

# Natural Help 4...

## Cradle Cap



### What is Cradle Cap?

Cradle cap is a **common and harmless skin condition** that usually affects babies between two and six months. Appearing as flaky skin or yellow, oily and crusted patches on baby's scalp, cradle cap can be an unsightly condition – although this is bound to concern mothers more than their babies!

The good news is that the condition does not seem to be painful and generally does not cause too much discomfort to your little one. In severe cases however, **cradle cap may become itchy** and even spread to other areas such as the face, armpits and diaper area and it is therefore a good idea to address cradle cap as a preventative measure.

### Diagnosing Cradle Cap

Cradle cap is a condition that is **controllable with treatment** and often goes through cycles of inactivity followed by flare-ups. Diagnosing cradle cap will involve a visual examination and inspection of the area.

### What causes Cradle Cap?

As common as cradle cap is, the exact cause remains unclear. A commonly held explanation is that the hormones released by the mother during the final stages of pregnancy affects the unborn baby and causes **excessive stimulation of the oil-producing glands**.

This excess oil then dies into crusty patches on the scalp and flakes off. Another possible explanation is that cradle cap is caused by a **fungal over-growth on the scalp**. Either way, mothers should rest assured that cradle cap is NOT a sign of poor hygiene or underlying illness!

### Help for Cradle Cap

#### Natural Herbal and Homeopathic Remedies related to cradle cap

Many parents are turning **to natural ways to solve the problem of cradle cap**, and there are a number of herbal ingredients which can help.

For example, Viola has a long medicinal history as a topical treatment of many skin conditions including cradle cap and eczema, while Marigold helps to promote healing, and is renowned for its **anti-bacterial, anti-viral and anti-fungal properties**. Almond oil is also commonly used for cradle cap as it is perfectly safe

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and suitable to the sensitive skin on baby's scalp.

## Tips for treating cradle cap

- While mild cradle cap generally goes away by itself without any intervention, there are a few tricks in tackling this bothersome condition:
- Do not use adult shampoos on your little one's scalp – rather stick to a mild no-tears baby shampoo.
- Try using natural pure grade oil such as almond or olive oil on your babies scalp prior to normal shampoo washes. Massage the oil onto the scalp, leave for an hour or two and then loosen the flakes gently with a baby brush or soft baby towel.
- Do not pick the flakes off or vigorously or try to remove stubborn crusty patches. This will further irritate your baby's skin and may cause pain, discomfort or infection.

## The Natural Approach

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and freely used even by conventional doctors. While there are often heated debates about which system of medicine is 'better' than the other, many responsible doctors (whether they are allopathic or not) recognize that both have a role to play in the treatment program.

Natural medicine has often been frowned on by conventional doctors, especially by those who did not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby providing doctors with a wider range of treatment options from which to choose. In many countries, especially in Europe, India and China, natural and homeopathic medicines are commonly prescribed by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the body has an innate capacity to heal itself. While natural medicines are often called 'alternative' or 'complimentary' medicines, they are, in fact, a unique and independent form of medicine in their own right, well able to treat a variety of conditions. Perhaps the term 'holistic' medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine, which encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to support health, relieve symptoms and prevent future



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### Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

disease. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to support health (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer and that, in many cases, holistic medicine can accomplish just as much, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, natural medicines can work quickly and safely to promote healing.

In many cases, they can succeed where pharmaceutical drugs have failed. Despite frequent reports that they are ‘unproven’ and ‘untested’, the opposite is true. Natural medicines have a long history of usage and there is a wealth of empirical evidence to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to support the extensive traditional and empirical evidence behind natural medicines.

It is also important to know that, like any medicine, herbal and homeopathic medicines must be manufactured in the correct way, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately not all of them are equipped to manufacture to the correct standards, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – and giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called ‘standardized’ extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While ‘standardized’ extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have grave disadvantages. These include an increase in side effects as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which retains the benefits of ALL the active ingredients within the herb as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, always choose wisely. Research what is best for you. If you have a chronic or life threatening condition, don't make changes without first discussing them with your doctor in order that your condition may be monitored. Well informed and supportive practitioners will support patients who want to take responsibility for their own health.

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**Cradle-Cap Salve:** Soothe your baby's scalp naturally for beautiful skin

**Cradle-Cap Salve is a conditioning and nourishing tonic cream** for use on your baby's scalp. This natural remedy contains 100% natural therapeutic ingredients which are **gentle, effective, yet safe to use on baby skin.**

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ClearSkin-E Cream has been especially formulated using natural ingredients especially chosen to **soothe the skin and support skin health.** Regular use of ClearSkin-E Cream will help to **maintain healthy, trouble-free skin** all over – the natural way. This gentle, yet effective formulation is safe to use for all ages, including babies.

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