

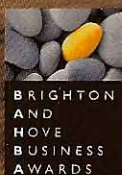
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**DEALING WITH
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**CELEBRATING
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**SEEING
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**ADHD
ASTHMA
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CLEVER BITES

EMMA WELLS, SMART NUTRITIONAL THERAPIST AND HEALTH WRITER, GIVES THE LOWDOWN ON WHAT TO FEED AND WHAT NOT TO FEED YOUR CHILD AND WHY

AVOID ADDITIVES

Studies have shown that by removing additives from the diet, a number of child-related disorders such as ADHD and eczema can be improved. Look at labels and if something contains these E numbers then put it back on the shelf: E102 Tartrazine, E211 Sodium benzoate, E110 Sunset yellow, E124 Ponceau 4R and E122 carmoisine.

STOP THE SUGAR ROLLERCOASTER

Sugar and sugary snacks give your child an energy rush followed by a crash, with your child's mood following the same pattern. Regular meals and healthy snacks such as fruit, nuts and seeds and oat cakes with nut butters or bean pate will result in more stable moods, better concentration and steady energy.

DUMP THE JUNK

Nutrient-empty junk food not only leaves your child feeling empty and craving more after an hour, it doesn't

deliver vital nutrients in the amounts your child needs to grow and develop. Try to opt out altogether as thinking of a trip to a burger bar as a treat psychologically confuses your child into thinking that unhealthy food is somehow good for you. Make homemade burgers with organic meat and top up with plenty of salad. Involve your child in the cooking and think of this as the treat.

CUT OUT CAFFEINE

Found in fizzy drinks, tea and coffee, we all know caffeine is a stimulant. For a quieter life and a calmer child opt for red bush tea or herbal tea. In the likely event that your child won't go near them with a bargepole, offer fruit juices diluted with fizzy water.

BUILD BONES

Good non-dairy sources of calcium for strong bones and teeth are sardines, tofu, sesame seeds, almonds, prawns and beans.

IMPROVE IMMUNITY

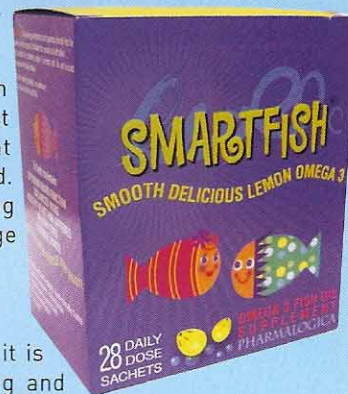
Fruit rich in vitamin C can help protect your child against the onslaught of bugs that parade around the playground. Try a fruit smoothie, using strawberries, kiwi and orange for a flavoursome treat.

FEED THEM FISH

The old wives were right – it is brain food. To help learning and concentration add oily fish to your child's diet. If they won't eat it on its own try mixing a tin of mackerel with a tin of chick peas to dampen the fishy flavour and use as a pate. Still no joy? Opt for a supplement. Try Smart Fish available from Nutri Centre on 020 76378436, and quote ZZBHL001 for a 10% discount.

RAINBOW COLOURS

Fill your child's plate up with a mixture of natural reds, yellows, purples and greens. This way food looks more attractive and you are getting a good mixture of phytonutrients which have many protective and health-giving properties.



NUTRITION SOLUTIONS TO CHILDHOOD ILLNESS

IF YOUR CHILD HAS BEEN DIAGNOSED WITH ASTHMA, OBESITY OR ADHD THERE ARE A NUMBER OF NATURAL AND NUTRITION-BASED OPTIONS FOR YOU TO EXPLORE

DIET AND EXERCISE

For obesity, a structured healthy eating plan formulated by a nutritional therapist combined with an exercise programme created by a fitness trainer is the only effective way to achieve safe, sustainable weight loss. Personal trainer Stephanie Hymas comments: "You can expect to see sensible results from just two or three hours a week on an individual cardiovascular programme." Do not be tempted to encourage your child to follow trendy yoyo diets; instead get professional advice which will not encourage future eating disorders or long-term nutrient deficiencies.

HAIR MINERAL ANALYSIS TESTING

HMA testing is an effective way of identifying nutrient deficiencies associated with ADHD. Test results will pick up a zinc deficiency and also identify levels of toxic metals which have been shown to interfere with brain function. A nutritional therapist can provide a programme to detoxify toxic metals and replenish zinc.

FOOD ALLERGY AND INTOLERANCE TESTING

This test is applicable for both ADHD and asthma, but be warned there are many different types of food allergy testing available. We recommend the FACT Food Test, a highly accurate and scientific blood test which screens immune cells against 225 foods including herbs, spices and synthetic additives. Eliminations diets are easy once you know what to avoid and symptoms clear quickly. Also available is a FACT inhalant test to identify non-food-based asthma triggers.

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