



Hyperactivity or Food Sensitivity ?

Too often we label a child or teen with attention deficit hyperactivity disorder (ADHD), then prescribe Ritalin, a nervous-system stimulating drug that presumably affects a self-control centre in the brain.

Recent studies indicate that learning disabilities may be caused by many factors including nutrient depletions, food additives, food allergies or intolerances, environmental toxins, brain dysfunction and genetic influences. Children or teens 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 are bright and intelligent, they may display problems with co-ordination, difficulty with spelling and math, and poor behaviour in class.

Processed Vs. Natural Foods

Getting children or teens on the right track is a two-step program. First, remove offending foods through a food reduction or elimination diet. Common problematic foods include corn, pasteurized dairy, milk chocolate, refined flour, sugar, artificial sweeteners, artificial colours and food additives.

Step two involves the entire family by committing to a natural, nutritious diet, eliminating junk food such as sugary cereal, cakes, artificially flavoured fruit drinks, soft drinks and chips. This will eliminate the possibility of them feeling punished.

Generally, it takes 30 days to see positive outcomes such as better attention span, calmer disposition and less distractibility.

Supplemental Support

- Essential fatty acids (EFAs) are particularly important for proper functioning of the nervous system.
- B vitamins and magnesium are also important for healthy nervous system.
- Look for natural multivitamin which does not contain dyes, sugars and other unnecessary ingredients.

Give your children the best chance at learning with a balanced diet and a health-promoting lifestyle.

Start the school year off right and book an appointment today for a food sensitivity test

The following is a list of symptoms that resulted from food allergies or sensitivities in certain children:

Hyperactivity
Changes in mood
Halitosis
Sleep disturbances
Delay in sleep onset
Migraines
headaches
Abdominal pain
Bedwetting
Tantrums
Eczema
Asthma
Seizures



Providing you with natural, relaxing therapeutic methods for a **healthier** and **happier** you !



Falafel Night Cooking Class

Have fun in the kitchen creating a delicious Mediterranean meal from scratch !

Menu includes

Baked Falafel

Homemade Pita Bread

Mediterranean Salad

Baklava

Date: Tuesday, September 28th

Time: 7pm

Cost : \$ 35

Location: Oasis Health & Wellness (on the terrace)

* pre-registration required 416-312-7617 / rita@oasishealth.ca

Free / Wheat Free

Classes are a combination of hands-on and demonstration.

These monthly cooking classes will provide you, as well as your friends and family, with an array of quick, easy, wholesome meals for the years to come. Classes are approximately 90 minutes and include hearty samplings. I look forward to seeing you at our next class!

Have an idea for a cooking class ? info@oasishealth.ca or or 416-312-7617

Moroccan Chicken

- 1 lb. skinless, boneless chicken, cubed
- 1 tbsp. olive oil
- 1/2 onion, chopped
- 2 cloves garlic, chopped
- 2 carrots, sliced
- 2 stalks celery, sliced
- 1/2 sweet potato
- 1/2 tsp. paprika
- 1/2 tsp. ground cumin
- 1/2 tsp. dried oregano or 1/2 tbsp. fresh
- 1/4 tsp. turmeric
- 1 cup chicken broth
- 1 cup diced tomatoes
- 1 cup canned chickpeas, drained
- 1 zucchini, sliced
- Salt & pepper to taste



In a large sauce pan brown chicken in olive oil over medium heat until almost cooked through. Remove chicken and set aside.

Sauté onion, garlic, carrots, celery and sweet potato in same pan using a little broth if necessary.

When tender, stir in paprika, cumin, oregano and turmeric. Cook for 1 minute then mix in broth and tomatoes.

Add chicken , reduce heat to low and simmer covered for 10 minutes.

Add chickpeas and zucchini and simmer for an additional 15 minutes and serve.

Cube sweet potato into small cubes and set aside.