



HEATHER MANLEY  
naturopathic doctor

BE PROACTIVE, BE CONFIDENT, BE HEALTHY.

A journey through understanding naturopathic medicine  
and creating a natural pharmacy.

Heather Manley, ND  
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P R E S E N T S

## NATUROPATHIC MEDICINE PHILOSOPHY

Naturopathic medicine is founded upon a holistic philosophy. Naturopathic medicine combines safe and effective traditional therapies with the most current advances in modern medicine. Naturopathic medicine is appropriate for the management of a broad range of health conditions affecting all people of all ages.

### The six philosophies:

- Trust the healing power of nature
- First, do no harm
- Treat the whole person
- Doctor as teacher
- Prevention

## DISCLAIMER

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## HYDROTHERAPY

Hydrotherapy is an ancient, relaxing and powerful therapy used to cleanse and rebuild the metabolism while stimulating whole body healing. It is sometimes referred to as constitutional hydrotherapy because it changes the very constitution of each individual cell. It works directly on improving the immune system, increasing digestive/elimination function and achieving total body detoxification.

Hydrotherapy has been used for years to detoxify heavy metals, pesticide/herbicide toxicity, and the daily toxic buildup of improper diet and lifestyle. It is one of the most effective therapies used in naturopathic medicine given that it stimulates the body's own healing force. At one point it was the standard medical treatment in hospitals and clinics.

It is based on the principle of applying hot and cold applications to the body to improve the circulation of blood and lymph. Cold is stimulating, causing superficial blood vessels to constrict and shunt the blood to internal organs. Hot water is relaxing, causing blood vessels to dilate and remove waste products from the body tissues. The contrast of hot and cold applications increases the flow of oxygen and nutrients to cells and vital organs. It allows cells to work more effectively and utilize nutrition more efficiently.

### 1) Magic socks and t-shirts

Indications: Sore throats, any inflammations or infections of the throat, neck pain, ear infections, headaches, nasal congestions, upper respiratory infections, coughs, bronchitis, sinus infection, fever, or teething.

### 2) Castor oil packs

Indications: Castor oil packs are a perfect remedy for any type of digestives upset - diarrhea, gas, bloating. Like hydrotherapy, it enhances circulation and promotes healing of the tissues and organs underneath the skin. All that is needed is castor oil and cotton cloth.

### 3) Dry Skin brushing

Indications: Dry skin brushing aids with the lymphatic system and stimulates blood flow how to use:

- a bath type brush of natural brush fibers works well
- (keep it dry; use it before your shower)
- use in a one way sweeping motion towards the abdomen.

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## HOMEOPATHY

Homeopathy is a form of alternative medicine first defined by Samuel Hahnemann in the 18th century. Homeopathy is a gentle, holistic system of healing that is ideal for everyone. Homeopathy is based on the theory of "like cures like". The remedies are derived from plant, animal or minerals and are prepared in very dilute amounts.

### **How to take:**

Dispense 3 pellets into cap and place under tongue (being mindful not to touch with your hands) every 3 hours up to 3 times or until pain and swelling subsides.

## BOTANICAL MEDICINE

Traditional medicine based on the use of plants and/or their extracts and may also be referred to as herbalism, medical herbology, phytotherapy, and herbal medicine.

### **Decoction**

Is extraction of the active ingredients by boiling down the herb in water.

Infusion: Herb is steeped in hot or cold water.

### **Tincture/glycerite**

These are made by combining ground herbs with alcohol, glycerin or vinegar and used internally. PS I use glycerite with kids as it tastes (no alcohol) better although it needs to be refrigerated.

### **Dried and capsulated**

The use of dried herbs and placed in a capsule.

How to take: Use the back of the label to determine what the company suggests. If you have any questions, seek professional medical advice.

## ESSENTIAL OILS

I have used essential oils for years, however, a lot more in the last few years. Although, essential oils can be used for a myriad of health concerns, I primarily use them for mental and emotional health and stability. Many physical illnesses are triggered unstable emotional state and I find that one of the best ways to sort through these emotional states, in a safe and supported way, is with essential oils.

I use essential oils in two ways: topically and aromatically.



