

Lucie Bradley

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# *Treating babies and children in clinical practice*

July 2025

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Lucie Bradley

MEDICAL HERBALIST

Who I am

Dosages

Treating children - why  
treatment differs from adults

Common conditions in practice

Case studies

How to engage parents and  
children in the treatment process

July 2025



# *Who I am*

- 1981 Born and raised in Blackpool Lancashire
- 1999/2000 Gap year in New Zealands oldest Maori boarding school in - profound impact on my psyche being among indigenous people who were passionate about reinstating their culture
- Zoology at University of Leeds
- 2001 gave up all pharmaceutical medicines, stopped looking to the GP for answers and started my own health journey at 19/ 20 years old. Started treating myself and exploring all alternative healing modalities including medicinal plants
- 2003 out of the blue discovered being a herbalist could be a possible job
- 2004 started full time training at SSHM, in Glasgow
- 2005 moved to Glasgow
- 2008 graduated and started working in clinical practice
- 2009 first trip to East Africa as first aid volunteer and discovered ANAMED
- 2009 - 2011 started working for ANAMED, splitting my time between Scotland and East/Southern Africa
- 2011/2012 Msc in Ethnobotany in Kent
- 2012 - 2014 working full time as project manager in NGO in Tanzania working in sustainability/ permaculture
- 2014 back to UK with my first child
- 2015 moved permanently to Glasgow and started working full time in clinical practice
- 2020 2<sup>nd</sup> child born HBAC during Covid pandemic



# *Children and babies*

I have a course called: herbs for simple ailments.

Helps (mostly) parents learn how to use remedies from medicinal plants at home and how to have more sovereignty over their families health

- colds&flu
- coughs
- fevers
- teething
- nappy rash
- general rashes
- sleeplessness
- tummy upsets (D&V)
- urinary tract infections
- ear infections
- simple skin problems

## Different Doses & Responses

- Children are not just small adults. Medications are metabolized differently in children, and dosages must be carefully calculated based on weight and age.

The most accurate and effective ones were devised by anaesthetists, who KNOW about dosages. The smaller the child (in age and weight) the faster the metabolism becomes. Using ONLY age as a determinant is inaccurate and problematic, so other factors such as weight and body surface area were used instead.

They are as follows:

Salisbury rule (Dosages are based on body surface area, BSA)

Under 30kg in weight - twice their body weight in kg = % of adult dose

Over 30kg - body weight plus 30 = % of adult dose

Eg. 1

14kg child (approx age 3)

$14 + 14 = 28$

28% of 10ml = 2.8ml per day

35kg -  $35 + 30 = 65\%$  adult dose (65% of 10ml = 6.5ml)

2yrs and under - metabolism maturing so more difficult to apply Salisbury rule (according to sources), so it is recommended to start with Fried's rule (age based) as the starting dose, then adjust the dose according to the response of the child, working your way upwards

In summary:

Age 2 years and under, apply Fried's rule as a starting dose and work upwards, maximum dose being equal to the Salisbury rule

Age 2 years and older, apply Salisbury's rule

| Rule           | Calculation                                                                                                                             |
|----------------|-----------------------------------------------------------------------------------------------------------------------------------------|
| Fried’s rule   | (age in months/150) is the FRACTION of the adult dose use for infants up to 24 months                                                   |
| Salisbury rule | weight(kg) x 2 (if weight <30 kg) is the PERCENTAGE of the adult dose weight(kg) + 30 (if weight >30 kg) is the PERCENTAGE of the adult |

According to the herbalist Kerri Bone:

“While infants do tend to have a reduced capacity to metabolise alcohol, it is usually fully developed by the age of 2 or 3. However, I regularly prescribe alcohol-based extracts for young children without any associated problems because I observe the above dosage guidelines. As long as these are followed it is safe to give an ethanolic extract to children of any age.”

And I whole-heartedly agree. Tinctures are easy and effective to give to children and infants. The positive results from using tinctures (often in syrups) far outweigh any potential harm, especially in acute medical situations where the child’s illness and distress is causing intense sleeplessness for themselves and the parent/s.

