

# Wellness

## REVIEW

### Healthy Kids, Happy Kids

#### When I Grow Up...

We all want what's best for our little ones, because a healthy kid is a happy kid. To give them the greatest start in life it is critical to ensure they are getting everything they need from their diet. Unfortunately, as many parents know, this is not always easy. There can be hurdles in the way of optimal nutrition such as changing tastebuds and fussy eating habits limiting the number of foods they eat. Poor digestive function may limit the amount of nutrients they absorb, whilst exposure to illnesses at day care and school further increases their need for immune-supporting nutrients. This highlights the importance of covering all nutritional bases to help shape your kids into healthy adults.

#### Fundamental Nutrients for Kids Health

As many kids restrict the number of foods they will eat<sup>1</sup>, micronutrient deficiency is all too common in children. Insufficient consumption of essential vitamins and minerals can predispose a child to a variety of disorders, and get in the way of healthy growth and development. A great tasting, kid-friendly multivitamin powder is a simple solution to overcome this dilemma. Choose a formula specifically for growing children, containing high levels of:

- Zinc, iron and iodine to support healthy cognition, growth and development.
- Antioxidants, such as vitamin E and vitamin C for robust immune function.
- Calcium, vitamin D, magnesium and vitamin K to support bone growth.

#### The Good Type of Fat

Your child's brain and cognitive development relies on sufficient essential fatty acids such as those found in fish oils. These omega-3 fatty acids have wide-ranging benefits as they support all the cells in growing bodies, helping them function correctly. However, the fish oil needs to be of the highest quality and purity to achieve the greatest benefits. Your Practitioner can prescribe a fish oil suitable for growing kids with a great, fresh flavour and no fishy aftertaste that is guaranteed to surpass the purity of many store bought fish oils.

#### A Balanced Digestive System

Supporting the health of your child's digestive system is not just important for kids who are prone to illness or upset tummies. There is emerging scientific research demonstrating the role of the gastrointestinal tract in promoting strong immune function and protecting against the long-term development of various diseases such as obesity, poor mental health and autoimmunity.

If you are looking to support your child's gut health, immunity and future wellbeing; a good quality probiotic will do the trick. Probiotics help to optimise digestive function through encouraging the growth of healthy gut flora, whilst reducing the numbers of bad bacteria responsible for digestive upsets and ill health. Probiotics are particularly needed after a course of antibiotics, to replenish the beneficial gut flora wiped out by these medications and reduce the risk of digestive symptoms such as antibiotic-associated diarrhoea. Your Practitioner can recommend a high strength probiotic to maintain your child's digestive system health.



#### Growing with Confidence

Get your kids prepped for the long term benefits of good health by laying the foundation with quality nutrition. That way, if faced with the hurdles that life may put ahead of them, they can jump right over and be the happy, healthy child you hope for them to be.

<sup>1</sup>Reference available upon request

Talk to your Practitioner about your child's health today.