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### Topically

Essential oils are tiny, with a very light chemical weight ( less than 1000 molecules); and in accordance to scientific testing, any substance with a molecular weight below 1000m has a greater possibility of being absorbed by the skin.

Therefore, essential oils have the potential to penetrate the skin and pass into the blood stream and into different areas of the body for internal therapeutic benefits.

As a general rule, 3-5 drops of essential oils per teaspoon of carrier oil (almond, jojoba, fractionated coconut oil). When using on a baby or child use approximately 2 to 3 drops to 10 ml of a carrier oil. Apply the oil to the back of the neck or massage into the big toe.

### Aromatically

This is my favorite way to use essential oils. When a drop of oil is rubbed into hands, in a diffuser or spray bottle and inhaled, stress is immediately relieved, air feels cleaner and a general sense of well-being occurs.

Below are a few of my favorite oils:

### Mood/Emotions

morning blend: any of the citrus, bergamot, peppermint

stress blend: lavender, frankincense, ylang ylang

worry blend: lavender, frankincense, citrus oils, sandalwoods

memory and focus: peppermint, rosemary, citrus, ylang ylang, clary sage

### Digestion

peppermint, ginger, thyme, lemon, cinnamon

- add a drop of peppermint oil or doTerra's digestzen to castor oil when doing a castor oil pack

### Immune

oregano, eucalyptus

- dab a drop ( with children, dilute) to the bottoms of feet before doing magic socks
- before a hot shower, place 1-2 drops on shower floor to create a steam inhalation



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## HEALTH FOOD STORE HOMEOPATHIC LIST

### **Arnica Cream**

Suggested use: For bumps and bruises, have arnica cream. We use it all the time in our household.

### **30c Arnica**

Suggested use: As above but taken orally.

### **30c Apis**

Suggested use: Any type of inflamed bug bites, burns or stinging.

### **30c Belladonna**

Suggested use: When symptoms come on suddenly and when child is feverish, and red, however, their feet and hands maybe cold.

### **30c Nux Vomica**

Suggested use: Most indications are due to any gastrointestinal issues - usually from overeating or drinking.

### **30c Cantharis**

Suggested use: Burning pains from either hot water, or sunburn.

### **30c Chamomilla**

Suggested use: Perfect for use with a child who can not be consoled! Great for teething child.

### **30c Pulsatilla**

Suggested use: A great remedy for a child who is constantly changing and wants to be by her mother at all times - very clingy during an illness.

### **30c Arsenicum**

Suggested use: When a child or parent is quite fearful (flying or being sick), arsenicum helps relief the worried, anxious symptoms which allows the caregiver clearer picture of what is exactly going on.

### **30c Phosphorus**

Suggested use: I use this remedy both -  
1) helping to stop bleeding (nose bleeds or others) and  
2) for respiratory infections (especially ones that are reoccurring).

### **30c Tabacum**

Suggested use: Ideal for motion sickness in car, plane or boat.

### **30c Ledum**

Suggested use: Any type of puncture wound—whether a black eye, stepping on something or an insect bite.



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## HEALTH FOOD STORE BOTANICAL LIST

### **Calendula or an all-purpose salve**

Suggested use: This is essential for many things but when there are scrapes, mosquito bites or rashes these are an ideal way to sooth and heal the skin.

### **Rescue Remedy**

Suggested use: Use rescue remedy if your child is really having a hard time with any pain, itching or is frightened. I often suggest for parent to take it first, in order to calm them down!

### **Activated charcoal**

Despite its black coloring, it is flavorless. Activated charcoal relieves the symptoms of gas, diarrhea, or any intestinal upset by drawing out and binding to toxins. Caution: do not take with other medicines as it will also bind with them.

Suggested use: For adults, take two capsules as needed. For children, open one capsule and place in soft food (applesauce).

### **Licorice**

Glycyrriza glabra is my all time favorite herb. I love the taste, I love how it soothes the digestive system, nourishes the adrenal glands, and helps out the immune system.

Suggested use: Place a 1 tsp licorice glycerite in warm water and/or have a cup of licorice mint tea (kids can bring it to school every morning).

\*If you have high blood pressure, heart failure, kidney disease or liver ailments, licorice is something you should not take at all.