Kerri Bone also goes on to state: “I know that there is mention of alcohol-free liquids in the marketplace. But a simple taste and smell test will show that these liquids are nowhere near as active as alcohol-based extracts. Alcohol is fundamentally needed to extract and dissolve the important active constituents from western herbs. In fact, the manufacturers of such products admit this problem because where they state the actives on the label (such as per 5 mL) these are typically much lower than the active levels stated for alcohol-water extracts of the same herbs”

### **Gut microbiome and immune response not fully established until approx age 5**

Which is great news because it means we can have a great influence over their microbiome

### **Amount of pharmaceutical medication taken**

Some children that I've treated, even at only 3 years old have had so much medication (close to 20 rounds of antibiotics) are a very different starting point to a child who has had only 1. Same with topical steroid use

### **When it began and length of illness**

- Many mums are given IV antibiotics during labour, testing positive for Strep b being one given reason.
- And often immediately after birth the babies are given preventative antibiotics
- The type of birth could also play into it: vaginal vs c-section. Not just about the microbes they ingest but also the squeezing through birth canal affects how the nervous system is laid down - movement of plates in head affects spinal cord and rest of ANS

Immediate non-herbal remedies:

Vaginal seeding

Skin to skin

Exposure to pets

Being outdoors

Osteopathy or other biomechanical work

### **Family medical history**

### **Genetics**

**State of mum's gut microbiota at conception**  
**Generational trauma**

## **Constitution of child**

This is also very important to consider when treating children. It can also be seen in babies, though becomes a bit more obvious from about 18 months/ 2 years onwards. Small, light framed children may need slightly lower doses and more sturdy, thicker set children may need or can tolerate bigger doses (but what's going on pathology-wise also needs to be considered. Do both).

## Common conditions in practice

Tell people that you treat children, ask about their children, ask about what they use for pain relief or treating colds or coughs. Talk about what you use on your own children or have helped family children with. Offer natural solutions

### Digestive issues

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- constipation
- diarrhoea
- intestinal parasites
- pinworms
- colic
- acid/ reflux

### Skin issues

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- eczema
- dermatitis
- rashes
- strep infections

### Urinary tract issues

### Behavioural issues

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- anger, rage
- poor behaviour
- poor concentration

### Sleep

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- breastfeeding mums
- problems getting to sleep and staying asleep

# *Case history 1*

## **Digestion - constipation**

Patient: 18 month old female baby/toddler with persistent constipation. Baby crying/ screaming when passing stools. Baby with holding stools, making constipation worse. Parents went to GP and started using lactulose however they were noticing they needed more and more.

### Treatment plan:

- soften stools by using herbs rich in mucilage and gentle laxatives
- relax tense muscles to make stools easier to pass and eliminate pain

When I treated this child I didn't know what I know now and so I didn't do too much work on diet, I just treated the problem.

### Prescription:

Rx1 Althea officinalis radix

Instructions - overnight cold infusion. 1 heaped teaspoon of herb in 100ml cold water, covered and left overnight. Strain and in the morning use 10 - 20ml to mix into baby's breakfast (porridge was their normal)

Rx2 100ml

Liquorice and Thyme syrup 40

Taraxacum officinalis radix 10

Viburnum opulus 10

Chamomilla recutita 10

Tilia europea 30

Sig 4 pipettes daily (2.5ml)

Rx2 50g Althea officinalis radix whole - overnight cold infusion, 10-20 ml every morning

# *Case history 2*

## **Digestion - constipation**

18 month girl with constipation. Youngest of 2  
Parents had started using lactulose but didn't want to continue long term as mum suspected it was a deeper gut issue. Got mum to do 2 week food diary to dive deep into what she was eating. Vegetarian. Food diary revealed diet was extremely heavy in carbs and dairy. The mum was actually very shocked when she saw it too. Very open to offering meat to the child and restricting fruit and carb intake. Child loved the fish and would favour it. Also advised to give less snacks and wait for meal times (parents were giving snacks 'just bc' like when she woke from a nap AND every time they went somewhere (food is often used to keep kids quiet in the car or pram on the way to do something with first child. Snacks are ALWAYS carbs so encouraged change to high fat and protein

Prescription:

Rx1 50g althea offciinalis radix whole  
10-20ml daily in porridge

Rx2 100ml day mix

Thyme and liquorice syrup 40

Althea offciinalis radix 10

Arctostaphylos uva ursi 10

Tilia europea 10

Andrographis pand 10

Taraxacum officinalis radix 10

Berberis vulgaris 10

sig. 2 pipettes daily before bed

After a month the BMs were more regular and with a more consistent pattern

# *Case history 3*

## **Digestion - diarrhoea/ intestinal parasites**

Patient: 2 yo boy (in nappies), suspected milk intolerance. Explosive and, persistent diarrhoea since birth. Complex family circumstances with mum having been subject to DA/DV, police investigations for rape and court processes for contact between the dad and son.

