

# The naturopathic advisor



**Natural Lifestyle has teamed up with experts at CNM (College of Naturopathic Medicine) to answer some of your burning health questions. This issue, you asked:**



## Q How do I keep my two-year-old son safe and comfortable on a sunshine holiday?

Your son should stay in a shaded area during the hottest part of the day. If it's not too hot in the early morning and late afternoon, leave his arms exposed for brief periods of sun for vitamin D synthesis. Provide a physical barrier from the sun by

kitting him out in loose cotton garments during the day, but please bear in mind that light can filter through material and still cause sunburn. Bad burns in childhood are a risk factor for developing skin cancers later in life. He should wear a hat and a long-sleeved rash vest whilst in the water, and I suggest using a zinc-based sunscreen so you can see when it has come off; children rub at their face and eyes

when they get splashed by water, which may remove their sunscreen.

Keeping the diet rich in locally grown foods high in antioxidants, such as apricots, citrus fruits, peppers, parsley and other leafy greens, and anti-inflammatory foods, such as oily fish, can help protect the skin and minimise sun damage. Keep him well hydrated with clean drinking water, not fizzy or sweetened drinks.

Good quality lavender essential oil is an invaluable part of a holiday tool kit. It soothes the nerves and can help calm a fractious child. It's also soothing for sunburn, and for bites and stings. Keep him covered up with loose fitting natural fibre clothes where insects are a problem. Natural insect repellent products often contain lavender, peppermint, lemongrass and

citronella. However, please note that natural repellents are not to be relied upon in areas of malaria or serious mosquito-borne disease.

The lavender essential oil needs to be good quality, never use fragrance oils on skin. It is safe to use undiluted lavender essential oil on adult skin, but the dilution for babies is about 1/8 or for young children 1/4 of essential oil to a carrier oil such as jojoba, or even local olive oil. Essential oils can be irritating to the skin, particularly when combined with sun, so apply early evening and not in full sun.

Have a wonderful holiday.

Your question has been answered by Naturopath Gemma Hurditch, who lectures at CNM (College of Naturopathic Medicine). CNM offers training in a range of natural health therapies. Visit [www.naturopathy-uk.com](http://www.naturopathy-uk.com)

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