### **Elderberry**

Sambucus spp: It has long been used to treat the early stages of coughs, colds and flu. Kids love it! And it is fantastic for a feverish child.

Suggested use: Place a tsp of elderberry syrup in water and mix. Have the kids sip it throughout their sick day.

### **Eyebright**

Ephrasia officinalis: I have used eyebright for when kids have had thick secretions from the eye.

Suggested use: I mix just a few drops in warm water and then dip a clean cloth into the mixture and wipe the eye - towards the corner - where you tear.

\*Always test this out on yourself first as you do want it to be too strong and sting your child's eye

### **Echinacea**

Echinacea spp: This is a staple in most of my herbal medicine combinations for the immune system. The root is what contains most of the medicinal parts. It is antimicrobial - anti viral, anti bacterial and anti fungal -and anti-inflammatory. Not the best tasting herb but it is very powerful.

Suggested use: As directed on bottle.

### **Arabinogalactan/Larch**

This a wonderful herb to support and tonify the immune system. It is available, as a powdered form or capsule.

Suggested use: Mix in cool food (applesauce) or in a smoothie.

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## EVERYDAY ESSENTIAL SUPPLEMENTS

### 1. Essential Fatty Acids

This is why: Essential fatty acids are not made in the body and must be ingested from food sources. They allow many biological reactions to occur in the body thus are essential. They are important for optimal function of the heart – think blood pressure, strokes – to the nervous system and the skin. There are 2 types of essential fatty acids - omega 3 (fish oils) and omega 6 (food sources - flax) fatty acids. Both encourage and aid different pathways in the body and that is a good reason to eat a variety of foods and rotate your essential fatty acid oils.

Source: Olive oil, avocados, nuts and seeds, salmon and halibut are good food sources. Rotating cod liver oil, hemp seed oil and flax seed oil is an ideal way to get the nutritional benefits of all the oils. Nordic Naturals is a brand that offers high quality oils.

### 2. Probiotics

This is why: Known as the friendly bacteria in the gut, they aid in keeping the digestive system strong and healthy. One of the ways they do this is by keeping the “bad” bacteria (think yeast) from taking over. Approximately 70% of the immune system is in the digestive system so you are getting lots of support by taking some probiotics.

Source: Some dairy products have added probiotics, but you can also find them in the refrigerated section of your local health food store. One of my favorite brands is HMF by the company Genestra/Seroyal.

### 3. Multivitamin and Mineral

This is why: Eating a whole food diet – organic, free range and grass fed – and living a peaceful stress free life, is a high expectation to completely live by. Being a little proactive and taking simple preventative measures can make a profound difference in your health. It is a great idea to take a multivitamin and mineral everyday, and when you are feeling a little snuffle or cough coming on then take a few more.

Be mindful, that these supplement suggestions are to help educate and not to diagnose. They are a perfect place to begin with when exploring the option of taking supplements. It is best to visit a professional health care physician to determine the best preventative supplement plan for you.

## HOUSE ESSENTIALS

Taking a hot shower or applying a hot cloth to the affected area can relieve allergic reactions. The hot water helps break up the histamine reaction occurring in the body. Increasing your daily dose of vitamin c is quite helpful as well.

Prepare a small bag of ice in you freezer and write on the bag, ‘for booboos only.’ Have it handy and visible for all to see.

Hydrotherapy: Castor oil and flannel, cotton and wool socks, loofah brush.

Epsom salt: Epsom salt is wonderful for any muscle soreness, growing pains, sprains or strains. It is filled with magnesium that will be absorbed through the skin in a warm bath.

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## BASIC FIRST AID ESSENTIALS

Easy to forget but quite essential for an everyday first aid kit are; bandages of all sizes, butterfly bandages (for those cuts that are close to needing stitches), tweezers for splinters, gauze pads and surgical tape.

