

Dosing Blue Poppy Herbs' Pediatric Formulas

Standard dosages on "dietary and nutritional supplements" are a legally mandated FDA convention. Accordingly, manufacturers are not supposed to print dosage ranges on their labels. However, when it comes to children, greater flexibility is required. This is part of the reason why Blue Poppy Herbs' formulas for children come as glycerin-based liquids as opposed to pills or capsules. This allows easy adjustment of dosages depending on 1) the child's condition (whether acute, subacute, chronic, or remission), 2) the child's age, and 3) their weight. In general, acute conditions require higher doses, while chronic conditions or those in remission need lower doses. In addition, older children should usually receive higher doses than younger children, but even heavier children of the same age should receive larger doses than their lighter peers. Thus dosage is very much a judgement call which must ultimately be made by the prescribing licensed practitioner.

However, that being said, it is still true that infants and young children react much quicker to smaller doses than do adults. This is based on the Chinese medical statement, "Children's visceral qi is clear and effective; therefore they easily and quickly return to health." As a corollary of this, it is usually more important to administer numerous small doses of medicinal to children and infants than fewer, larger doses.

In general, the dosage recommendations on Blue Poppy Herbs' formulas for infants and children suggest two droppers every two hours per day for up to six doses. However, depending on the child's age, weight, and condition, they may get a good therapeutic result with only a few *drops*, while, in other cases, the child may require 3-4 *droppers* per dose. The correct dose should be determined by the practitioners previous clinical experience plus each child's reaction to his or her first couple of doses. In other words, if the child does not respond to the first couple of doses in an acute condition, we would recommend judiciously upping the dose. Similarly, in the treatment of a chronic condition, if positive results are not forthcoming in a week, we would recommend upping the dose as long as there were no unwanted side effects. If there are side effects, either the formula is not the correct one for the patient's personally presenting pattern(s) or the dosage is too high.

Below are some general guidelines to dosing each of Blue Poppy Herbs' pediatric formulas. Nevertheless, these are only general suggestions which must be modified depending upon the clinical exigencies of each case.

Bupleurum & Angelica

This formula is for the treatment of acute earaches in infants and children. These typically start around teething or 6-7 months of age and may continue off and on for 2-3 years. Children 6-7 months of age with acute earaches and fever should initially be treated with 1-2 droppers each time every two or so hours until the fever and pain appear to abate. Then more time should be allowed between successive doses.

For two or three-year-olds with acute earaches, you can try up to 3-4 droppers per time, beginning at two hour intervals and then lengthening these intervals as symptoms remit.

NOTE: 2 droppers full = 2.4 grams of Chinese herbs in decoction.

CQ Jr.

CQ Jr. Is for the treatment of strep throat and respiratory tract infections in children who are typically 3-7 years of age. In these children, a dose of 2-4 droppers every two or so hours should be adequate during periods of acute sore throat and fever. As the sore throat decreases and the fever comes down, the practitioner has either of two options. First, reduce the number of dropper per dose or lengthen the time between doses.

NOTE: 2 droppers full = 2 grains of Chinese herbs in decoction.

Dry Nites

Dry Nites is for the treatment of pediatric enuresis or bed-wetting. This occurs in children 3-7 years of age, but sometimes even up to 12 years of age or more. A dose of 2-3 droppers four times per day should be adequate for children 3-4 years of age but may be increased to 3-4 droppers four times per day for children 5-6 and so on upward from there. Again, the best dosage is the one which empirically achieves the best therapeutic effects with no side effects. This formula should begin to work within one week if correctly administered.

NOTE: 2 droppers full = 2 grams of Chinese herbs in decoction.

Lung Qi Jr.

Lung Qi Jr. Is for the treatment of pediatric asthma which commonly manifests from 3-12 years of age. In Chinese medicine, the treatment of asthma is divided into two phases, the acute paroxysmal attack and the remission stage. During the acute attack, children may be given doses of this formula every hour or even less. During remission, they should usually take three divided doses per day if continued dosing with this formula is indicated by their pattern presentation. One to two droppers may be sufficient for younger children and 3-4 droppers may be necessary per dose for older children. Again, the child's reaction to initial doses should be the practitioner's main guide to further dosing.

NOTE: 2 droppers full = 2 grams of Chinese herbs in decoction.

Quiet Nites

Quiet Nites is for the treatment of infant colic. This can occur in neonates and may persist for 6-7 months. In neonates, we would recommend administering several drops for the first dose and seeing what the child's reaction is. In infants under three months of age, one dropper per dose should be adequate. In older infants, up to three droppers may be given per dose.

NOTE: 2 droppers full = 2 grams of Chinese herbs in decoction.

AllerEase Jr.