EXTREME hunger before bed and waking almost every night and on waking would scream for food. Often complaining of tummy ache.

VERY angry.

Fussy eating

Hard to sit still to eat and finish a meal but never full. Mum who was a patient of mine was very upset and felt very desperate. Knew something was really wrong and was VERY frustrated as the GP kept saying it was normal and would not do any further investigations.

Did comprehensive stool sample testing and it showed dysbiosis, inflammation and infection. Parasites: Dientamoeba fragilis, which is responsible for a lot of his symptoms. Also microbial overgrowth

Rx1 100ml anti-parasitic mix

Artemisia absinthum 20

Andrographis pan 10

Artemisia annua 10

Echinacea angustifolia 10

Allium sativum 10

Tabebuia impetiginosa 10

Thymus and liquorice syrup 30

Sig. 4 pipettes daily

Rx2 50g ulmus fulva - ½ tsp daily with water

50g althea officinalis radix whole - overnight cold infusion 10-20ml daily

Diatomaceous earth powder - as needed

Low FODMAP diet, no dairy

Co-parented with dad who didn't avoid dairy

# *Case history 3*

## **Digestion - diarrhoea/ intestinal parasites**

FMH: celiacs on dads side, and IBS

Lots of undiagnosed digestive issues

Mum - lots of intolerances (including dairy), food aversions, IBs type symptoms

Lots of generational trauma DV/ DA/ SA

Baby born in lockdown

C-section birth

Breastfed a bit but mum was very stressed

Baby had reflux at birth

Main symptoms:

1. Diarrhoea - goes from brown to red when at its loosest it goes maroon. Lot of undigested food skins
2. Bloating, hard tummy
3. Pain - lower central
4. Muscle weakness in legs - kept falling over, knee on one side would give way
5. Disrupted sleep
6. Extreme hunger
7. Food aversions to meat and wheat
8. Mood - tasmanian devil, super erratic, struggles to focus, angry

# Case history 3

## Continued

The treatment plan was to do an antimicrobial protocol. And radical changes to diet. The mum was ALL IN. Refusing him fruit was hard but she stuck to only low fodmap fruits.

The boy was offered a big reward (dinosaur monster truck) for taking the medicine for 7 days - he complied

After 2 weeks his diarrhoea had significantly improved His mood was settling, but still waking in the night and demanding fruit

Mum was noticing way more about reactions between food and behaviour and stools

Sleeping longer

Bed at 7.30pm, waking up 8.30am (5.30am wake up)