### SOS 123

#### **Fever**

1. Rescue remedy
2. Belladonna
3. Magic socks

#### **Sleep**

1. Calming tea
2. Protein snack before bed - almonds, slice of turkey
3. Magic socks

#### **Outside allergies**

1. Vitamin C (emergency c or a chewable kinds - everyday)
2. Hot shower when in the middle of it: Will break up the histamine reaction.
3. Evaluate surrounding to lessen the impact on the body-house hold cleaners, laundry detergent, bedding

#### **Headache**

1. Have your child eyes checked
2. Evaluate diet (sugar).
3. Magic socks and Natrum Muriaticum 30c

#### **Bloody nose**

1. Pinch the nose and tilt head slightly forward for 5 minutes.
2. Phosphorus
3. Rescue remedy, if patient seems anxious.

#### **Upset stomach**

1. Rescue remedy
2. Activated charcoal or Nux Vomica 30c (or give after a good 15 after charcoal)
3. Castor oil pack

#### **Insect bite**

1. Rescue remedy
2. Ledum first then Apis
3. Cold compress or baking soda paste/ poultice

#### **Growing pains**

1. Rescue remedy
2. Arnica cream
3. Arnica or Eupatorium 30c



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### Skin

1. Salve to sooth (castor oil works well too)
2. Sulphur 30c (graphites 30c is also good if the skin is oozing or sticky)
3. Evaluate diet

### Swimmer's ear

1. Pour a little (cap full) of hydrogen peroxide in ear. It will sound and feel bubbly but will help dry up the canal.
2. Magic socks
3. Wear a swimmers cap.

### This is my typical plan for people when they feel they are getting sick...

Commit to doing or taking something every 3 hours for 3 days straight. (don't worry about the night time).  
For example:

1. Vitamin C (For an adult: 500 mg, 2Xs a day. child: emergency C kids pack - divide it into doses)
2. Immune tincture (1tsp, 2Xs a day. child: 1/8 to 1/2 tsp, 2Xs a day depending on age)
3. Homeopathic
4. Magic socks or t-shirt

Drink ALOT of fluids: herbal teas and water infused with lemons and oranges. And Sleep—one day of rest may prevent three days of illness.

\*\*\*if you are sick, up the dosage to 3 times a day and continue this for 7 days. For extra insurance, it is best to add a day or 2. For instance if you feel better in 3 days, continues with the protocol for 1 to 2 more days\*\*\*

## WHERE TO BUY SUPPLEMENTS

Drheathernd provides access to Emerson Ecologics, a distributor of the highest quality nutritional supplements and herbs. The products offered are generally produced under the strictest standards, including Good Manufacturing Practice (GMP) regulation standards of the US Food and Drug Administration, and are usually only available through a health care professional.

Link to shop: [us.fullscript.com/welcome/drheathernd](https://us.fullscript.com/welcome/drheathernd)

## RECOMMENDED READING

**The Oil That Heals**, by William A. McGarey, M.D

**Everybody's Guide to Homeopathic Medicines: Safe and Effective Remedies for You and Your Family**,  
by Stephen Cummings and Dana Ullman

**Herbal Medicine from the Heart of the Earth**, by Sharol Tilgner

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## TREATMENTS

### Castor Oil Pack Treatment

Castor Oil packs aid in the elimination and detoxification of the body. I find it super powerful for adults and children who have stomach aches, and constipation issues.

Contraindications:

Do not use with uterine growths, bleeding, pregnancy, and ulcers or while menstruating.

Supplies:

- Flannel cloth
- Bath towel (a towel you do not mind if the oil stains)
- Hot water bottle or electric heating pad
- At least 6 ounces of castor oil

Directions:

1. Pour oil onto flannel (wet but not dripping)
2. Heat up water for hot water bottle
3. Lie down and place oiled flannel across belly
4. Place towel over flannel
5. Place heating source on top of bath towel
6. Rest for at least 45 minutes
7. When finished, place flannel in a container and put in fridge for next use  
(when you do it again, I suggest you add more oil)

### Magic Socks Treatment

These treatments are best when repeated for 3 consecutive nights.

Supplies:

- 1 pair of cotton socks
- 1 pair of wool socks

Directions:

1. Take the pair of cotton socks and completely soak in cold water. Be sure to wring the socks out so that they are not dripping.
2. Warm feet up. It is nice to have a warm bath first and then do the wet sock treatment.
3. Dry feet off.
4. Put cold wet socks on and then the wool socks.
5. Keep socks on overnight or during nap times. The socks should be dry by the morning.

