

CRADLE CAP

Cradle cap is marked by a thick, waxy, yellowish encrustation that appears on the baby's scalp, particularly on the top of the head. Cradle cap is caused by the hyperactivity of the glands in the scalp that secrete sebum. It can appear in the first few months of life and last until two or three years of age. It is a seborrhic condition of the skin and can be accompanied by seborrhic der-

Treatments

- If the case is mild, one of the following remedies should be helpful. If the cradle cap is moderate to severe, I would also recommend trying a hypoallergenic formula, such as Alimentum or Nutramogen, or, if breast-feeding, reviewing your diet for possible food sensitivity. Supplementation of zinc, magnesium, biotin, and essential fatty acids to baby or mother can be helpful. Brushing regularly with a soft baby brush will help to remove the crust.
- Astringent decoctions made from herbs such as witch hazel bark, white oak bark, and burdock root are used as washes to slow down glandular production. They can be used as a rinse to follow shampooing. They are left on the scalp and not rinsed out.

Cradle Cap Scalp Rinse

Infusion of 2 parts red clover
2 parts viola tricolor leaves
1 part burdock seeds

Let the herbs steep for 10 to 15 minutes before straining.
Use to rinse the scalp several times a week. Leave on scalp.
Do not rinse out.

Scalp Oil 1

An oil rub of 2 ounces of olive oil and 5 drops of lavender, rosemary, or basil essential oils may be used. Apply to

baby's head before going to bed. In the morning, wash off with a mild calendula shampoo on a washcloth. Rub gently and remove the crust.

Scalp Oil 2

Make an herbal oil as described in Part VI, page 262, of nettles, chamomile, and burdock seed. Warm the oil slightly and apply at night to the baby's scalp. Remove in the morning as described in the previous section.
