



MULLEN
NATURAL HEALTH
CENTRE

NATURAL REMEDIES FOR KIDS HEALTH

When it comes to kids health, everything starts with the gut. The Gut-Brain-Immune Axis explains why problems with the gut affect immune response and brain health.

Some of the underlying causes of a poor GBI Axis in children include:

- Leaky gut syndrome
- Liver stress
- Food allergy and intolerance
- Additives and preservatives
- Nutritional deficiencies
- Genetic polymorphisms, eg. Pyrrole disorder
- Heavy metals

Healthy Foods - Some rules to live by:

- Determine any food intolerances or allergies by getting tested
- Buy additive and preservative free foods
- Go organic – particularly when you eat the peel of the food
- Eat as close to nature as possible – eat a diet high in whole foods including fresh fruit and veg every day, quality protein, whole grains and good fats.
- Drink filtered water

Treating Your Kids Naturally:

- Foundation Nutrition – every child should be taking a children's multi-vitamin, a purified fish oil and a probiotic every day to maintain good health.
- For cold and flu prevention – add Children's Echinacea and Vitamin C + Zinc
- For cold and flu treatment – Super Mushroom Complex, Mullen Health's Children's Formula 1, Vitamin C Powder, Olbas Oil
- For mental and emotional support – Concentration Mix, Sleep Mix, Rescue Remedy, Fibroplex Plus, Magnesium for Kids and NeuroCare for Kids.
- For kids with allergies such as eczema, asthma or hayfever – Allergeze for Kids, Ultraflora LGG, MetaZinc + Vitamin C Powder.

Where to from here?

- Educate yourself – read, read, read!
- Check out our blog at mullenhealth.com.au for posts on kids health
- Encourage your kids to exercise regularly – at least 30 minutes of moderate activity, 5-6 times per week.
- Ensure your kids are getting enough sleep – at least 8-10 hours.
- Reduce exposure to electro-magnetic radiations – computers, TV, phones
- Get tested – if you suspect your child may have a health condition, it's important to know for sure and to begin treating it as soon as possible.
- Commit to making positive changes and start today!
- Follow your intuition – have confidence in treating your kids. Remember we're only a phone call away on (02) 4961 4075.