Effects of the treatment:

This treatment acts to reflexively increase the circulation and decrease the congestion in the upper respiratory passages, head, and throat. It has a sedating action and many people will report sleeping better during treatment. This treatment is also effective for pain relief and increases the healing process during acute infections.

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## IMAGINATIVE ADVENTURES THROUGH THE DIFFERENT BODY SYSTEMS

**Human Body Detectives** (HBD), through promoting and providing fun, educational adventure stories and activities focusing on specific body systems and the nutritional needs of each system, inspires children to be proactive and confident in striving for optimal health and taking ownership of their own physical beings.



The **Human Body Detectives** (HBD) was founded by naturopathic physician, Dr. Heather Manley in 2008. As a doctor and a mother, Dr. Heather believes that if kids understand how the food they eat plays a direct role in how their bodies function, they will be more inclined to make healthy food choices. In her search for books and resources that provide healthy eating tips and encourage parents to make healthy food choices for kids - and more importantly, encourage kids to make healthy food and lifestyle choices for themselves - she discovered there were very few books out there doing this in a fun way. That is when the idea for the **Human Body Detectives** series came to her.

The HBD stories feature Merrin and Pearl, sisters who find they have an ability to magically enter different systems in the body to solve health mysteries. Through the girls' action packed adventures as human body detectives, readers learn how the various body systems work and which foods best fuel each system.

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Contact dr. Heather for a virtual appointment at a special rate.

