



## Children's Health

*Hold on to instruction, do not let it go; guard it well...listen closely to my words...for they are life to those who find them and health to a man's whole body. Proverbs 4:13, 20, 22*

### **Topics:**

- Nutrient Deficiencies in Children**
- What is Lacking in Our Children's Diet**
- Recommended Daily Servings by Age Group**
- Toxic Effect on Our Children**
- Our Children's Immune System**
- Steps for Improving Your Child's Health**

**Allergies, Asthma, Digestive Disturbances – reflux, diarrhea, constipation, Irritable bowel, Crohn's disease, ADD, ADHD, Obesity, Depression, Emotional Disorders, Behavioral Disturbances, Cardiovascular Disease  
----- ALL INCREASING AT ALARMING RATES IN OUR CHILDREN!**


## **Nutrient Deficiencies in Children**

<u>Deficient Nutrient</u>	<u>Symptoms from Deficiency</u>	
1. Iron	Fatigue Headaches Listlessness Learning disabilities	Weakness Pallor Irritable Anorexia
2. Vitamin C	Aversion to work Depression Weakness Social introversion	Hysteria Listlessness Hypoglycemia Fatigue
3. Magnesium	Apathy Personality changes Crave chocolate & sweets	Hyperirritability
4. Zinc	Poor appetite Failure to grow Emotional disorders	Irritability Mental lethargy
5. B-Complex	Confusion Depressed appetite Sleep disorders Generally miserable (whiner) Depression Memory loss Emotional instability	Poor coordination Irritable Fatigue Agitation Headaches Sleeplessness

6. Calcium & Magnesium	Abdominal pain Bed-wetting Headaches Hyperactivity Irritability Poor sleeping habits Pins & needles sensation on skin	Muscle spasms Fatigue Restlessness Twitches Teeth-grinding/night
7. Food Allergies	Abdominal pain Aggression Bags/wrinkles under eyes Bloating Leg aches Dark eye circles Depression Eczema Chronic ear, chest, sinus infections Temper tantrums, whining, screaming	Excessive fatigue Glazed look Hives Hyperactivity Red earlobes Red cheeks Dry skin Wiggly/restless legs

### **What is Lacking in our Child's Diet?**



As you can see from the list of deficiencies  we have a problem on our hands and it helps to understand where the problem originated. There are two primary reasons: the first is our food and the second is our lifestyle.

### **Our Food**

Our food today is not what it used to be. Most of what we eat today is processed, sugar-laden, nutrient deficient, chemical loaded and damaging to our bodies.

- National dietary surveys showed that our children's diets fell short in the intake of many critical nutrients as listed above.
- The New York Schoolchildren Survey reports that 25% of the children surveyed had not eaten any fruits or vegetables in the past 24 hours.
- There is a calcium crisis in this country that has been exacerbated by the increased consumption of carbonated beverages, which interferes with calcium absorption.
- Studies show that 1 in every 13 children have asthma.
- Our meats are injected with antibiotics and hormones, while our fruits and vegetables are loaded and grown with pesticides and herbicides.
- Over 60,000 additives (artificial colors, artificial flavors, preservatives, sweeteners, etc.) are processed into the food mostly for cosmetic reasons and preservation, not nutrition.



## **Our Lifestyle**

Our lifestyles make it difficult to eat well. We eat on the run. We need to take time to rest, relax, and plan healthy meals. We let TV influence our food choices along with the school lunch menus. As parents we are responsible for the food that our children eat whether it is in our homes, while we are out or while they are at school. This is an area of their life that we need to make a priority with healthy choices. The list of children's deficiencies could be partially and sometimes totally eliminated if the environment, food and lifestyle were improved.

Dinner time is designed to be a time of sharing, fellowship, enjoying each other and getting to know the family. This is a time to develop good eating habits for future optimal health. Many degenerative diseases that children are now having at a young age are shown to decrease with improved changes in thinking, eating and living habits.

Take time to fly a kite with your kids, enjoy their life and let them enjoy yours.

### **Food Guide Pyramid Recommendations for Children**

#### **Recommended Number of Daily Servings by Age Group**

<u>Food Group</u>	<u>Toddlers</u>	<u>Children</u>	<u>Teens</u>
Grains	6	9	11
Fruits	2	3	4
Vegetables	3	4	5
Protein	2	2	2-3
Dairy	2	2	2-3

## **Toxins In Our Environment**

Our children are being exposed to excessive amounts of toxins in the food they eat, the water they drink, the air they breathe and in the environment in which they live. As parents, we need to become proactive and lobby against the use of dangerous pesticides and chemicals in this country. At the same time, we need to do everything we can to eliminate toxins in our homes and in the schools our children attend.

