

Growing Pains

Description: Growing pains are just that. Achy legs that can keep your child awake at night or pain in the legs as a child develops. Growing pains are cramping, achy muscle pains that some preschoolers and preteens feel in both legs. Growing pains can occur in early childhood at the age of 3 or 4 and/or can commonly occur between the ages 8-12. Often along with achy legs, nose bleeds can also be early predictor of this condition.

Protocol/Dosage: Calcium Lactate- 3 Tablets 2x/day for 3 weeks.
Trace Mineral-B12- 3 Tablets 2x/day for 3 weeks.
Ferrofood- 1 Tablet for 40 days.

Dietary Recommendation: Calcium Foods List

Recommendation: Children should take a warm bath to help mobilize calcium from the bones to the blood to help with relief. A warm cup of water with 1 tablespoon Apple Cider Vinegar with honey can be helpful.

