



Holistic Nutrition

ADD, ADHD and Learning Disabilities

Children, teens and even adults with learning disabilities have often had chronic health problems in their early years such as ear infections, asthma, constipation, pneumonia and rashes. By the time these children are of school age, even though they may be bright and intelligent, they may display problems with co-ordination, difficulty with spelling and math, and poor behaviour in class.

Getting children or teens on the right track is a two-step program. First, remove offending foods through a food reduction or elimination diet with the help of a health-care practitioner.

Some problematic foods you may be advised to avoid are corn, pasteurized dairy, chocolate, refined wheat, sugar or artificial sweeteners, artificial colours and food additives.

During step two involves the entire. When the whole family shows its support by committing to a natural, nutritious diet, eliminating junk food such as sugary cereal, cakes, cookies, artificially flavoured fruit drinks, soft drinks and chips. This will allow your child or teen to stick to this new approach, and it will eliminate the possibility of him or her feeling punished for having learning challenges.

Foods to include in the diet:

vitamin C-rich foods such as apples, oranges, tomatoes and green leafy vegetables, which are important for eliminating any toxins or metals which may be an underlying cause to learning disabilities.

Foods rich in B vitamins, such as unrefined whole grains, wheat germ, oats, eggs, leafy greens and tofu, which calm and soothe the nerves

Magnesium rich foods such as black beans, broccoli, pumpkin seeds and spinach

Breakfast is the key to a healthy mind and body. Start the day off right with oatmeal, eggs, fresh fruit, nuts and seeds or even a delicious protein smoothie !

Generally, it takes 30 days to see positive outcomes such as better attention span, calmer disposition and less distractibility. Remember, children learn by imitation—set a good example!

Book and appointment for more information on Food Sensitivity Testing, Hair Analysis or to help build the right supplementation and nutritional program for your child.

Interesting Statistics

In 1990, 138,000 prescriptions for Ritalin were filled in Canada for children with ADHD.

By June 1998, that number rose to 693,000 prescriptions annually.

In the US, more than one million children are taking drugs for ADHD.

According to the American Journal of Psychiatry (1998), oral therapeutic doses of Ritalin were found to have similar pharmacological actions as recreational doses of cocaine.

Source: mercola.com; Archives of Pediatrics and Adolescent Medicine, May 2002; adbusters Magazine, July/Aug. 2001.

Supplemental Support

Essential fatty acids (EFAs), especially DHA

B-Complex vitamin

Digestive Enzymes

Anti-oxidants

Zinc

King West Centre

141 King Road, Suite 10, Oak Ridges, ON
(905) 773-2225

www.RNCPrita.ca

2 Locations to serve you better

110 Nashville Road, Suite 106, Kleinburg, ON
(905) 893-3337

Www.healthyandfit.ca

Healthy & Fit

Fall Detoxing Workshop

This workshop will teach you how to eliminate toxins and inflammation from your body, leaving you feeling light, with an increased sense of well-being.

Dramatic Benefits are commonly seen in the following areas:

- Allergies and Hay Fever
- Digestive Problems
- Blood Pressure and Blood Sugar
- Weight
- Stress, Tension
- Sleep Disturbances
- Chronic Aches & Pains
- PMS, Menopause

Loblaws Superstore

East Gwillimbury (Newmarket)

18120 Yonge Street

Wednesday, September 19th—7pm

- please reserve your seat(905) 830-4072

Cost: FREE

Brown Rice Risotto

- 5 cups chicken or vegetable stock
- 1 tsp. olive oil
- 1/4 cup onions, chopped
- 1 cup long-grain brown rice
- 1 cup peas
- 1/2 cup mushrooms
- 1 cup cooked, chopped, chicken (optional)

In heavy large saucepan over medium heat oil with onions and cook until beginning to soften, add rice and brown slightly approx. 1 minute. Add 1 cup hot broth. Simmer until broth is almost absorbed, stirring often, about 4 minutes. Add more broth, 1 cup at a time, allowing each addition to be absorbed before adding next and stirring often, until rice is tender and mixture is creamy.

Before adding the last cup of broth stir in mushroom, peas and chicken

Serves 4



Show Times

Friday Sept 21st 5pm–9pm
Saturday Sept 22nd 10am–8pm
Sunday Sept 23rd 11am–7pm

\$10.00 Daily Exhibit Hall Pass
(Admits one to Exhibits, & 3 speaker/demo stages)

Show Special



**Come and visit me at the
Metro Toronto Convention Centre
Sept 21-23**



Voted one of the top ten favorite exhibitors at the Spring 2007 Holistic World Expo

Ionic Foot Bath

\$ 30 With this coupon
(regularly \$ 45)

Valid only at Holistic Expo
September 21—23, 2007