



Holistic Medical Centre

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Children's Health

After our newsletter about winter ailments, we had enquiries about what to do with children's health so this newsletter is dedicated to the children! There are three main areas to look at from a physical well being viewpoint & they are 1) Food allergies 2) Good nutrition & 3) Supplements. Its no accident that allergies are mentioned first as many of you have found already, taking problem foods/additives out of the diet can result in a great improvement in overall health including immunity. Our last newsletter was dedicated to this subject and its great to hear that some of you have felt better for eliminating hidden sources of MSG. **Protein** is important as many amino acids are involved in immunity. Good sources are: eggs, fish, nuts, unprocessed meat, tofu & tempeh. Dairy foods are not such a good source of protein & in our last newsletter we explained that some processed meats are not either. Eggs for breakfast (rice milk is great with scrambled eggs & omelettes), chicken legs in the lunch box with some nuts & raisins for snacks, almond butter can be added to smoothies, hummus is good on sandwiches or crackers so is tuna & mayonnaise. Tofu is delicious in a sandwich when sliced and lightly sautéed in olive oil & Tamari (natural soy sauce). Tuna toasted sandwiches, tuna casseroles, & good quality meats with dinner. Also important are the **carotenes**

which are in all the orange, yellow, green & red foods. Try mashed kumara, yam & pumpkin instead of potato. Sweeten it with mashed carrots. Also use these vegetables in soups & casseroles, roasted or boiled. Carrot juice occasionally is also very good. Most children like Tuna which is a good source of **Omega 3 oils**. If not, try fresh Kahawai or smoked Kahawai in a cottage pie. Winter is great for one pot wonders! Add 1/3 cup of whole linseed (flaxseed) to these which is a good thickener & a good source of **Omega 6**. Also add chopped steamed Kale to these soups as this is a remarkably nutritious green winter vegetable that is obtained at health food shops inexpensively. It is very high in Vitamin C, iron, B vitamins & carotenes. Better than many supplements. Because we seldom forage for pipis & cockles these days we have lost a good source of **Zinc & Selenium**. Nuts, especially Brazil nuts are rich in both these nutrients. There are some nut-based dips & sauces available in health food shops & some supermarkets. Try some coriander & cashew nut pesto on a chicken, tofu or egg salad. Try the recipe under Health Tips. Nuts can be finely ground in a coffee grinder

and added to salads & cereals. These taste great especially if you roast in a pan before grinding (especially walnuts). You can also add nut butters to smoothies such as almond or cashew nut butter. It is best to avoid peanuts when you can. Honey or Stevia are better than sugar as sweeteners. Please have stirfry rather than deep fried takeaways which contain Trans (unhealthy) fats. Coconut milk based Asian & Indian takeaways are good. Sunflower seeds are very rich in **Vitamin E** & you can also use unheated sunflower oil in salad dressings. Also use these dressings (with garlic) on roast vegetable salads. Remember all the purple berries (fresh or frozen) in smoothies etc for **Vit C & Proanthocyanadins**. Stewed fruit with rhubarb & fresh juices for Vit C. If you have copper pipes in your house please be aware that copper can accumulate & is not too good for brain development or for the immune system. The way to slow absorption & prevent excess is by increasing Zinc & this may require supplementation. Although we make an effort to avoid blood tests unless necessary in children, you can measure the copper, zinc & Vit D in a blood test if you are concerned. This will however require a visit with one of the doctors.

Our favourite quote

"There are two things a person should never be angry at, what they can help, and what they cannot."

Plato 427 BC - 347 BC

Health tips

Apple Crumble with a twist

In a food processor or blender add 1 handful of each: brazil nuts, almonds, walnuts and desiccated coconut, cinnamon, cardamom, cloves & nutmeg. Blend till fine. Add butter (or light olive oil) and 1/2 cup of honey or some Stevia (natural sweetener) Blend into crumble consistency. Press over lightly cooked fruit of your choice and bake at 180C until brown on top. You will not believe how delicious this smells & tastes.

Happy Patient file

We have had a great response from our last few newsletters & we do appreciate the feedback. A letter from last month reads... "Thanks for the continuing supportive information that comes each month in the newsletter. I greatly appreciate the proactive health support it provides me & my family. Each month I learn something new about our diet, our health & how we can take better care of our wonderful bodies! As with everyone & every bit of information we receive, at The Holistic Medical Centre we feel supported by you in our daily physical and mental well being which we think is fantastic! Thank you for continuing to strive for such excellence in community healthcare."

Supplements for children

Vit D is from the sun & is also found in cod liver oil. This is a very important nutrient & may be worth considering as a supplement through the winter months. We have children's chewable cod liver oil capsules with a strawberry flavour that tastes great! It

is for 2-7 years & also has **Vit A, Vit E & Omega 3**. If you would like your child to try a sample ask at your next visit. We also have ProEFA Junior for development, mood & learning for 3yrs - teens. These are lemon flavoured chewables. Probiotics!

Very important after diarrhea or antibiotics. These good bacteria turn carotene into Vit A & make B Vits & Vit K. After many requests we now have a children's chewable multi with 100mg of Vit C per tablet. We have samples to try. For chil-

dren with learning, behavioral & developmental concerns we use a great tasting smoothie mix called Learning Factors as a multi. Common Vit C dosing for treating colds & flu: 2-4yrs 100mg 4xday, 4-6yrs 500mg 4xday, 6-10yrs 1g 4xday.