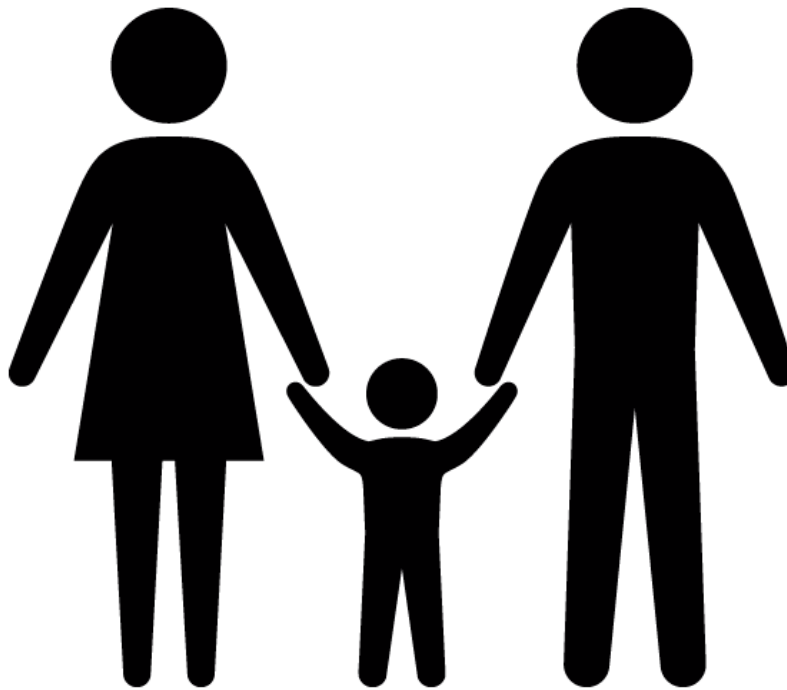


5 TOP TIPS FOR THE 5 MOST COMMON CHILDHOOD CONDITIONS



Being a parent is hectic and oftentimes exhausting.

This e-book has been born out of the desire to make parents' lives easier with very practical checklists for the most common childhood conditions.



1. CONSTIPATION (children older than 12 months):

- Encourage children to drink water! (*Of note: no water for infants younger than 12 months!*)
- Limit or eliminate completely cow milk dairy products (milk, cheese, yoghurt, ice cream)
- Lots of veggies and fermented foods daily
- Nutritional support: magnesium citrate and probiotics
- Scheduled potty breaks



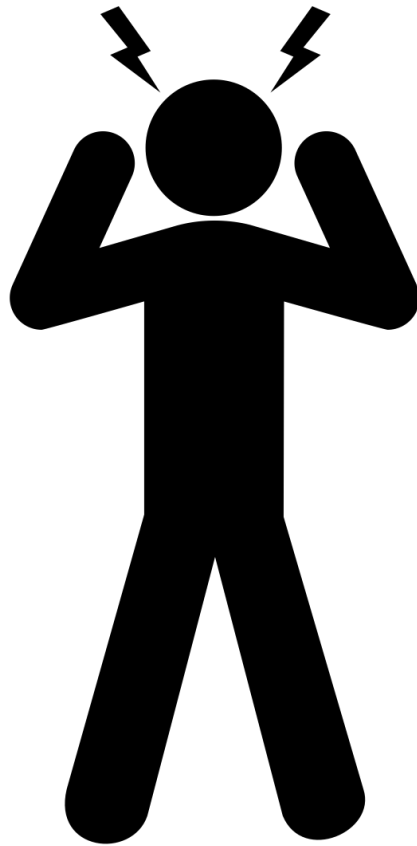
2. ECZEMA/DRY SKIN:

- Anti-inflammatory nutrition (*see addendum #1*)
- Frequent moisturizing (try a chamomile/calendula oil blend)
- Fermented foods and probiotics
- Elimination diet (start trial of cow milk elimination diet)
- Healthy fats (fish, avocado, olive oil) and omega 3 supplements