- According to the Children's Cancer Group Epidemiology Program children are 5-6 times more likely to develop leukemia and brain cancer if their families use pesticides at home.
- Most of the increase in leukemia rates in the past 20 years has been in a kind of cancer called acute lymphoblastic leukemia (ALL). A recent study in the American Journal of Public Health reported an association between household chemicals and ALL.
- Cancer is the leading cause of disease-related deaths in children under the age of 20, (from the Centers for Disease Control and Prevention). Every

year, about 12,400 children and teens under the age of 20 are diagnosed with cancer.

- The EPA states:” There are thousands of toxic chemical compounds in use today. New chemicals are developed each year and many of these can enter and contaminate both surface and underground water. In large amounts some of these chemicals found in drinking water could cause cancer, mutations, and birth defects.

### **Our Children’s Immune System**

One of our most important jobs as parents is to help our child develop a healthy immune system.

*“Optimal nutrition in childhood is a gift that lasts a lifetime” Dr. Leo Galland.  
Children have a remarkable ability to heal themselves especially if their immune systems are strong and healthy.*

### **How the Immune System Works:**

The immune system is made up of an army of special white blood cells, T-cells and B-cells, which are ready to go to war at a moment’s notice. These special cells attack and destroy anything that invades the body or threatens it from without or within, including bacteria, viruses and cancer.

If your immune system is working perfectly then it should not attack anything that is considered healthy to your body, including “you”. However, sometimes a person’s immune system responds to harmless or useful substances as if they were the enemy. This is what happens in the case of allergies. To understand this better read the information on “Leaky Gut” in this workbook.

### **The Immune System Can be Challenged by:**

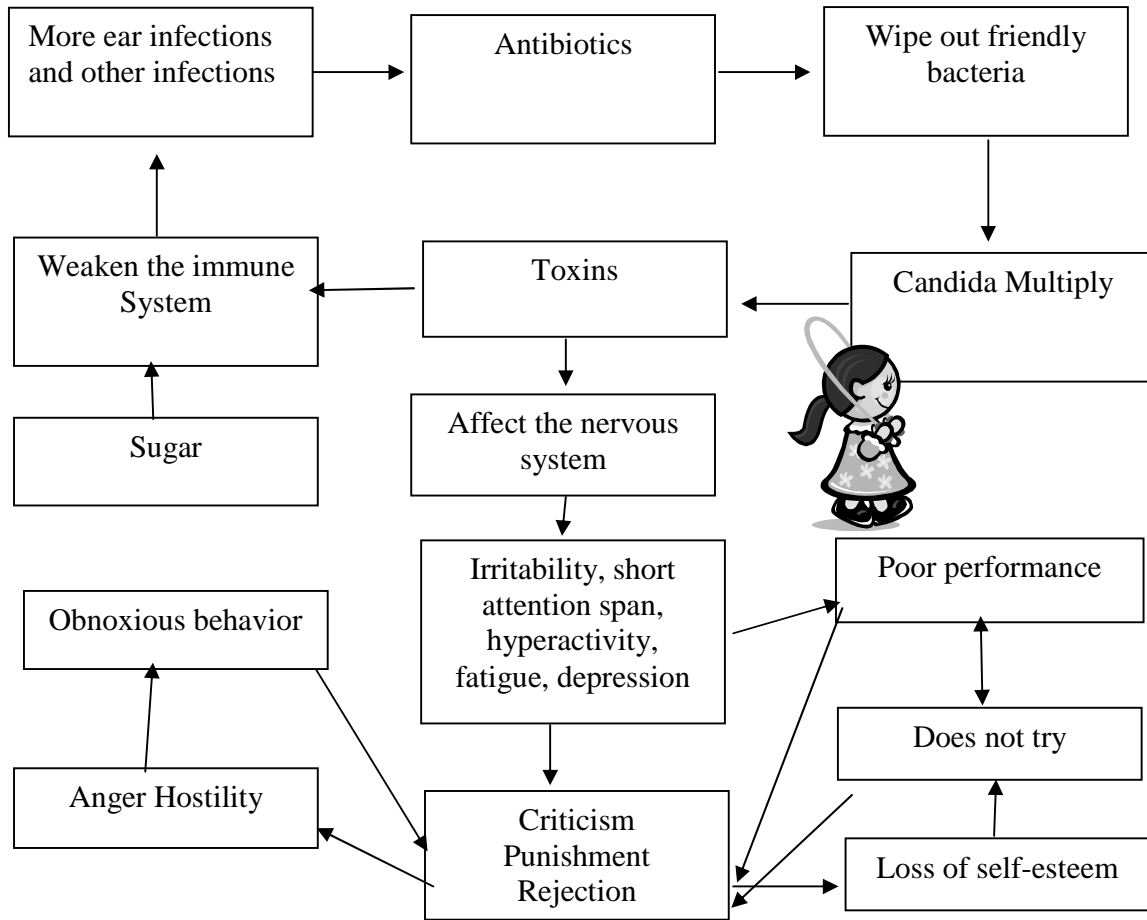
Sugar, Candida and Antibiotics.

