

Children's Health

Immunity

Gastrointestinal health

Diet and the effects of sugar, lactose
and gluten.

Your Child's digestion

- The start of good health for your child is the digestive health.
- If the digestion is not working properly then your child will suffer from allergies, weight issues, fatigue, eczema and behavioural issues.
- It is important to get the bowels moving – if there is issues with constipation and or diarrhoea, it is telling you that your child is not digesting or absorbing food effectively.
- 3 foods that affect the digestion are; Sugar, gluten and dairy (lactose)
- Probiotics and a high fibre diet improves the digestion.

The digestive system



Symptoms of a poor digestion

- Bloating and burping
- Flatulence and wind
- Fatigue especially in the morning
- Weight increase or an inability to put weight on
- Growth issues and pains
- Brain function issues and learning
- Constipation and diarrhoea
- Eczema and other skin issues and dandruff
- Dehydration
- Cramping and irritable bowel
- Colic and reflux
- Joint pains and stiffness

Look at the tongue



Coatings on the tongue

Tongue Coating



White Coat



Thick Yellow Coat



Geographic

Effects of Gluten in our diets



Bloated



Normal gut and celiacs



Alternatives to gluten

- Rice products
- Coconut flours
- Almond milks and flour
- Flaxseed
- Amaranth
- Millet
- Gluten free oats
- Quinoa

