



Spring is here! A time for flowers blooming, planting, growing of vegetable gardens and everything springing to life. Spring is also a time of renewal and rebirth as we consider our own health journeys.

On a health journey? Join Dr. Bain at the Changing Life & Destiny's Health Conference

On the weekend of April 24-26th at the Hilton Granite Park Dallas/Plano come and experience 130 Life-Changing Exhibitors, 40 Amazing Speakers, 25 Masterclass Workshops, sample new health products and so much more.

To attend and purchase tickets, click the link below.



[Click here to purchase tickets for only \\$39.00](#)

When Spring is not your friend. Are you're kids suffering from sneezing, itchy and watery eyes and also want to be outdoors to play with friends? We can help with an assortment of gentle, natural allergy relief products.



Is your child extremely reactive to bug bites?

We have a solution. Have you tried Apis Mellifica? The next time your child comes home with a stinging and painful insect bite, reach for Apis to help ease the reactions to common bug and insect bites.



Transitioning from Winter to Spring can be quite an adjustment for the whole family. Aside from bug bites, are your kids extra sensitive to seasonal & environmental changes? Histo-X by Apex Energetics is a great natural solution to have on hand. It helps promote healthy responses to environmental changes, toxins, foods, and allergens. It also supports healthy mast cell function to better manage allergic responses.

Speaking of seasonal shifts, have you ever been out at a restaurant or playing at the park and all of a sudden your child is itchy or breaking out in a rash or hives for no reason? Dr. Bain has a solution. The next time you need a natural antihistamine, instead of Benedryl, try Histaminum by Boiron.



Histaminum can be easily carried in your purse and taken on the go without water. Simply place the pellets in your child's mouth, let them dissolve and watch your child's symptoms begin to ease.

Have you ever thought of using a Colostrum supplement to boost your child's immune system? ImmunoG PRP by NuMedica provides essential vitamins, minerals, and proteins that support growth and health. In addition, the PRP's in ImmunoG help modulate the immune system, strengthening it when underactive and calming it when overactive by modulating T-cells. It's a great natural way to keep your child's immune system balanced to alleviate allergic reactions.



Breathe easier and smell amazing this Spring season with Young Living's Essential Oils. These natural essential oils will not only help repel bugs, treat insect bites, but also will help with allergies, too!



- Lavender contains antihistamine properties that help reduce sneezing and itching. It also helps with cuts and scrapes from falls.
- Lemon supports healthy immune function and reduces mucus.
- Peppermint helps clear nasal passages.
- Breathe Again supports healthy breathing.
- RC oil provides respiratory support.

Does your child suffer from heavy mucus or sinus congestion? D-Hist Jr. by Springboard really helps ease excess mucus by clearing airways. Its also known for balancing the immune system in children with high histamine levels. Keep D-Hist Jr. nearby this allergy season.



We hope this newsletter has been very helpful to you and you're family. It is such an honor to work with your children and help them not only feel better but to truly thrive and grow into their best selves.

From Healthy Kids Pediatrics to your family, we wish you all a very happy, healthy, and vibrant Spring.

From Dr. Bain and the HKP Team



Send us a review!

Did you recently visit our office and have a good experience? Please share! Your feedback helps our patients so much! Follow us on social media, too!

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