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# KIDS HEALTH

**Volume 1, Issue 1**

**September 2005**

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## Health tips for back to school

Going back to school can be an exciting and stressful period for parents and children. Here are some tips how you can keep the stress level down, keep your children happy and healthy.

### How to reduce stress

Planning a head and organization is always the key to keep stress levels minimal. Set regular homework time daily and reward your children with an activity they enjoy after they achieve their goal.

Sleeping earlier allows for a good night sleep and refreshing morning. This prevents waking up late and avoids the morning madness.

Prepare lunch and snacks the night before this will allow for a more relaxed morning.

We all need a routine, so set one at home which works all the family members and abide by it. This is very important.

### Nutrition Factor

Keeping your children healthy requires good nutrition. This will also allow for better learning, less fatigue and more awareness.

### Follow these simple guidelines:

- Use fruits and vegetables for snacks. These are packed with nutrients, antioxidants and fiber.
- Avoid sugary and caffeinated snacks such as cookies, chocolate bars, soft drinks and most juices. Simple carbohydrates make children hyper and less able to focus.
- Use natural and pure fruit juices. Avoid those from concentrate and sugar added.
- Use multigrain or whole wheat bread for sandwiches, these are high in fiber allow for better elimination.
- Use cooked chicken, turkey and fish instead of lunch-on meats and deli meat.

- For treats use mix nuts and seeds and include raisins, figs, dates, and cranberry.
- Try almond butter and jam on a multigrain bread for a nutritious breakfast or as snack. Almonds are high in calcium and are not allergenic.

### Expert Advice on Supplements

- Use a good quality multivitamin free of additives and sugar for your children on a daily basis. Along with a proper diet this helps strengthen their immune system therefore less sickness.
- A good quality fish oil free of contaminants from organic sources provides high levels of DHA, essential for boosting brain power and improve learning.

### Special points of interest:

- Homeopathic Arnica cream is excellent for aches, pains and bruises.
- Homeopathic Calendula cream improves skin healing and helps relieve skin itchiness.
- Use "Neem" as an alternative to "OFF" as a mosquito repellent. It contains catnip oil and is very effective at keeping bugs away.

## Facts about Attention Deficit Hyperactivity Disorder

### • What is it?

ADHD is a problem with un-attentiveness, impulsivity or some combination of these.

What are the symptoms?

#### • Inattention

1. Often fails to give close attention to details or makes careless mistakes in school-work, work or other activities.
2. often has difficulty sustaining attention in tasks or play activities
3. Often does not seem to listen when spoken to directly
4. Is often easily distracted by extraneous stimuli.
5. is often easily distracted by extraneous stimuli.

#### • Hyperactivity

1. Often fidgets with hands or feet or squirms in seat
2. Often leaves seat in classroom.
3. Often runs about or climbs excessively in situations in which it is inappropriate.
4. often has difficulty playing or engaging in leisure activities quietly.
5. is often "on the go" or often acts as if "driven by a motor". Often talks excessively.

#### • Impulsivity

1. often blurts out answers before questions have been completed.
2. Often has difficulty awaiting turn.

3. Often interrupts or intrudes on others (e.g., butts into conversations or games)

#### • How is it diagnosed?

Too often difficult children are incorrectly diagnosed with ADHD. On the other hand, many children who do have ADHD remain undiagnosed. In either case, related learning disabilities or mood problems are often missed.

The diagnosis is based on very specific symptoms, which must be present in more than one setting (including at school). Every evaluation should include a search for possible additional conditions including conduct disorder, oppositional defiant disorder, mood disorders/ depression, anxiety, and learning disabilities.

To be diagnosed with ADHD, children should have at least 6 of the attention symptoms or 6 of the activity/impulsivity symptoms listed in the DSM-IV. They must display these to a degree beyond what would be expected for children their age.

The symptoms must be present for at least 6 months, observables in 2 or more settings, and not caused by another problem. The symptoms must be severe enough to cause significant difficulties. Some defining symptoms must be present before age 7.

Some children with ADHD primarily have the inattentive type, some the Hyperactive-impulsive type, and some the combined type. Those with the inattentive type are less

disruptive and are easier to miss being diagnosed with ADHD.

#### • How is it treated naturally?

Studies show majority of children with attentional disorders are likely to be deficient in **magnesium** and deficiency of this mineral has been associated with hyperactivity and other behavioral problems.

Many children with attentional disorders have deficiencies in **essential fatty acids** such as omega-3 fatty acids particularly DHA.