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## JUST FOR LAUGHS

**Why is the artichoke the most loving vegetable?**  
Because it has a heart!

**Why did the banana go out with the prune?**  
Because he couldn't get a date!

**What do you call cheese that is not your own?**  
Nacho cheese!

**What is the kindest vegetable?**  
A sweet potato!

**Why did the student eat his homework?**  
The teacher told him it was a piece of cake!

**Why did the boy blush when he opened the fridge?**  
He saw the salad dressing!

**What do you call a germ who wants to have a good time?**  
A FunGi! (a fun guy)

**What has many ears but can't hear a thing?**  
A cornfield!

**What vegetable would you not want to take on a boat?**  
A LEEK!

**Why did the banana go to the hospital?**  
He was not PEELING WELL!

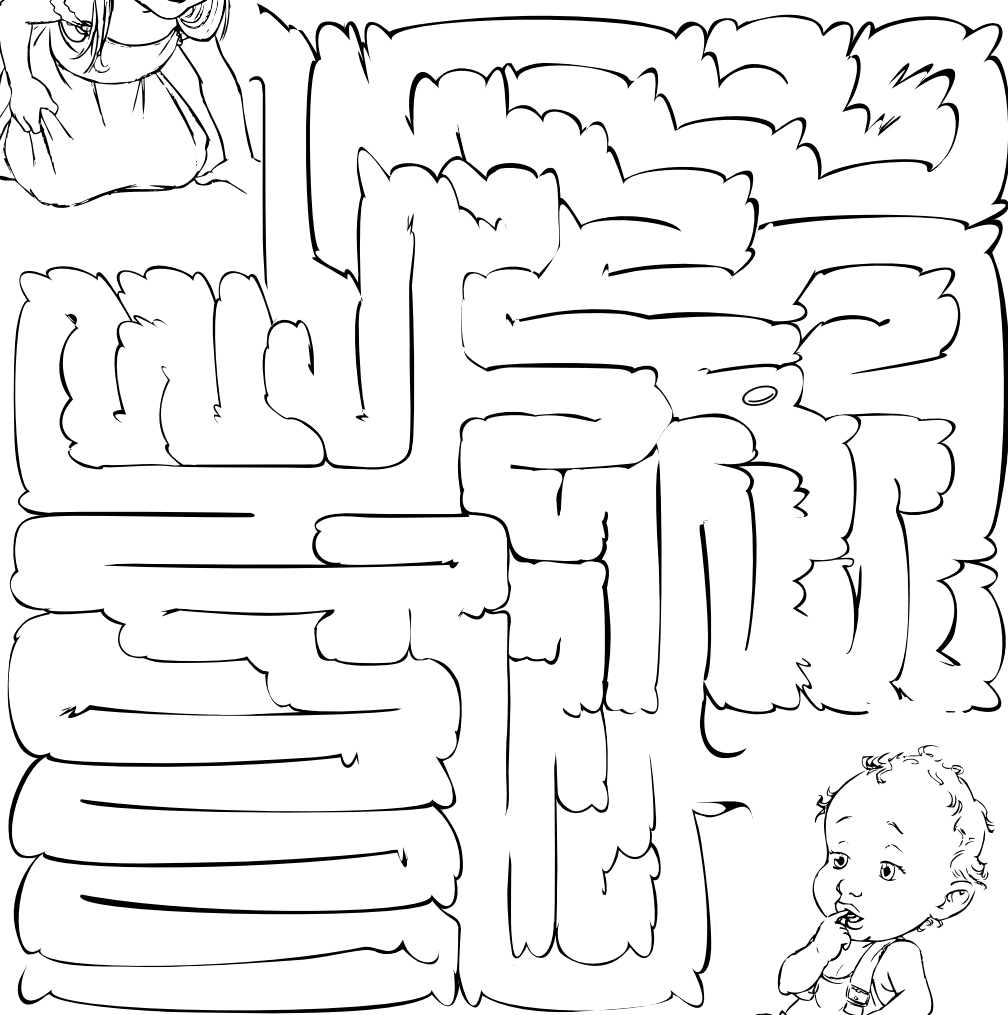


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Can you help Pearl grab the penny and get to Robbie?



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## HUMAN BODY DETECTIVES ASK, DID YOU KNOW THAT...

- ♡ the heart contracts more than 100,000 times a day to push blood through about 60,000 miles (or 96,000 kilometers) of blood vessels?
- ♡ the average heart will pump approximately 1,800 gallons (or 6,800 liters ) of blood each day?
- ♡ exercising will increase that number to as much as 6 times (that is 10,800 gallons & 40,800 liters)?
- ♡ the left ventricle has the hardest job of pushing the blood to the head and body? So it is super duper strong!
- ♡ you cannot make your heart stop or start- it works 24 hours a day, 7 days a week-that means all the time!
- ♡ each heartbeat is called a 'heart cycle'?
- ♡ when the blood travels to the lungs, it is called 'pulmonary circulation'?
- ♡ a healthy heart is about the same size as a pear?
- ♡ the heart is a muscle and needs exercise too?
- ♡ it takes about 60 seconds for the blood to pump to every part of your body?
- ♡ you can check your heart rate by pressing your index, second, and third fingers on the inside of your wrist?
- ♡ a heart doctor is called a cardiologist?
- ♡ the symbol for carbon dioxide is CO<sub>2</sub>?
- ♡ the symbol for oxygen is O<sub>2</sub>?
- ♡ your heart beats approximately 30 million times a year?

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## LIST YOUR FAVOURITE FOODS

If you prepare your own food, or go to a restaurant, which foods would you choose?  
Are you an omnivore or vegetarian?

**Meat:**

**Fish:**

**Vegetable:**

(pick your favorite from each color group):

Green:

Yellow/orange:

Blue/purple:

Red:

**Fruit:**

(pick your favorite from each color group):

Green:

Yellow/orange:

Blue/purple:

Red:

**Dessert:**

**Bean:**

**Nut:**

**Snack:**

**Beverage:**

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A COLOURING PAGE



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Dr. Heather is a practicing naturopathic physician who promotes wellness and naturopathic healthcare on her website [drheathernd.com](http://drheathernd.com). She is also the author of the award winning book series, **Human Body Detectives**. Dr. Heather lives on the Big Island of Hawaii with her husband and two daughters, and is currently at work on the next Human Body Detectives adventure.

Visit **Human Body Detectives** for free downloads, to view the HBD book trailers, and to watch human body detectives Merrin and Pearl in the kitchen and visiting exciting places!

All of the **Human Body Detectives** books – *The Lucky Escape*, *Battle with the Bugs*, *A Heart Pumping Adventure*, *Osteoblasts to the Rescue* and *Brainiacs* are available on Amazon and curriculum on the HBD site.

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**BEAUTYCOUNTER** consultant

Helping get safer skincare products into the hands of everyone

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**AUTHOR**

Educating kids on how their bodies work so they make healthy lifestyle choices

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