3. SEASONAL ALLERGIES:

- Anti-inflammatory nutrition (*see addendum #1*)
- Elimination diet (start a trial of cow milk elimination diet)
- Nasal saline washes
- Nutritional support: Quercetin, Vitamin C, Bromelain (available products: “*Snifflex*”, “*D-Hist Jr*”)
- Check vitamin D3 levels and supplement as needed



4. **ANXIETY:**

- Anti-inflammatory nutrition(*see addendum #1*)
- Stress management strategies for the entire family (*ie meditation, mindfulness, breathing, journaling*)
- Sleep hygiene: no screen time 2 hours before bedtime; no TV in the bedroom; establish a relaxing bedtime routine.
- Nutritional support: Omega 3, magnesium, inositol
- Herbal support: chamomile tea



5. COUGH AND COLDS:

- *Infants:* nasal saline washes, suctioning, bedside humidifier, good hydration; NO honey for infants younger than 12 months
 - *Children older than 12 months:*
 - Nasal saline washes and bedside humidifier
 - Honey for cough
 - Good hydration: water, chicken soup broth.
 - Nutritional support: vitamin C, vitamin D3, probiotics
 - Herbal support: elderberry syrup
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ADDENDUM #1:

ANTI-INFLAMMATORY NUTRITION TIPS



Inflammation is the body's attempt to start healing. Chronic inflammation can lead to many health problems. To prevent or reduce inflammation and chronic health problems, teach children how to eat healthy as a lifestyle, not as a diet.

- Eliminate all processed food and artificial dyes and sweeteners
- No sweetened beverages or sodas
- Drink water
- Teach children to eat a “rainbow” a day: eat a variety of colorful vegetables and fruits every day
- Healthy fats: fish, eggs, nuts, seeds, olive oil
- Fermented foods: sauerkraut, pickled vegetables, kimchi, kambucha, kefir (*see addendum #2 for tips on how to make fermented foods your child's best friend*)
- Dessert should be a special treat not a daily food. Save it for Sundays or special occasions, like birthdays and holidays. Help children develop a palate for dark chocolate and desserts made with fruits.

ADDENDUM #2:
TIPS TO MAKE FERMENTED FOODS YOUR CHILD'S BEST FRIEND



*The most common fermented foods are sauerkraut, pickled vegetables, kombucha, kefir, yoghurt, and kimchi. Here are a couple of **tips** on how to help your kids become fans of fermented foods!*

- Start early: children can develop a palate for a variety of taste and textures if exposed early in life.
- Offer it with almost every meal, even if it's a small quantities. A teaspoon a day or 2-4 oz of kombucha or kefir goes a long way.
- For picky eaters, try to offer fermented foods that are refrigerated. The sensation of cold numbs the taste buds and kids may be more willing to eat things that they wouldn't otherwise.
- Make it fun! Try to make it a competition among family members!
- Make it look like a reward. Tell kids if they eat all their dinner, they can get some pickled vegetables as a reward. In general, kids want to please and they want to work towards rewards!
- Try to make your own pickled vegetables or kombucha and involve kids in this new culinary adventure!
- Have a fermented foods potluck party with your family friends. Encourage everyone to be creative!
- Celebrate and praise them when they eat fermented foods!
- Eat it yourself every day, set a good example!

- Don't give up: persistence pays off!

Examples of incorporating more fermented foods into kids' diet:

- add one teaspoon of sauerkraut or any other fermented veggies next to the main meal
- add honey, nuts, sweet dry fruits like raisins or dates to kefir or yoghurt as a mid-day snack or treat
- kombucha instead of juices or sodas
- create a new family tradition, like an "international cuisine" night that includes fermented foods (kimchi – Korea and Japan; cabbage rolls, pickles – Eastern Europe; sauerkraut - Germany)
- use goat milk kefir instead of sourcream.