Sleeping longer

Not been waking in the night waking for food

| METABOLITE IMBALANCE                                                                                                                                                               |                                                                                                                                                                                                                                   |                                                                                                                                                                 |                                                                                                                                                                             |                                                                                                                                                     |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|
| Functional Imbalance Scores                                                                                                                                                        |                                                                                                                                                                                                                                   |                                                                                                                                                                 |                                                                                                                                                                             |                                                                                                                                                     |
| Key <span>&lt; 2</span> : Low Need for Support <span>2-3</span> : Optional Need for Support <span>4-6</span> : Moderate Need for Support <span>7-10</span> : High Need for Support |                                                                                                                                                                                                                                   |                                                                                                                                                                 |                                                                                                                                                                             |                                                                                                                                                     |
| Need for Digestive Support                                                                                                                                                         | Need for Inflammation Modulation                                                                                                                                                                                                  | Need for Microbiome Support                                                                                                                                     | Need for Prebiotic Support                                                                                                                                                  | Need for Antimicrobial Support                                                                                                                      |
| MALDIGESTION                                                                                                                                                                       | INFLAMMATION                                                                                                                                                                                                                      | DYSBIOSIS                                                                                                                                                       | METABOLIC IMBALANCE                                                                                                                                                         | INFECTION                                                                                                                                           |
| <span>0</span>                                                                                                                                                                     | <span>5</span>                                                                                                                                                                                                                    | <span>7</span>                                                                                                                                                  | <span>0</span>                                                                                                                                                              | <span>9</span>                                                                                                                                      |
| Fecal Fats <span>▼</span><br>Pancreatic Elastase <span>●</span><br>Products of Protein Breakdown <span>●</span>                                                                    | Secretory IgA <span>▲</span><br>Calprotectin <span>●</span><br>Eosinophil Protein X <span>●</span><br>Occult Blood <span>●</span>                                                                                                 | Reference Variance <span>▲</span><br>PP Bacteria/Yeast <span>▲</span><br>IAD/Methane Score <span>●</span><br>Total Abundance <span>●</span>                     | Total SCFA's <span>●</span><br>n-Butyrate Conc. <span>●</span><br>SCFA (%) <span>●</span><br>Beta-glucuronidase <span>●</span>                                              | Parasitic Infection <span>▲</span><br>PP Bacteria/Yeast <span>▲</span><br>Pathogenic Bacteria <span>●</span><br>Total Abundance <span>●</span>      |
| • Digestive Enzymes<br>• Betaine HCl<br>• Bile Salts<br>• Apple Cider Vinegar<br>• Mindful Eating Habits<br>• Digestive Bitters                                                    | • Elimination Diet/ Food Sensitivity Testing<br>• Mucosa Support: Slippery Elm, Althea, Aloe, DGL, etc.<br>• Zinc Carnosine<br>• L-Glutamine<br>• Quercetin<br>• Turmeric<br>• Omega-3's<br>• GI Referral (If Calpro is Elevated) | • Pre-/Probiotics<br>• Increase Dietary Fiber Intake<br>• Consider SIBO Testing<br>• Increase Resistant Starches<br>• Increase Fermented Foods<br>• Meal Timing | • Pre-/Probiotics<br>• Increased Dietary Fiber Intake<br>• Increase Resistant Starches<br>• Increase Fermented Foods<br>• Calcium D-Glucarate (for high beta-glucuronidase) | • Antibiotics (if warranted)<br>• Antimicrobial Herbal Therapy<br>• Antiparasitic Herbal Therapy (if warranted)<br>• <i>Saccharomyces boulardii</i> |

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# *Case history 3*

## Continued

Diarrhoea - lessened, within a few days, stools changed to firmer, smelt like actual shit, bit of a mucousy  
Frequency of bowel movements

Pain/ discomfort - little bit of tummy ache,  
Was 9.5/ 10  
Last night was a 6 (and asking for food at midnight)  
Pain has been as low as 3

Bloating - gone, gas is not smelly  
Farty kid

Sleep - much better

Child continues to take remedies because when he goes to his dad's the stools get worse, the child now knows it and takes the herbs, then within 24 hours everything is better

# *Case history 4*

## **Digestion - intestinal parasites, pinworms**

Treating worms - I treat this depending on the circumstances. After treating a patient with worms (child with repetitive infestations) I decided to talk about this on social media - this is normal for me. Posting it to my stories and talking about how its treated with herbs and a holistic approach I then had many mums sending me DM's and emails saying: please can you help, this is me! So I then decided to put a standard formula on my website so people could buy it as they wanted. And continued to talk about it on social media - the need for holistic care. I also paired it with diatomaceous earth powder as from the boy with persistent diarrhoea and intestinal parasites, this was a really important part of his treatment. And the child with repetitive worm infestations (it was actually the mum who taught me this, as if often the case - you learn so much from the patients).

I also decided to create a guide in the form of a PDF - having documents make it easier and saves time for patients and also helps patients/ clients have access to accurate information, and deters them from trawling the internet.

Treat whole family

Standard worming formula:

Rx1 100ml

Artemisia absinthum 40

Allium sativum 30

Juglans nigra 30

Sig. Adult: 40 drops diluted twice a day  
for 2 weeks. Pause for 2 weeks.

Repeat dose for another 2 weeks.

