

WELLNESS *review*

Natural Health Care is Ideal for Kids

The amazing thing about children is not only all that they achieve day to day, but also the potential of what they may achieve over their lifetime. We all want our children to be the best, the happiest and the healthiest they can be. Is your child meeting their potential?

Mixed Messages

Day to day we are bombarded with so many mixed messages about how to look after our kids. People tell us our children are overweight, not focused, slow learners or bad eaters. There is also no shortage of different ideas on how to "best" raise our children. On top of this we also have to be aware of how our children are influenced by TV advertising, their friends and the supermarket checkout. How do we make sense of all of this information?

All kids are special

One simple fact is for certain; kids do have special health requirements. Children are not simply smaller versions of adults. Children are actually physiologically different in the way their bodies work compared to you or I. Have you noticed that kids suffer different health problems to adults? For example glue ear, or ear infection is common in children, but less so in adults. When was the last time you heard an adult complaining of how annoying their colic or cradle cap was?

So we know that kid's bodies' work differently than adults, and that they also have different health problems. It makes sense that adult supplements are often not suitable for children, and that kids need specific remedies for their specific needs.

Q: What's green and stands in the corner?

A: A naughty frog!!!

At this clinic we understand that just as kids have a unique sense of humor, they also have specific supplement needs. Our clinic specializes in supporting kids' needs, including:

- Fussy eaters,
- Upset tummies,
- Colds and 'flu (especially with winter here!),
- Attention deficit problems,
- Bed wetting,
- Allergies and asthma,
- Growing pains, and
- Study stress.

We also understand that getting kids to take medicines or supplements can be a struggle! To overcome this we use a range of supplements that taste great (we even have chocolate flavoured!) and are versatile.

Here are some ideas that we give to parents of our little patients to help them get the benefit of great nutrition:

- Our kids supplements may be taken straight off the spoon – they taste like a sherbet treat
- They can be mixed into water or juice and frozen into ice-blocks
- Sprinkle the formulas into yoghurt
- Blend with fruit or other flavours to make a smoothie

As your Natural Health Practitioner, I have the skills and resources to help your child be the best that they can be. Call the clinic to make an appointment to discuss how we can help your child achieve their potential. And if you find it a struggle to keep up with your kids, we'll be happy to help you with that too!

