



CHILDREN'S HEALTH

By Dr. Bo M. Nielsen

Does your child's lifestyle and diet today play a role in his/her physical, mental and emotional health tomorrow? There is strong evidence that they do.

While we cannot guarantee perfect health for our children throughout their lifetime, we can give them a good head start. Encouraging a healthy, active lifestyle and proper nutrition will get them a long way.

But what is proper nutrition? Surely if children are eating healthy foods they are getting all the nutrients they need for growth development and a strong immune system...or are they?

In this newsletter find out the answer and which supplements you can give your child to live a long, healthy and happy life!

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DO HEALTHY CHILDREN NEED VITAMINS AND MINERALS

A question many parents ask themselves is: if my child is healthy and eating a balanced diet, why would he/she need to take a vitamin and mineral supplement? A very reasonable question at first glance and most probably a few decades ago this would have been very true. But here is why even *healthy* children need quality vitamin and mineral supplements:

- Our modern, hectic lifestyle means our children are not getting wholesome, home-cooked meals on a regular basis.
- Today, most children eat less fruits and vegetables and more fast and processed food.
- When they do eat a balanced diet, the amount of nutrients in fruits

and vegetables today is virtually depleted due to our agricultural processes. The consequence is that children would have to eat **six** times as many fruits and vegetables compared to just 10 years ago to get an adequate amount of vitamins and minerals.

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- Today's polluted environment increases children's need for nutrients to counteract free radicals.
- Active children who engage in sports activities need even more nutrients.
- Are you raising your child as a vegetarian or vegan? If so, then your child could also benefit from extra vitamins and minerals.
- For kids with chronic medical conditions such as asthma, an adequate supply of nutrients is vital.

The conclusion? Even if your child appears healthy and you do everything possible to ensure a healthy lifestyle, diet alone cannot deliver all the nutrients children need

today for:

- bone and tooth development
- IQ, learning, memory and concentration
- immune function
- social behaviour
- preventing chronic disease in adulthood

The important thing to keep in mind is that high quality vitamin and mineral supplements are not a substitute for healthy food - they are a complement.



When should children start to take vitamins and minerals?

Studies say for the optimal growth and development of children and for the best protection against illness, high quality vitamin and mineral supplements should be taken at an early age (preferably at the age of three) and continued throughout life.

DOCTOR'S NATURAL HIGH QUALITY VITAMINS AND MINERALS FOR CHILDREN



Make sure your child is getting all the essential vitamins and minerals in effective dosages with our especially formulated high quality vitamins and minerals for children aged 3 to 11.

For more information call one of our health advisors on 0207 043 1256 or visit our website: www.doctorsnatural.com

FOOD ALLERGIES PREVENTED WITH VITAMINS AND MINERALS

The National Health Service (NHS) estimates that about 8% of children have food allergies, a condition resulting in a specific food mistakenly triggering the immune system to produce an antibody (IgE). Next time the offending food is ingested or even just smelt or touched, the antibody attacks it producing the symptoms of food allergy.

Food allergies can be a very serious thing. Today, food allergies in children are probably the most common cause of: recurrent infections (ear, nose and throat infections); headaches; migraines; and

food allergies exacerbate many chronic diseases such as asthma. They can also, although less commonly, cause a life-threatening reaction called anaphylaxis.

The great news is that a new study shows that children who take high quality vitamin and mineral supplements early on **can lower their risk of developing food allergies in later years by 39%**. There is a small requirement: the study found this protection is only effective if children start taking the supplements during the first years of life, before the age of four.

Vitamins and minerals: brain boost for kids



According to a new study, children who take daily supplements of high quality vitamins and minerals perform significantly better on attention tests than children not taking supplements. The result is also immediate, boosting brain function in just three hours after taking the supplements.



Oskar before

MEET OSKAR...

