

Teach your kids to take care of themselves the natural way



It is well known that the best way to create a healthy habit is to learn it as a child, because what is learnt at an early age is never forgotten.

For kids to grow up healthy and happy, healthy eating habits have to be instilled. From an early age, it is important to teach children to appreciate nature and enjoy every part of it so they know the benefits of natural herbs and learn to avoid fatty foods and sugar sweetened drinks.

For these reason, we give you some tips on benefits of infusions recommended by EMA (European Medicine Agency) focused on alleviating the most common discomforts among children: diarrhea, trapped gases, sleep problems or colds.

For relaxing and soothing, to facilitates falling asleep the blend of Lemon Balm and Rooibos would create a calming and relaxing feeling before going to bed.

An effective combination of Fennel, Common Mallow, Elderberry, Linden and Thyme will help respiratory fluids flow easier when kids catch first colds, improving the airflow, relieving the irritation and easing mucus congestion.

An ideal herbal tea to encourage healthy digestions and reduce flatulencies combines the most traditionally used plants: camomile, anise and lemon balm.

For complementing a specific diet to

relieve upset stomach and to replace the fluids in cases of diarrhea, a herbal tea of Bilberry, Green Anise and Wild rose will help the little ones recover and hydrate.

And the most important benefit is that they are prepared with boiling water(an advantage over products prepared with warm water), because of the high temperature any microbial risk is avoided.

How to look for the best one for your little ones:

- * Dose should be appropriate for kids age and product specified for children.
- * Look only for 100% natural products, no extract, no colourants or preservatives.
- * Avoid rust from staples or glue as highest quality teas won't compromise on hygiene.

A range of natural infusions for children called Helps Kids, filled all our mummies expectations. Launched recently their products in pharmacies and nutrition centres.

***Find helps kids in your local pharmacy!
For more information call +971 4 423 3665
or visit www.pharmadus.com/en/***