

Holistic Croup Protocol (for Children)

When to Seek Medical Care

Seek emergency help immediately if:

- Child struggles to breathe or has stridor (high-pitched sound) even at rest
- Skin around ribs or neck pulls in when breathing
- Lips or fingertips appear bluish
- Child cannot talk or drink due to breathing difficulty

If symptoms are mild to moderate, use this natural protocol safely at home.

Homeopathic Remedies

Give 3–5 pellets every 15–30 minutes during acute symptoms, spacing to every 2–4 hours as symptoms ease. Dissolve in water for young children.

Aconitum napellus 30C: Sudden onset, barking seal-like cough, worse after midnight, anxiety, restlessness

Spongia tosta 30C: Tight, metallic cough, worse after midnight, dry throat

Hepar sulphuris 30C: Cough turns loose/rattly after Spongia, worse at 2–3 AM

Antimonium tartaricum 30C: Rattly cough with thick mucus, weak child, wants to be held

Arsenicum album 30C: Cough worse in warm rooms, better in cool air

Typical Sequence:

1. Start with Aconitum 30C at first sign
2. Move to Spongia 30C if cough persists
3. Switch to Hepar sulph 30C once cough sounds loose or rattly

Natural Supplements & Herbs

Beekeeper's Naturals Liposomal Propolis + Vitamin C Sachet: ½ sachet once daily during illness for antimicrobial, antiviral, and antioxidant support.

Elderberry syrup: 1 tsp every 3–4 hours for immune and antiviral support.

Marshmallow root or Slippery elm tea: Coats throat and reduces irritation.

NAC (N-Acetyl Cysteine): 100–300 mg daily to thin mucus and support lung detoxification.

Quercetin (kids formula): Reduces airway swelling and histamine response.

Zinc (5–10 mg/day): Helps shorten infection duration.

Vitamin C (extra): Buffered or liposomal, 250–500 mg 2–3 times per day.

Vitamin D3: 1000 IU daily during illness.

Magnesium glycinate: 50–100 mg before bed (age-dependent) to relax airways and aid sleep.

Lifestyle and Environmental Support

Cool and Moist Air: Use a cool mist humidifier or sit in a steamy bathroom for 10–15 minutes, followed by a few minutes of cool air exposure (open freezer or go outside briefly). This helps reduce airway swelling and spasm.

Stay Calm: Anxiety worsens cough reflex. Keep lights dim, voices calm, and avoid overstimulation.

Chest Rub: Mix 1 drop lavender, frankincense, or ravintsara essential oil in 1 tsp carrier oil. Massage onto chest, upper back, and soles of feet.

Elevate Head: Slight incline during sleep for easier breathing.

Hydrate: Offer warm liquids like chamomile, thyme, or ginger tea with honey (if over 1 year). Avoid cold beverages.

Clean Air: Avoid scented candles, cleaners, and smoke. Diffuse gentle oils like ravintsara or eucalyptus radiata (not

globulus).

Immune Nourishment (Post-Recovery): Whole-food, low-sugar diet rich in antioxidants and minerals. Include bone broth, garlic, ginger, and turmeric. Encourage outdoor sunlight, grounding, and good sleep routines.

Nighttime Episode Routine (Example for 5-Year-Old)

1. Aconitum 30C at first cough.
2. Wait 30 minutes, then give Spongia 30C if still barking cough.
3. Sit in steam, then step outside to cool air briefly.
4. Give Elderberry syrup, ½ Beekeeper's sachet, and NAC.
5. Rub chest/back with frankincense blend.
6. Keep humidifier running overnight.
7. Give Hepar sulph 30C if cough becomes loose and phlegmy.
8. Magnesium glycinate before sleep.