

## Did you know?

Did you know that 80-90% of the chemicals that make us feel happy and content, are manufactured in the gut?

# Restore your Child's Health

Few people are aware that your health and ultimate wellness relies heavily on the integrity of your digestive system. The importance of a healthy digestive system is often overlooked by parents and health practitioners. You wouldn't put diesel in a petrol car and expect it to function properly. The same goes for your body. If you fill it with sugar and irritating foods, the body cannot function properly. Did you know that 80-90% of our neurotransmitters, which are the chemicals that make us feel happy and content, are manufactured in the gut? This process is run by the Enteric Nervous System or, if you like, the 'gut-brain'. If your child's system is full of garbage and not cleaning itself out efficiently then the neurotransmitter levels drop away. Along with anxiety and concentration issues they will suffer from bloating, 'tummy aches', irritability, dry and itching skin, brain fog and many other symptoms.

Every body is different. There are certain foods that your child will cope with that another child won't and visa versa. However there are some simple rules which everyone can follow.

## 3 BASIC FOOD RULES

### 1. THERE ARE CERTAIN FOODS THAT WE SHOULD NEVER EAT

You can tell what these are by reading the label. If you don't recognize the ingredients, it is generally a good sign that it is not food!! Avoid artificial food colourings, artificial food additives and where possible artificial food preservatives.

### 2. THERE ARE CERTAIN FOODS THAT SHOULD BE SAVED AS A TREAT...

Given rarely such as birthday parties or special occasions. This is where sugar appears. On a day-to-day basis your child should not be ingesting highly refined sugars. If they eat some cake or ice-cream occasionally, so be it. Fast food falls into this category too, (although most of them should be in the 'never' section).

### 3. THERE ARE FOODS THAT ACTUALLY FEED YOU!!

Real food such as vegetables, quality meats and fats, eggs, nuts and seeds, some fruit, some healthy grains, fermented foods such as home-made yoghurts and the list goes on and on.

## EVERY TIME YOUR CHILD EATS FOODS SUCH AS:

- homogenized and pasturised dairy,
- refined wheat,
- refined sugar, or
- chemicals (additives, preservatives, etc)

...YOU ARE FEEDING THEM FOOD THAT IS DIFFICULT FOR THE BODY TO PROCESS.



# Happy Digestive System

# UNHAPPY DIGESTIVE SYSTEM

- Taking lots of nourishing nutrients and enzymes out of the food in the beginning of the digestive process, and then:
- eliminating the unneeded waste

INSTEAD



- the body is working overtime to process the foreign food while receiving no energy or benefit from it,
- AND struggling to get it out of the system.
- Once it hits the large bowel, if the first part of the process hasn't been completed then large particles of undigested, toxic food bash up against the lining of the bowel and cause damage.
- This creates minute holes in the lining, which allows the toxic waste from the undigested food to float back out into the bloodstream and cause many problems.
- IF the foods the child has eaten are easily fermentable such as fruits, sugar or sweet potatoes and these are not eliminated then they sit in the gut and ferment. This process feeds the pathogenic (bad) bacteria which in turn create gases and cause more damage.
- Once the 'bad bugs' out-number the 'good bugs' your child will suffer from bloating, tummy aches, skin problems, sleep problems, focus and concentration issues and many, many more symptoms

Starting on a new food regime for your child can be daunting and hard work, for a short period of time. However, not starting on a new food regime for you child can cause issues and problems for a very long period of time!

CLICK HERE for the 3 week program which will change your child's life for the better.

Before you begin the program, make sure you are organized!! If you enjoy baking and cooking then almost all recipes can easily be converted to use foods from the "enjoy" list. For example, you can bake with spelt flour instead of wheat flour. Even better, try the gluten free baking options. You can use Tamari in place of soy sauce, you can replace sugar with rice malt syrup or rapadura sugar (also known as evaporated cane sugar).

If you don't enjoy cooking, don't panic! There are so many good choices around in supermarkets and health food stores now. Always check out the health food aisle in your supermarket, and ask your local health food store for advice, they generally have a large range of options and information available.

It is very important your give your child a probiotic during this 3 week period. Ask your health care practitioner for a recommendation. You can also feed them fermented foods such as kimchi, sauerkraut, kombucha and kefir. This will build the "good" bacteria in their gut and help bring the "bad" bacteria under control.

If there has been extensive damage done to the lining of the gut from overuse of antibiotics, long term use of baby formula or poor diet from weaning then your child will also need some gut rehabilitation. The best way to do this is feed them home-made chicken broth (from organic chicken) every day. If you cannot manage this for whatever reason then there are supplements available that work very well.

Please note, as you make these changes to your child's diet they will go through a gentle detoxification process. This can cause fatigue, irritability, mild headaches and changes in bowel movements. This shouldn't last more than 3-5 days. Be sure to feed them lots of water to flush out the toxins that are being mobilized.

Also remember there is a huge amount of wholefood information online these days. Check out some of the below links:

[www.wellnourished.com.au](http://www.wellnourished.com.au)  
[www.superchargedfood.com](http://www.superchargedfood.com)  
[www.wholefoodcooking.com.au](http://www.wholefoodcooking.com.au)  
[www.quirkycooking.com.au](http://www.quirkycooking.com.au)  
[www.changinghabits.com.au](http://www.changinghabits.com.au)  
[www.liveitdoit.com.au](http://www.liveitdoit.com.au)

If your child's condition is more deep seated or chronic, follow the same program for a 6 week period and eliminate all gluten as well. The glutinous grains are barley, rye, spelt, kamut, and oats.