This is our tried-and-true formula for seasonal allergies, now made child-friendly. Since young children's spleens are inherently immature, and it is from spleen qi that both lung qi and defensive qi are engendered, children can be especially prone to symptoms of seasonal allergy such as sneezing, itchy eyes, and runny noses with clear, watery mucous. Supported by a diet low in sugar, fats, and dairy products, this formula can be extremely helpful for short term seasonal allergic rhinitis. One to two droppers may be sufficient for younger children and 3-4 droppers may be necessary per dose for older children. Again, the child's reaction to initial doses should be the practitioner's main guide to further dosing.

NOTE: 2 droppers full = 1.8 grams of Chinese herbs in decoction.

Peaceful Focus

Peaceful Focus is Blue Poppy Herbs' formula for the treatment of pediatric attention deficit-hyperactivity disorder (ADHD). This formula is designed to treat the most commonly seen Chinese medical mechanisms of pediatric ADHD in Western children. It can be used in children of all ages up to 12. One or two droppers 2-4 times per day may be sufficient for younger children, and 3-4 droppers 3-4 times per day may be necessary for older children. Initial dosage should be calculated based on the child's weight, age, and severity of their condition. After that, the dosage should be adjusted either up or down depending on the child's reaction to this medication. Since pediatric ADHD is a chronic condition, long-term consistency in dosage is important. However, every eight weeks, the child should be allowed a 3-5 day rest to prevent habituation.

NOTE: 2 droppers full = 2 grams of Chinese herbs in decoction.

Tender Teeth

For infants suffering from insomnia, agitation, and night-crying due to hyperactive life-gate/ministerial fire harassing above plus nonconstruction and malnourishment of the heart spirit, with or without teething. In Chinese medicine, teething *per se* is not a disease; it is a natural developmental milestone. However, teething is accompanied by pain and inflammation of the gums and may be accompanied by fever, restlessness, and insomnia. The use of this formula for pediatric teething is based on Bob Flaws's 30 years of clinical experience as well as on the facts that babies have unstable spirits due to inherently immature construction and nourishment and that teething is associated with a cyclical hyperactivity of life-gate/ministerial fire. It can be used both preventively and remedially at the time of teething. However, this formula by itself is not for the treatment earache or high fever associated with teething. One or two droppers 2-4 times per day or as needed.

NOTE: 2 droppers = 2 grams of Chinese herbs in decoction

Little Pearl

This formula is for use with eczema (i.e., dermatitis), including atopic eczema, in infants and young children. Eczema often starts on the cheeks at 2 to 6 months of age. The rash is most commonly found in the creases of the elbows, wrists, and knees. Sometimes eczema also occurs on the neck, ankles and feet. The rash is red and itchy. If scratched, the rash becomes raw and weepy. This is a chronic condition commonly characterized by periods of remission and relapse. It usually goes away during adolescence. Children 2-6 months of age should initially be treated with 1-2 droppers, 2-3 times per day. At two to three-years of age, consider using 3-4 droppers, 2-3 times per day. For older children, increase this dose based proportionally or as indicated by response to treatment. In other words, increase the dose until it shows effect and decrease the dose if there are side effects.

NOTE: 2 droppers full = 2 grams of Chinese herbs in decoction.

Tummy Qi

This formula is for use with children who are suffering with indigestion and exhibit the following symptoms: abdominal pain, a feeling of undue fullness after eating, heartburn, loss of appetite, nausea or vomiting, and excessive wind or gas. Indigestion in children may be either acute or chronic. Discomfort and distress are often caused by overeating, eating too rapidly, or not chewing properly. Overeating or eating frequently produces a feverish state in the system and overtaxes the digestive organs. It produces excessive acid and causes the gastric mucous membranes to become congested. Hyperacidity is usually the result. A dose of 2-3 droppers, 3-4 times per day should be adequate for children 3-4 years old. This dose may be increased to 3-4 droppers, 3-4 times per day for children 5-6 and so on up from there. This formula should show results within hours for acute indigestion and within days for chronic indigestion if correctly prescribed and administered.

NOTE: 2 droppers full = 2 grams of Chinese herbs in decoction.

Moisten Dryness

This formula is originally from Zhang Zhong-jing's late Han dynasty Jin Gui Yao Lue (Essentials of the Golden Cabinet). It has been selected for Blue Poppy's Pediatric Line by Bob Flaws. Our version is an 9:1 extract in a glycerin base. It supplements and enriches qi and yin, supplements the lungs and fortifies the spleen, transforms phlegm, downbears counterflow, clears heat and disinhibits the throat. Indications are for chronic, slow-healing dry cough at the tail-end of a respiratory infection due to qi and yin vacuity with lingering heat and phlegm in infants and children. Western medical indications include chronic bronchitis, asthma, pertussis, and pneumonia when presenting the appropriate Chinese medical patterns.

NOTE: 2 droppers full = 1.8 grams of Chinese herbs in decoction.