Clinical experience demonstrated children with ADHD have a *poor nutrition* using mostly *processed foods, lots of dairy and wheat, lots of sugar*. They also have *poor sleep patterns and physical symptoms such as dry hair and skin, soft and peeling nails*. **It is important to address any nutritional deficiencies.**

Sensitivity to artificial food color, flavor, and preservatives cause an immunological reach in the body. **Food elimination and reintroduction is highly beneficial under supervision of a Naturopathic Doctor.**

**Proper nutritional supplementation including B vitamins, Zinc, vitamin C and probiotics as well as use of herbs, homeopathy and counseling for child and family are highly recommended.**

## Treating your child with homeopathic remedies

Homeopathy is a system of treatment that uses minute amounts of plants, minerals, and animal substances to stimulate the defensive systems of the body in a very subtle way.

Homeopathic remedies are unique in that they are

Symptom -specific. That is, the correct remedy is determined not by the disease, but by the specific complex of physical and emotional symptoms your child is experiencing. The choice of homeopathic remedies takes into consideration the

temperament and emotional response of the patient, as well as the most minute details of

his/her physical condition. For example the cold that infects your child and a neighbor's child may be caused by the same virus, but each child will exhibit a unique set of symptoms and emotions. One child may have a headache and a runny nose, feel restless, be unable to sleep, and refuse food.

Consequently, these two children, although infected by the same virus, will require entirely different remedies.



Homeopathy respects the complexity and uniqueness of each individual. To identify the correct homeopathic remedy, you must carefully observe your child's unique behaviors and responses.

Based on your child's overall physical, emotional and mental constitution, your Naturopathic Doctor will be able to provide the correct remedy.

## Improve your immune system naturally

As children head back to school and inevitably become surrounded by and exposed to other children, the propensity for germs to spread and circulate increases greatly. The need for preparing our children, as well as ourselves with a strong, warrior-like immune system, ready to battle invaders, becomes paramount.

It is as important for the whole

family to have a strong immune system. If you are looking for a natural alternative to flu- shots which contain "thimersol" or mercury in them you can find the solution at our office. This all natural alternative to vaccinations is a nosode. Nosodes are homeopathic preparations made from cultures of microbial bacteria and viruses. Their action is based on the fact that the

immune system is sensitive to and reacts to the molecular imprint of the proteins and other constituents of the pathological agent without being exposed to the harmful agents directly.

For more information on cold and flu prevention this

season see Dr. Tannaz, our naturopathic Doctor.

## Delicious healthy snack ideas

- Almond butter and celery
- Vegetables and onion dip (use 2% organic yogurt)
- Rice cake with sesame-seed butter
- Rice cakes with almond butter and fruit. Use peach and berries or bananas.
- Low fat cheese and multi-grain crackers.
- Hummus and vegetables use celery sticks, baby carrots and grape tomatoes.
- Hummus and multigrain crackers.
- Fruit sticks or fruit kabobs
- Carrot sticks
- Fresh or baked apples or pears.
- Cookies make with honey, maple syrup or barley malt.
- Home made applesauce.



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**TANNAZ MOKHTARI  
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*"your health is your Wealth"*

We are on the web  
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*Tannaz Mokhtari is a licensed and registered Naturopathic Doctor practicing in Richmond Hill. Tannaz recognized the need for an individualized and patient-centred care, focusing on the root cause of the problem and treatment based on the least harm to the body. She is holistic in her approach, placing the patient's needs and wellbeing as her first priority. She is passionate about providing care for her patients and is fully devoted to their well being.*

*Tannaz specializes in Women's health issues, however she welcomes all individuals who seek health and true healing.*

*To book an appointment please see Dawn or call (905) 731-7443.*

## Does Television have an influence on your children?

Television exerts a tremendous influence on children. Clever commercials aimed at the child in the family instill a desire for many unhealthy manufactured foods loaded with sugar, additives, artificial flavors, dyes, and fats.

Even if children know how to use the remote control, few "zap" out the commercials. Most sit passively with their eyes glued to the screen. Also, many of these junk-food ads feature colorful cartoon-like creatures. A child often cannot differentiate between the cartoon entertainment and the commercial. If your child insists you to put certain items on your grocery shopping list, you

know all that child-oriented advertising is working.

Another impact that TV, computer and video games have had on many children is to decrease their physical activity. Time spent getting exercise—something that should come naturally to most children—is being replaced by hours spent indoors, just sitting and watching.

### • **Solution:**

Explain how certain products are undesirable—that chemical additives are "bad" things that can hurt the body, that sugar rots the teeth, or that rancid fats can make a young body unhealthy.

Consider activities such as taking a walk, bicycle riding, or playing whatever sport or game you and your child enjoy. You will be setting a good example, both of you will get exercise, and most important of all, you will be spending time together in a way that is pleasurable to both of you.