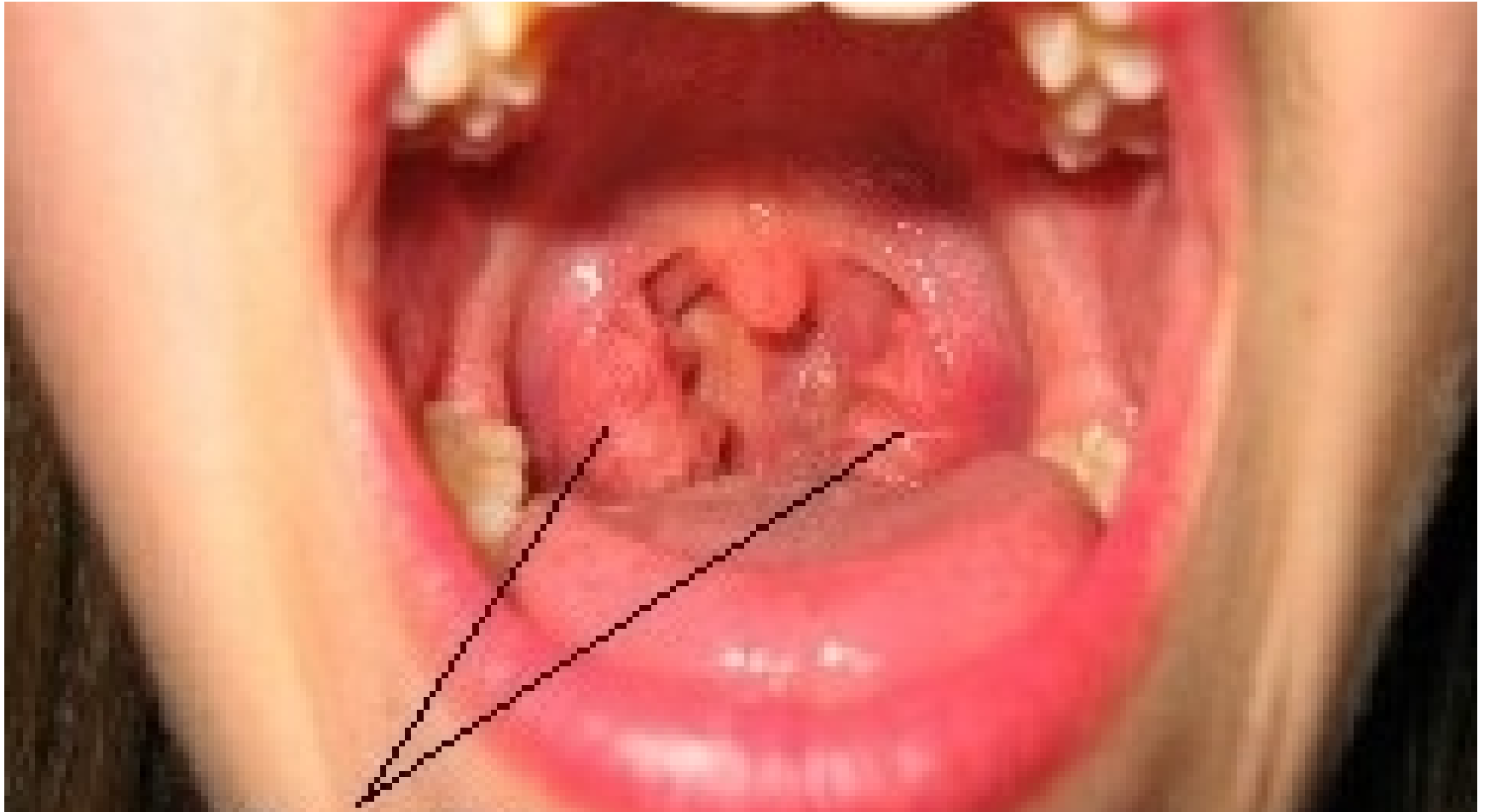
Five elements and the diet



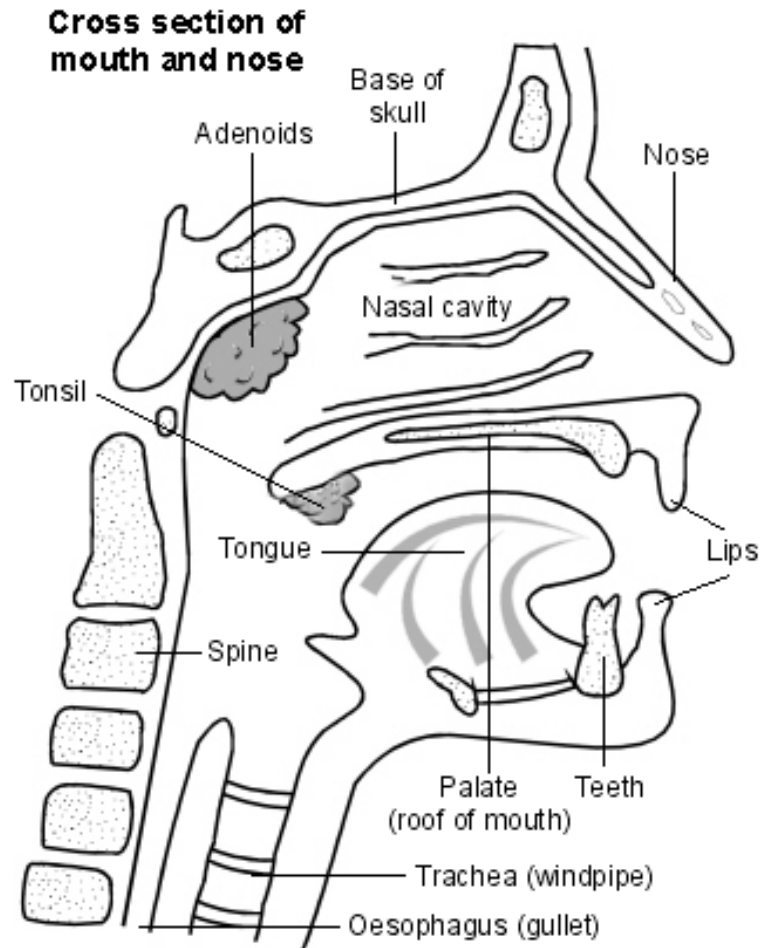
Immunity

- It is important to keep the immune system healthy
- Large tonsils and or adenoids are a sign that the immune system is struggling.
- Ear infections and sinus problems are related to food intolerances in the diet which are hindering the immune system.
- 3 foods that effect the immune system are; sugar , gluten , and lactose.
- Two types of lymphocytes involved in the immune system are T Cells and B cells.

Tonsils



Mouth and nose



How to improve your child's immune system

- Avoid all gluten and replace with gluten free products
- Reduce all sugar and carbohydrates in the diet
- Increase all protein in the diet
- Reduce all soft drinks and replace with water
- Avoid all dairy (lactose) in the diet and replace with almond or rice milks. Replace cheese with goat's cheese.
- Make sure your child has plenty of sleep and exercise.

