

## Part 1: Nourishment



What our children eat is paramount to their vitality.

Do not under-estimate the power of nutrient dense food.

And do not under-estimate the harmful effects of processed, chemically laden refined foods.

Nourishment is the corner stone of our children's health. Simple changes in diet can manifest huge change: mentally, emotionally, and physically.

Foods to focus on:

- Grass-fed /pasture raised meat
- Organic fruit
- Raw honey
- Raw goat products/ kefir
- Collagen/gelatine
- Organ meats
- Coconut cream
- Organic root veggies
- Saturated fats

Foods to remove:

- Food dyes
- Soy
- High oxalate foods
- Foods that have been fortified
- Processed sugar
- Conventional dairy
- Seed oil
- Gluten



## Part 2: Hydration and Minerals

Dehydration is a very common occurrence in children. Even if your children are drinking water, they can still experience dehydration.

The best way to optimise hydration is through adequate intake of minerals and electrolytes. Tap water is often not sufficient.

Signs of dehydration in children:

- Irritability
- Cold hands and feet
- Pale skin
- Lethargy
- Drowsiness
- Difficulty concentration
- No tears when crying
- Dry skin/scalp
- Constipation
- Yellow/brown urine
- Odourless urine
- Extreme thirst
- Fast breathing confusion

Drinks for optimal hydration:

- Warm herbal teas
- Coconut water
- Aloe vera juice
- Water with lemon and a pinch of salt
- Organic cold pressed juices
- Raw milk

Why plain water is not enough:

Unless your child is drinking high quality spring water, their water is almost always devoid of crucial minerals.

In order to hydrate the body properly, we must hydrate our cells. Our cells require minerals like:

- potassium,
- magnesium,
- sodium.

Plain tap water does not contain these minerals.

In fact, drinking too much plain water can deplete you of these vitally important minerals.



## Part 3: Nervous system regulation and vagus nerve function



### Neural Pathways:

From birth to five years of age is the best window to begin building calm neural pathways. In these early years is when the brain maps and cognitive connections are built.

Being hurried, rushed, over stimulated, can negatively impact how a child's brain map is formed.

Setting a pace of peace, calm, and connection with their primary care givers, does so much for a child's mental, emotional, and nervous system health.

Science now shows that the state of the child's nervous system directly impacts their gut and immune health too.



An example is: when you think of something stressful, or experience a stressful situation, your cortisol rises. When cortisol levels rise, SECRETORY IMMUNOGLOBIN A goes down. When SIgA goes down, you become more prone to infections. This is how a stressful life, stressful situations or worried thoughts can make you physically ill.

The emotional and wellbeing of children is often over-looked. With the rise in childhood mental illness and childhood trauma, it is so important that we address the emotional health of our children. The very best way ways we can do this, is through nervous system regulation.

When a child's nervous system is regulated, they are able to listen, complete tasks, remain alert, digest food, and be open to changes in their little lives.

Regulating their nervous systems and stimulating their vagus nerves are powerful ways to improve children's health.



## Lifestyle adjustments to build calm neural pathways:

- spend time in the mornings enjoying quiet time: read a book, play outside, eat together.
- Turn off screens/tv/electronics in the evening before bed.
- Minimize the need to over-schedule (your children don't need to do every extra mural offered)
- Allow for down time together each day to rest and connect in.
- Dancing together
- Baking together
- Reading together



## Household changes:

- Ditch fragrance candles/sprays/ plug in air freshers
- Ditch the overuse of sanitizers/ anti-bacterial soaps/ sprays
- Use non-toxic cleaning materials
- Keep ventilation going and open windows regularly
- Consider an air purifier
- Take care of leaks and water damage quickly
- Test your home for mold
- Dust, declutter
- Shoes off at the door
- Don't smoke

