

Intestinal Worms in Children – Natural Support Checklist for Parents

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Spot the Body Whispers

Night-time bottom itching

Pinworm eggs laid at night

Restless sleep, teeth grinding

Gut irritation or parasite activity

Sweet cravings, irritability

Blood-sugar changes linked to worms

Bloating, wind, pale skin

Roundworm signs

Sudden appetite changes

Tapeworm possibility

Dark eye circles, nail biting

Subtle mineral depletion or irritation



Notice patterns around the full moon – some children's itching or restlessness worsens as worms become more active at night. Time a 7-day herbal or food plan to cover this phase.

Gentle Herbal and Food Support

✓ Food-grade herbs first



Pumpkin seed butter

1–2 tsp (under 6s) or 1–2 tbsp (6–12s) daily for 7 days, pause a week, repeat. Spread on oatcakes or stir into porridge.

Papaya seed

¼–½ tsp ground and blended into a tropical smoothie for 3–5 days.

Garlic

Finely minced in honey or simmered with fennel seed in warm milk for bedtime.

Clove tea

2–3 cloves steeped 15 min, sweeten with honey, maple or date syrup. Offer 2–3 times a week.

Turmeric

¼ tsp in warm milk with honey each night for gut repair.

❏ **⊘** Avoid potent adult herbs (wormwood, black walnut, neem) in under-12s unless practitioner-guided – their developing livers can't yet metabolise the strong compounds safely.

The Natropathix Terrain Approach

Support your child's internal environment with

👉 Anti-parasitic for Kids Tincture



Contains: German Chamomile, Nettle Leaf, Pau D'Arco, Uva Ursi, Dandelion Root, Burdock, Fennel, Liquorice.

These herbs calm irritation, support digestion and immunity, and make the gut a less friendly home for worms.

Follow the dosing guidance on the product page.

Food and Drink Focus

Include:

- Cooked veg, berries, pumpkin seeds, garlic, onions, leeks
- Coconut, kefir or live yoghurt (if tolerated)
- Water and mild chamomile or fennel tea

Reduce:

- Processed foods, refined sugar, white flour
- Heavy, greasy or yeasty meals



Hygiene Routine (Breaking the Cycle)

01

Hot-wash bedding, pyjamas, and towels

At 60 °C + and tumble dry or iron seams.

03

Change underwear daily

05

Treat all siblings together

02

Morning showers

To rinse eggs away.

04

Clip nails short

And wash hands after the loo and before meals.

06

Repeat washes

On day 1, mid-week, and end of week 2.

Medicines and Combining with Herbs

Common OTC option:

Mebendazole (Ovex) from age 2 – starves worms of glucose.

Repeat after two weeks.

Other pharmacist or prescription options: Piperazine, Pyrantel, Albendazole.



How to combine:

- Space herbs and medication by ~2 hours.
- Continue light meals, water, and fibre.
- Add probiotic foods 48 hrs later.
- Avoid strong wormwood, black walnut, or neem during medicine days.

Quick Daily Plan Example

Morning	Garlic-milk or smoothie with pumpkin seed butter
Mid-morning	Papaya smoothie or fruit
Lunch	Warm veg and whole grains
Afternoon	Water and chamomile tea
Evening	Clove tea or golden milk
Bedtime	Dose of Anti-parasitic for Kids tincture



Common Parent Questions

How long until it clears?

Usually 7–10 days with herbs, hygiene, and the second dose of medicine if used.

Is it safe to mix herbal and pharmacy treatments?

Yes – when herbs are gentle and spaced a couple of hours apart.

When should we see the GP?

If symptoms persist > 2–3 weeks, there's tummy pain, weight loss, or blood in stool.

Summary

A calm, steady approach works best:

Food-grade herbs and terrain-support tincture

Light, clean food and good hydration

Household hygiene and repetition

Together, these steps create a balanced internal environment where worms cannot thrive.

Try it today

Support your child's comfort naturally with

Natropathix Anti-parasitic for Kids Tincture >

A gentle herbal blend to restore gut balance and peace of mind.