5yr old dose: 15 drops per dose as above

2 yr old dose: 5 drops per dose as above

50g Diatomaceous earth

Harder to treat after lots of chemical as general gut microbiota is poor, and may require several rounds plus general work on gut microbiome

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# *Skin – eczema*



# *Skin – eczema*

- atopic presentation
  - simple and complex
  - gut dysbiosis
  - poor lymphatic return
  - allergies: IGE and IGG
  - food intolerances
  - poor intestinal permeability
  - antibiotics after birth
- birth trauma
  - mum's stress/ nervous system dysfunction
  - histamine intolerance
  - Low FODMAP/ GAPS diet

# *Skin issues/ parasites/behaviour*

## **Case history 5**

Patient 1:

7 yo boy. Repetitive worms (pinworms) within the whole family

Mum was feeding him an amazing diet. All home cooked. All healthy fats. No sugar. WILD behaviour. Mum contacted me bc she had been called to school because his behaviour was violent and aggressive

Rx1 100ml mix

Thyme and liquorice syrup 20

Tabebuia impetiginosa 10

Artemisia annua 10

Juglans nigra 15

Artemisia absinthum 10

Passiflora incarnata 20

Hydrocotyl asiatica 15

# *Case history 6*

## Behavioural issues and worms

15 year old boy having had worms repetitively. School advised he has ADD/ADHD but 'fails' every test he's done. Behaviour at home fine - a very sweet and considerate son. At school can't concentrate and finds it difficult to follow instructions

Multiple rounds of pharmaceutical worming medicine

Rx1 300ml main mix

Passiflora incarnata 40

Althea officinalis radix 30

Arctostaphylos uva ursi 10

Andrographis paniculata 10

Eschscholtzia californica 10

60 Black walnut capsules

25g diatomaceous earth powder

# *Urinary tract infections*

## **Case history 6 - where I fucked up/ still don't know what I'm doing**

3 yo female. Presenting with repetitive ear and urinary infections. More than 10 rounds of antibiotics

Highly dependant on calpol - using about 1 bottle per week

Mum very open to change, including diet. Child was eating 'kiddie food' but parents ate well so they just included her in the meals

# Case history 6 cont.

April 2023

- Toilet trained
- Started having accidents
- 3 courses of antibiotics
- New infection 1st week of July

Persistent till end of October

Referred to pediatricians - 2 scans: US - bladder, kidneys all physiologically

Done urine sample: not always showing a positive culture 15th Jan

6 rounds of antibiotics

No raised white blood cell count with blood tests - bloods taken between infections

When she was in nappies March 2023, no issues whatsoever with urination

Joined nursery sept 2022 - getting every bug that went around: cold, sickness bugs, chest infections

- Common cold would go into chest infections
- Running a temperature all the time - she was running back to doctors all the time
- 38/39 degrees temperature giving her calpol

D- Mannose: been giving them to her

Symptoms: vulva is sore, urgently needs the loo

Vulva can be red at times - usually looks ok

Got vaginal thrush as a result of the

Prescription:

Rx1 100ml day drops £30

Elderberry syrup 40

Andrographis pan 10

Echinacea purp 10

Allium sativum 5

Solidago virgaurea 20

Sambucus fructus folia 15

Rx2 200g bathing herbs

Thymus vulgaris 10

Arctostaphylos uva ursi 20

Calendula officinalis 10

Lavendula officinalis 40

Equisetum arvens 20

30g chest rub £18

Kinder floradix

Stopped all antibiotics. Stopped Calpol. Let the fever run

# *Case history 6 cont.*

Rx1 100ml ear blend  
Allium sativum 10  
Verbascum thapsus 20  
Thymus vulgaris 10  
Salvia officinalis 10  
Phytolacca americana 20  
Gallium aparine 20  
Calendula officinalis (25%) 10

30ml ear oil  
Mullein infused oil  
Garlic tincture

**July 2025**

Still getting lots of bother from ear infections. Lots of build up in ears, encouraged her to get private help. ENT consultant advised grommits. Ear infection symptoms after a couple of months calmed down. Sticking with food elimination and mum noticing much more about when the girls symptoms get worse.

6 months later we started to introduce some prebiotics PCGG and zeolite powder

Also introduced a UTI tea

50g UTI tea  
Arctostaphylos uva ursi 10  
Barosma betulina 10  
Althea officinalis folia 10  
Equisetum arvens 10  
Zea mays 10

Patient mostly manages symptoms

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# *Babies*

Colic

Unsettled tummies

July 2023

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*Thank you*

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**For your attention**

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