

# Keeping Kids Healthy Naturally

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Bastyr Center for Natural Health

# Bastyr Center for Natural Health

- Well-child exams of all ages
- Condition specific visits
- Sports exams and evaluations
- Homeopathy
- Nutrition
- Physical Medicine
- Acupuncture

**BASTYR CENTER**  
**FOR NATURAL HEALTH**  
*the teaching clinic of Bastyr University*

# Foundations of Health

- Sleep
- Exercise
- Sunshine
- Water
- Food
- Emotions

# Importance of Sleep

- > 8 hours
  - Improves learning and memory
  - Stabilizes mood
  - Cope with change
  - Increase creativity
- < 8 hours
  - Weight gain/abnormal growth
  - Decreased immunity
  - Decreased productivity
  - High blood pressure
  - Increased stress hormones

# Sleep

## HOW MUCH SLEEP DO YOU REALLY NEED?

Age	Sleep Needs
Newborns (0-2 months)	12 to 18 hours
Infants (3-11 months)	14 to 15 hours
Toddlers (1-3 years)	12 to 14 hours
Preschoolers (3-5 years)	11 to 13 hours
School-age children (5-10 years)	10 to 11 hours
Teens (10-17 years)	8.5 to 9.25 hours
Adults	7 to 9 hours

Source: National Sleep Foundation

# Sleep Tips

Here are some things you can do to help get a good night's sleep.

Make sure your bedroom is cool, dark, and quiet.  
Ask your parents to help.

Exercise during the day.  
Running and playing at least 3 hours before bed help your body get ready for sleep.

Try to go to bed the same time every night.  
Your body gets used to a schedule and will be ready to sleep.



Avoid big meals before bedtime.  
Drink a warm glass of milk or have a light healthy snack like fruit instead.

**PROTEIN**

Don't drink sodas with caffeine... especially in the afternoon and at night.

Have a bedtime routine.  
Do the same relaxing things before bed each night, like taking a warm shower, reading, or listening to quiet music.  
Your body will know it is time to get ready to sleep.

# Sleep

- Sleeping tips for kids:
  - Herbal sleep formula
  - Lavender essential oil
  - Neutral bath (1oz calendula and 1 oz lavender)
  - Melatonin to reset
  - Craniosacral therapy



<http://www.how2girl.com/diy-lavender-satchels-for-your-bed-or-drawers/>

# Sleepy-time Botanicals

- **Nepeta (Catnip)**
  - Relaxing
- **Chamomile**
  - Calming, gas and bloating
- **Passiflora (Passionflower)**
  - Type-A personality, relaxing
- **Avena (Milky oat)**
  - Gentle and calming
- **Eschscholzia (California poppy)**
  - Sedative-like



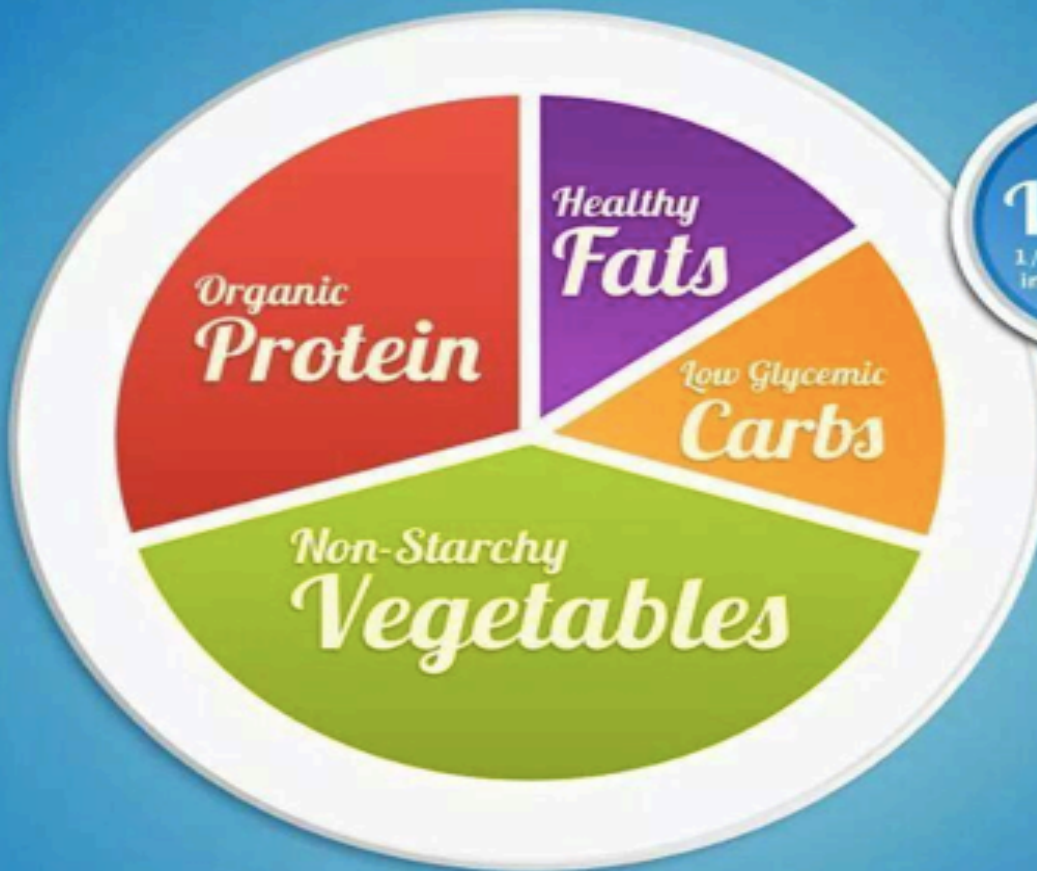
# What to eat?