At age one and a half, he suffered from chronic sinusitis and bronchitis as well as pollen allergy, which lowered his immune system significantly. Often sick with fever, Oskar was constantly coughing, had a snotty nose and not surprisingly had a miserable time in nursery. If that weren't enough, Oskar would frequently wake up during the night gasping for air because of all the mucus build-up. The lack of sleep affected his mood and made him aggressive towards the other kids at the nursery.



Oskar after

But that was then...now, a year after taking Doctor's Natural Grapavita, Vitamins and Minerals for children, Oskar has changed.

"We have a completely different boy and a normal life. We all sleep at night. Oskar is so happy and the best thing is he enjoys nursery, has stopped fighting with other children and has made new friends," says Oskar's mother.

To find out which supplements are best for your child call one of our health advisors on 0207 043 1256 or visit our website: www.doctorsnatural.com

SAY GOODBYE TO YOUR CHILD'S ASTHMA AND ALLERGIES WITH GRAPE SEED EXTRACT

Does your child suffer from asthma and/or allergies? What if you could ease your child's suffering naturally, effectively and safely? You can with an amazing nutrient called grape seed extract!

Grape seed extract is rich in antioxidant substances called OPCs (oligomeric proanthocyanidins). Numerous studies show that daily supplementation with grape seed extract improves lung function and capacity and helps the body's immune response to inflammation.



Grapavita - your child's source of grape seed extract



Grapavita is our grape seed extract supplement especially formulated for children.

Call us to find out what dose your child should take and for the latest offers on packages on 0207 043 1256 or visit our website: www.doctorsnatural.com

How to get your child to take supplements

It's not always easy to get children to take their supplements, but this might work for you: if your child cannot swallow capsules, try opening the capsules and sprinkling the contents over food or mix the powder in yogurt or fruit juices. It is also important to let your children know how important it is for their health to take vitamins and minerals every day.



VITAMINS AND MINERALS LOWER RISK OF CHILDHOOD ECZEMA

Approximately 15% of all young children are affected by a type of eczema called atopic dermatitis. If you have a child with itchy, inflamed, red and scaly areas of skin, then you know only too well what we are talking about.

Increasing intake of vitamins and minerals protects children against eczema

A new study says children getting sufficient levels of vitamins and minerals are significantly protected from eczema. Specifically,

beta-carotene and vitamin E reduce the risk of eczema by 56% and 67% respectively.

Omega-3 also eases eczema symptoms

In another study, omega-3 fish oil improves eczema symptoms by 23% after only eight weeks of daily supplementation. One particular kind of fatty acid in omega-3 called docosahexaenoic acid (DHA) is particularly beneficial due to its anti-inflammatory effects.



Doctor's Natural Omega-3 is the heavy metal and toxin-free way to give your child essential fatty acids! Combine with Doctor's Natural high quality vitamin and mineral supplements for children for the best effect.

PARACETAMOL INCREASES ASTHMA IN CHILDREN

Next time you consider giving your child paracetamol, remember this: studies show that the odds of asthma are significantly increased in children who take paracetamol.

Asthma - the most common chronic disease among children

Over one million children in the UK are currently receiving asthma treatment, but the actual number suffering from this lung disease is much higher. The incidence of asthma has increased dramatically over the past three decades, making it the most common chronic disease among children. A combination of environmental, lifestyle and genetic factors seem to play a role, such as environmental pollu-

medications. Nowadays unfortunately, children (and adults) are taking many over-the-counter and prescription medications. The painkiller paracetamol is one of the most popular pharmaceutical drugs and people mistakenly think it is safe. Children are often given cold/cough medications which contain paracetamol. This drug has many adverse effects including liver damage and now according to scientific studies it also increases the risk of asthma.

Paracetamol use increases asthma

A 2009 study found that the odds of asthma are significantly higher in people who take paracetamol. This risk is particularly notable in



children who had taken paracetamol in their first year of life or in the year prior to being diagnosed with asthma.

Paracetamol during pregnancy

The study also found a link between paracetamol use in pregnant women and risk of asthma in their children. Women who take paracetamol prenatally, especially during late pregnancy (20 to 30 weeks), have babies with a significantly increased risk for wheeze and asthma.

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