted around (not in) the eye for infections.

## Kid's Corner

Crying and fussiness - **Peace & Calming** on the bottom of the feet and diffused. A few drops on a cotton ball in a car A/C vent to reduce stressful car trips. Parents can wear **Peace & Calming** themselves and then hold a fussy baby.

Tummy ache - **DiGize** over tummy and bottom of feet.

Refer to the book Gentle Babies for many more ideas. [www.growinghealthyhomes.com](http://www.growinghealthyhomes.com)

## Stress

**Valor** on bottom of feet, smell from bottle, wear on wrists. **Joy** and **Harmony** - one drop each over heart.

**White Angelica** - one drop on hand, rub hands together, brush over head, face, shoulders and heart.

**Stress Away** roll-on has a delightful vanilla scent and really helps to deal with stressors of the day without making you sleepy.

## Just some of the products we come in contact with daily that may be harmful to your health:

Shampoo, conditioner, toothpaste, toilet cleaner, floor, countertop, bath and kitchen cleaners, all purpose cleansers, hand sanitizers, body lotions, soaps and gels, over-the-counter ailment remedies, diaper cream, carpet shampoo, wood cleaners, food, clothing, perfumes, nutritional supplements...

Replace these with natural, effective, money saving concentrated products from Young Living. Enhance the quality of your life with Young Living for great wellness and peace of mind.

Information is for educational purposes only and not meant in any way to diagnose, cure, mitigate or alleviate any disease or illness.

This document and all created content therein outside of quoted studies and references are the intellectual property of Debra Raybern, Sharing Great Health, INC. You have permission to print, email and share provided you do not change or alter the contents of the document, plagiarize, assume credit for, or receive monetary benefits for or from them without written permission from the author.

# More Remedies, Alternatives and Ideas for Improving Your Life

## Digestion

**Comfortone** to relieve constipation and for cleansing the intestinal tract. Use as direct until desired effect is reached.

**DiGize** - a few drops orally after consuming bad food every 30 minutes until relief. A few drops rubbed over stomach for occasional upset, constipation or diarrhea.

## Rest, Relaxation and Sleep

**Peace & Calming** and **Lavender** on bottom of feet and smell.

**ImmuPro** with melatonin and Beta Glucans is great for promoting a good nights rest and healthy immune system. Be prepared to fall asleep within 15-30 minute after taking.

**Sleep Essence** is an essential oil capsule filled with oils that also promoted a good nights rest. Be prepared to fall asleep within 15-30 minute after taking.

## Extra Tidbits

Stock your medicine kit with a generous supply of bandages, gauze, adhesive tape, Ace bandage, etc. A hard sided cooler is great for storing items and being ready for a day outdoors or on the beach.

Have plenty of water and **NingXia Red** packets to revive the body after a days play.

Empty veggie capsules may be used for oral intake of Young Living essential oils, as some have strong tastes.

Make your home squeaky clean and free of toxic chemicals with **Thieves Household Cleaner**, **Thieves Wipes**, **Thieves Foaming Hand Soap** and **Thieves Spray**.

## Sport and Injury to Muscle, Bones and Joints

A serious injury with excessive bleeding or possible bone break requires immediate medical treatment. Uses your oils after treatment for easing discomfort.

**Ortho Sport**, **Deep Relief**, or **PanAway** are great applied topically to sore muscles and bruises.

**Idaho Balsam** and **wintergreen** are great for bone related discomfort. Apply as close to the affected area as possible.

**Peace & Calming** and **Trauma Life** may be useful to calm frayed nerves after an injury; both to the person with the injury and the loved ones.

## For Women Only (Hormone Balancing Products)

**Lady Sclerol**, wear as perfume and around ankles. **Femigen** capsules, take as directed. Both are Estrogen support products.

**EndoGize** to support complete endocrine gland support. Great to help balance the female body from teens to menopause.

**Thyromin** for balance of the thyroid and adrenal glands.

**Melrose** and **Geranium** - cramps and heavy bleeding. Apply over abdomen, on pad or tampon.

For more information and to purchase these products, please contact the person who gave you this article or:

**Debra Raybern 936-597-9008**  
[oilsandherbs@yahoo.com](mailto:oilsandherbs@yahoo.com)

Information is for educational purposes only and not meant in any way to diagnose, cure, mitigate or alleviate any disease or illness. This document and all created content therein outside of quoted studies and references are the intellectual property of Debra Raybern, Sharing Great Health, INC. You have permission to print, email and share provided you do not change or alter the contents of the document, plagiarize, assume credit for, or receive monetary benefits for or from them without written permission from the author.