



Holistic Nutrition

September 2006

Children's Multi Vitamins



I am often asked by parents whether they should give a vitamin and mineral supplement to their children. My answer is "yes." Children are notoriously picky eaters, leaving parents worried about their growth and development. As well, children today are exposed to an abundance of processed foods with very little nutritional value.

A quality vitamin and mineral supplement, in addition to a nutrient-rich diet, should be thought of as "nutritional insurance," for everyone including your children.

Choosing a supplement for your kids can be confusing. The variety of products available on the market, including those that are found in health food stores should be closely examined before purchasing. To sort through this confusion, there are certain things to look for. First, look for a formula that contains no artificial preservatives, colours, flavours, starch, milk products and wheat, yeast and especially any artificial sweeteners (aspartame, sucralose)

Here is an example of the excipients (other ingredients) found in a popular children's vitamin

aspartame, carrageenan, citric acid, corn starch, FD & C blue #2, FD & C red #3, FD & C yellow #6, flavours (cherry, grape, lemon, orange, raspberry & tutti frutti), gelatin, hydrogenated vegetable oil, magnesium stearate, malic acid, monoammonium glycyrrhizinate, silica gel, sorbitol.

Lets look at some of the ingredients that we are giving our children. **Aspartame** (Once upon a time, aspartame was listed by the Pentagon as a biochemical warfare agent), **Food Colorings** (Did you know you are eating petroleum when you use artificial food colors/dyes?) and **hydrogenated oil**. (linked to causing heart disease).

My advice would be to go through your cupboards and start reading labels.

For more information on choosing a supplement for your family, please book a free 15 minute consultation.

Remember that taking a vitamin and mineral supplements does not replace eating a proper, healthy diet.



Studies have shown that eating breakfast gives children the nutritional boost they need to get the learning process going and stimulate learning. Children who ate breakfast (when compared to those who rarely ate breakfast):

- *have improved memory*
- *Have better math and reading scores - almost a whole letter grade higher; and better standardized test scores*
- *Have increased attentiveness in the classroom and less anxiety*
- *Behave better*
- *Attend school more often (less absences and tardiness)*

On the Go Breakfast

Strawberry Banana Shake

Put ½ cup frozen strawberries, ½ sliced banana, 1 scoop protein powder, and ¼ cup lowfat plain yogurt in a blender. Mix until smooth.



King West Centre

141 King Road, Suite 10, Oak Ridges, Ontario L4E 3L7 (905)
773-2225 or (416) 312-7617

www.RNCPrita.ca

rita@rncprita.ca

Individualized Weight Loss Program

There are many ways to lose weight. The simple formula of “eat less, exercise more” doesn’t always work for everyone.

Although many diets produce weight loss, they can also negatively impact the body.

There are many reasons that people are overweight. We tend to overemphasize the self-control part—imagining that overweight people simply lack self-control. This is not true in all cases.

Some common causes of weight problems are:

Physical imbalances such as low thyroid hormone, pituitary disorders, adrenal gland malfunctions, blood sugar imbalance, and fluid retention due to drugs, liver or kidney dysfunction.

High stress. A lot of stress in life leads to the body producing high stress hormones, which includes cortisol and epinephrine. These hormones lead to fat storage around the abdomen.

Toxicity. The body will hold on to extra pounds to dilute toxins in the body. Toxins can be heavy metals, pesticides, or foods and other things that the body can not process.

Addictions. Alcohol, Sugar and/or coffee addictions can also cause overeating and weight gain.

Emotional reasons. The body can hold on to weight for emotional/energetic reasons. Extra pounds may help a person feel more grounded or nurtured. They can provide insulation from the world or a way to escape for a while from whatever is going on. Sometimes people eat to fill an internal void or to deal with emotional toxicity.

Lifestyle challenges. It is also important to recognize that some people find it difficult to make changes for logistical reasons. They may dislike cooking or lack the time it takes to implement new habits.

Once you have discovered the reason(s) behind the extra pounds, you can begin to **treat the cause** to achieve long-term weight loss. **Otherwise, the pounds remain a symptom from which diets provide only temporary relief.**



This program may involve a cleanse, healing the intestines, supporting the hormonal system, stress reducing exercises, recognizing and treating the cause of an addiction and finding solutions to logistical and environmental problems.

For more information on weight loss programs please feel free to book yourself in for a free 15 minute consultation to discuss what options are right for you.

Fun After School Snacks

Ants on a Log

Celery Stalks

Almond Butter

Raisins

Cut the celery stalks in half. Spread with almond butter. Sprinkle with raisins and serve



Monkey Face Sandwich

Whole Grain Bread (whole wheat, spelt, kamut)

Fillings of choice:

Cheddar Cheese, Swiss Cheese,

Nitrate Free Luncheon Meats

PLACE bread slices on cutting board. Cut into circles using cookie cutter or sharp knife. Choose your fillings and use the cookie cutter to cut them into circles. Make sandwiches.



DECORATE with raisins to resemble monkey faces. Use the reserved scraps for the "monkeys' ears."

Frozen Banana Pops

Banana

Yogurt

Cocoa Powder

Chopped or Ground nuts

Popsicle Sticks



Mix cocoa and yogurt together in a shallow bowl and set aside.

Peel Banana and insert popsicle sticks.

Place bananas into yogurt mixture and coat entire banana. Sprinkle chopped or ground nuts ovetop. Place on parchment paper and freeze.

This newsletter is intended for general information purposes only, is not individual-specific, nor is it intended to replace the advice of your healthcare providers

Cooking Classes

Learn how to prepare soups, salads, appetizers, main courses and deserts.

Classes features a wide variety of nutritious recipes, copies of recipes for you to take home and try in your own kitchen, along with a meal which will be enjoyed during each class

Menu's will change monthly

Wheat Free Cooking

Thursday, Sept 7th @ 7:30 pm

Tuesday, Sept 19th @ 7:30 pm



30 Minute Meals

Tuesday, Sept 12th @ 7:30 pm

Thursday, Sept 28th @ 7:30 pm

Cooking for People with Food Sensitivities

Thursday, Sept 14th @ 7:30 pm

Tuesday, Sept 26th @ 7:30 pm



Location: Richmond Hill Location

(pre-registration required)

Cost: \$ 50 per class or \$125 for 3 Classes

Registration: by phone (905) 773-2225 or by email

** please mention any food sensitivities or allergies when registering*