



The Spinal Column

Back to school...Back to work! Using natural foods and supplements to help keep kids of all ages healthy as the school year begins

By Irene Wells B.Sc., R.N.C.P.

In terms of nutrition, the example that you set as a parent is crucial. By helping your child make good choices now, you not only prepare them for school, you prepare them for life!

Small steps – what to do:

- Make a list of what your child eats;
- Restrict unhealthy foods;
- Minimize sources of sugar, both natural and artificial;
- Minimize food allergens;
- Ensure adequate rest, & exercise
- Reduce stress!

Hidden monsters:

Hydrogenated & saturated fats:

Found mainly in packaged foods: chips, cheesies, crackers, snack bars, cookies, pre-prepared dips & sauces. These fats promote “inflammatory” conditions, decrease immunity, and burden the bodies elimination systems.

Sugar:

Many children are addicted! Once hooked, it becomes almost like a drug. Pop, juice boxes & fruit juice in general, granola bars, most cereals, snack foods & breads (believe it or not) contain refined sugar. After years of consumption...the taste buds are numbed to the taste of “healthy” sugars...like those in dates, whole fruits, and starchy vegetables. Refined sugar (white & most types of brown sugars) are stripped of the minerals that are present in the natural sugar cane. When you over-consume refined sugar, your body becomes depleted of minerals like chromium, for example, because it uses body stores of the mineral to break down the sugar. Recently, the correlation between type II diabetes and pop consumption was publicized in the American Journal of Clinical Nutrition.

Finally, excess sugar turns into fat...look at the increasing size of children today...what does their future look like?

Wheat:

Although revered as a staple food, wheat has been over-produced and hybridized. Additionally, it is over-eaten as a grain. Alternating varieties of wheat – like spelt, kamut, and other grains is suggested. Again, start off right (from a young age) – do not prepare wheat-containing and processed foods often. Refined carbs (most of which are wheat-based), set kids up for obesity and type II diabetes. The Atkin’s diet and food products is thriving for just this reason! Educate yourself on a healthier lifestyle for you and your family instead of spending a fortune on “designer” diets!

Other allergens

Soy, chocolate, citrus, peanuts, pork, eggs, and tomatoes are some other common allergens. Why? simply because they are over-consumed. The body gets tired of processing these foods...enzyme systems do not work as well...symptoms include: bloating, gas, diarrhea, fatigue, headache, skin eruptions, sinusitis, and other “annoying” problems that your regular doctor may not attribute to food intolerances.

An elimination/provocation diet is the best way to determine and eliminate food intolerances and hidden allergies. All it takes is discipline – not tonnes of money... DISCIPLINE!

O.K., so exactly how do I start?

- Make meal/snack preparation a high priority on your daily ‘to do’ list.
- Use the 80:20 rule! (see me for details)
- Every time one of those nasty “I don’t have time for...” thoughts
- creep in...remember why you need to make these changes
- Keep a running list of items that you need at the grocery store
- Shop around the “outside” of the store...choosing fresh meat, produce, perhaps some organic dairy – avoiding pre-packaged foods
- Keep meals & snacks simple
- Involve your children as much as possible (If they make it...they are more likely to eat it!

- Rotate food choices during the week (only have the same grain, meat, vegetable, fruit...every 3-4 days)
- Remember that children need to taste a new food at least 11 times, before it may be 'accepted'!
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- **Superfoods for kids:**
- Essential fats: raw nuts & seeds, cold water ocean fish, wild game meats, beans, and avocados;
- Green Leafy Veggies: rapini, chard, collards, lettuces, kale;
- Fruit: seasonal, ripe – either fresh or frozen. Whole fruits contain fibre and enzymes – whereas fruit juices and bars contain much less;
- Protein: fish, eggs, organic lean meats – try turkey, skinless chicken, ostrich, bison, and beef occasionally. Protein maintains mental balance and stabilizes blood sugar levels. Spirulina is a great source for vegetarians.

About the Author:



Irene received her Bachelor of Science Degree in 1996, specializing in biochemistry and nutrition. After obtaining an honours diploma in holistic nutrition, Irene founded Wellness Wizards Ltd where she offers comprehensive nutritional counseling for athletes and the general public. To Irene, every client presents a new challenge and an opportunity for learning and growth—in body, mind and spirit.

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In GreatHands Chiropractic & Wellness Centre

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 Sat.: 9:00 am - 5:00 pm
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