To know if your child is suffering from a Candida problem there are three resources in this workbook: Candida, Candida Questionnaire, and Nutritional Deficiency. All of these tools can assist you in knowing if your child is dealing with a Candida issue.

Sugar in the diet can cause a deficiency in important vitamins and minerals. Sugar can also cause a rise in blood sugar and lead to diabetes.



### Vicious Cycle of Antibiotics & Candida



### Steps for Improving Your Childs Health

#### 1. Create a loving and healthy home

- ❖ Model the behavior you desire your children to have. You as the parent are the most influential person in your child's life.
- ❖ Involve the kids in your choices of food and why you choose that for them. Make it a game to try new fruits and veggies.
- ❖ Try to create dips for your kids to use with their new veggies.
- ❖ Encourage them to try new foods but do this with love and gentleness. If you let them know and understand that you want to make everyone, including yourself, happier by being healthier, then they may join in with you on these new changes.
- ❖ Pray for your kids. It is God's desire that your family is healthy, happy and serving Him. Your prayers will bring about a change in your kids that your nagging will never accomplish. Also pray that your spouse will support you in this decision and will help with discipline when necessary.

***Consider it all joy, my brethren, when you encounter various trials, knowing that the testing of your faith produces endurance. And let endurance have its perfect result, that you may be perfect and complete, lacking in nothing. But if any of you lacks wisdom, let him ask of God, who gives to all men generously and without reproach, and it will be given to him. James 1:2-5***

## **2. Follow a Healthy Food Plan**

- ❖ Eat fresh, organic food whenever possible
- ❖ Eat more veggies, raw or lightly cooked
- ❖ Eat beans, lentils, seeds, nuts and whole grains
- ❖ Eat several servings of fresh fruit every day
- ❖ Limit stimulants such as sugar, coffee and tea
- ❖ Avoid ALL artificial ingredients
- ❖ Limit processed foods including: refined bread, pasta, cakes and cookies
- ❖ Use meats and dairy products that have been raised without antibiotics or hormones
- ❖ Avoid “altered fats” found in margarine, heated oils, fast food, processed food and partially hydrogenated oil
- ❖ Use organic butter and cold-pressed extra virgin olive oil as the only sources of added fat.



## **Remove all Toxins from the Home**

- ❖ Replace all toxic, household cleaning & laundry products with safe, organic and effective alternatives
- ❖ Eliminate the toxins in your drinking water; lead, chlorine, gases & chemicals, by using a high quality water purifier or buying Reverse Osmosis purified water
- ❖ Purify the air in your home and eliminate airborne contaminants: mold, bacteria, viruses & particulates with a high quality air purifier
- ❖ Prevent toxins from entering the skin by using safe natural personal care products.

## **Supplement by Age**

- ❖ Infants and Toddlers: 6 months to 2 years  
Multi-Vitamin Infant powder and a probiotic as needed
- ❖ Ages 2-5  
Chewable multivitamin, probiotic, chewable Vita – C, Soy Protein
- ❖ Ages 5-18  
Probiotic, Multi-Vitamin, Chewable calcium/magnesium, Vita – C, Vita – E, Protein

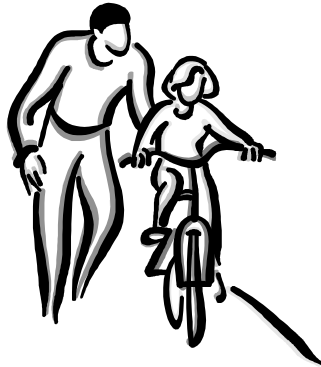
## **Encourage Regular Exercise**

- ❖ Spending 25 minutes outside every day is very important to the health of your child. It is surprising how they can even handle going out when it is

- freezing outside. Just bundle them up. The fresh air is worth it. It would be even better if you joined them outside.
- ❖ Exercise will not only improve their physical health but it will improve their mental health.
  - ❖ Children should engage in vigorous, physical activity for at least 30 minutes each day to maintain cardiovascular fitness.
  - ❖ Plan family events that include hiking, bicycling, water activities, etc. Doing it as a family makes everyone have more fun. These events will create memories that will be long treasured, much longer than sitting on the couch with a computer game in their hand and an IPOD in their ears!

### **First Aid for Common Health Challenges**

Cold or Flu:	Echinacea, Vita-C, Garlic, Alfalfa, and an immunity product
Nausea, Indigestion:	Ginger/Peppermint complex, Probiotic, Enzymes, Chewable calcium
Muscle Cramps:	Calcium/Magnesium, Extra magnesium, Valerian
Sleep Problems:	Valerian, Calcium/Magnesium
Constipation:	Make your own freshly milled bread, Probiotics, Fiber or an herbal laxative



Sources:  
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