Supplements for the immune system

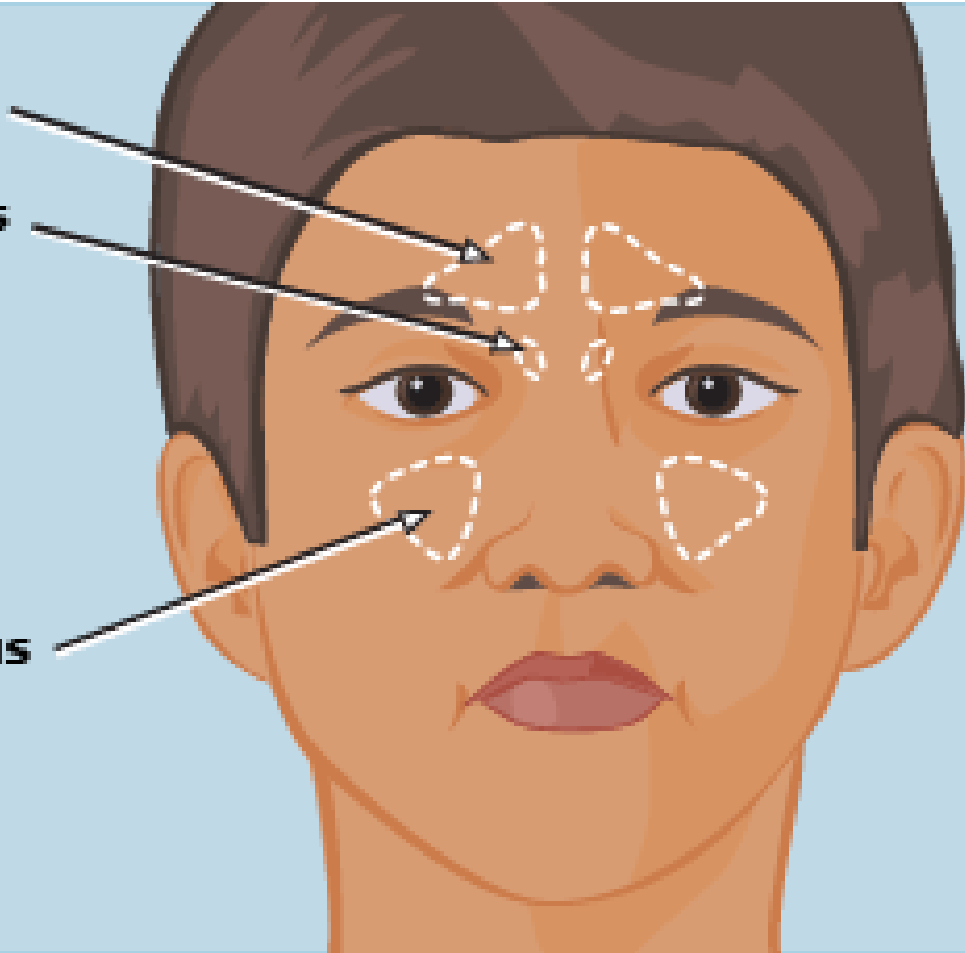
- Probiotics
- Zinc and vitamin C
- Fish oils and coconut oils
- Cod liver oil – vitamin A and D
- B vitamins – B6 , Folic acid and B12
- Vitamin D3
- Magnesium to aid the metabolism
- Tumeric
- Green tea
- Andrographis

Sinus and allergies

Frontal Sinus

Ethmoid Sinus

Maxillary Sinus



How can I improve the symptoms

- STOP all dairy products
- STOP all gluten
- Reduce all sugars
- Improve the bowels
- Reduce the use of antibiotics
- Reduce the use of anti-histamines
- Use alternatives for antibiotics and anti-histamines
- Improve the sleep

Natural alternatives to antibiotics

- Olive leaf extract
- Probiotics
- Golden seal
- Andrographis and astragalus
- Manuka honey
- Zinc and vitamin C
- Selenium
- Tumeric
- Garlic and cloves
- Oregano
- Colloidal silver
- Echinacea
- Myrrh and thyme

Natural alternatives to anti-histamines

- Albizzia lebecck
- Vitamin C
- Flavonids
- Omega 3
- Bromelain from pineapple
- Nettle
- Histaminum 200c
- Bovista 200c

Exercises to improve brain function and learning

- Marching – homolateral and contralateral
- Eye modes and eye exercises
- Balancing with eyes open and eyes closed
- Rolling a golf ball under the feet
- Stretching the calves and achilles
- Check the alignment and structure of the body and the pelvis
- Points to hold – BL 62, GB 44, GV 20,24 BL 9, 10