- **Foods to eat:**

- Veggies
- Lean, organic protein
- Complex carbohydrates
- Healthy fats
- Fruit
- Seasonal

- **Foods to avoid:**

- Food coloring
- Added sugar
- Packaged/processed food
- Ingredients you cannot pronounce



Clean  
**Water**  
1/2 body weight  
in ounces/daily

## Vegetables

40%

- Leafy Greens
- Red Cabbage
- Carrots
- Red Bell Pepper
- Broccoli
- Spinach
- Kale
- Onion
- Cucumber
- Cauliflower
- Asparagus
- Eggplant
- Zucchini
- Beets

## Protein

30%

- Meat  
(Grass Fed)
- Eggs
  - Wild Salmon
  - Beef
  - Venison
  - Chicken
  - Turkey

## Healthy Fat

15%

- Avocado
- Raw Dairy
- Flax Seeds
- Pumpkin Seeds
- Almonds
- Pecans
- Cashews
- Coconut Milk

## Carbs

15%

- Fruit
- Blueberries
  - Raspberries
  - Strawberries
  - Apples
- Beans
- Kidney
  - Black
  - Garbanzo
- Gluten Free Grains
- Sweet Potato
  - Quinoa
  - Brown/Wild Rice

# Eat your veggies!

- **Increasing veggie intake**
  - Chopped small and added to soups and stews
  - Zucchini and carrots added to muffins
  - Children's garden
  - Helping out in the kitchen
  - Veggie trays with dippers
  - Roasting
  - Salad bar



<http://www.100daysofrealfood.com/2014/05/21/7-ways-get-kids-eat-vegetables/#more-15090>

<http://www.livinglocurto.com/2011/09/vegetable-trays/#sthash.fsJwiWg.NXDgOb7T.dpbs>

<http://www.google.com/search?q=home+salad>

[http://www.google.com/search?q=home+salad+bar&client=safari&rls=en&source=lnms&tbn=isch&sa=X&ei=bMqLU5GqJ5XioATV9ILABw&ved=0CAkQ\\_AUoAg&biw=1163&bih=628](http://www.google.com/search?q=home+salad+bar&client=safari&rls=en&source=lnms&tbn=isch&sa=X&ei=bMqLU5GqJ5XioATV9ILABw&ved=0CAkQ_AUoAg&biw=1163&bih=628)

## DIRTY DOZEN



grapes



necturines



strawberries



bell peppers



potatoes



celery



apples



hot peppers



cucumbers



tomatoes



Kale, Collard Greens & Spinach



summer squash & zucchini

## Clean Fifteen



cabbage



avocadoes



grapefruit



eggplant



cantaloupe



mushrooms



frozen peas



kiwi



mangoes



onions



sweet corn  
if organic



sweet potatoes



pineapple



asparagus



papayas

# Lunch Boxes

**Ziploc**



**Lunch Bots**



**Planet Box**





# School Lunch Helpers



**Neat-os**

<http://www.amazon.com/Neat-os-3pk-Sandwich-Sized-Reusable/dp/B0096S0WCI>

**Thermos stainless steel  
insulated container**



<http://www.amazon.com/dp/B0045U2FTA/?tag=100dayofrefo-20>

**Chefland silicone  
ice pop maker**



<http://www.amazon.com/dp/B0032AM7OM/?tag=100dayofrefo-20>

**Casabella Muffin Cups**

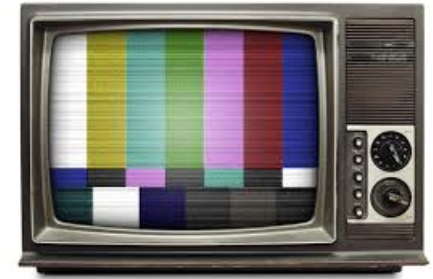
# After school snacking

**Focus on  
protein  
and  
veggies!**

- Apple/banana and almond butter
- Hummus and veggies
- Veggie muffin
- Green smoothie
- Homemade nut and fruit mix
- Kale chips



# Screen Time Statistics



## Sleep

- Decreases melatonin production
- Linked to irregular sleep patterns
- **ADHD**
  - Every hour=9% increase in attention problems
  - Increase dopamine (reward=addictions) release

## Obesity

- Sitting instead of getting physical activity
- TV commercials promote junk food
- Mindless eating while watching
- Screen time is linked to an increase in BMI

<http://www.nlm.nih.gov/medlineplus/ency/patientinstructions/000355.htm>

[http://www.medscape.com/viewarticle/778957\\_7](http://www.medscape.com/viewarticle/778957_7)

<http://paradoxicalapathy.com/2014/01/28/i-need-sleep/>

<http://www.ppbh.com/rentrak-vs-nielsen/>

# Screen time statistics, cont...

**“Shift towards  
new  
technological  
skills from  
fundamental  
social  
skills...”**

- **Mood changes**
  - Facebook depression
  - Negatively associated with self-esteem
- **Social skills**
  - Decreased family time
  - Less face-to-face time



# Screen Time Guidelines

Age	Screen time
< 2 years	No screen time (passive)
>2years	½ hour per day
3-7 years	½-1 hour per day
7-12 years	1 hour per day
12-15 years	1 ½ hours per day
>16 years	2 hours per day

<http://www.nlm.nih.gov/medlineplus/ency/patientinstructions/000355.htm>

[http://www.medscape.com/viewarticle/778957\\_10](http://www.medscape.com/viewarticle/778957_10)

# Decreasing Screen Time

- No TV or computer in bedroom
- No TV during meals or homework
- Keep a screen time record
- 1 week no TV challenge
- Replace with cards, board games, radio programs, puzzles, etc...



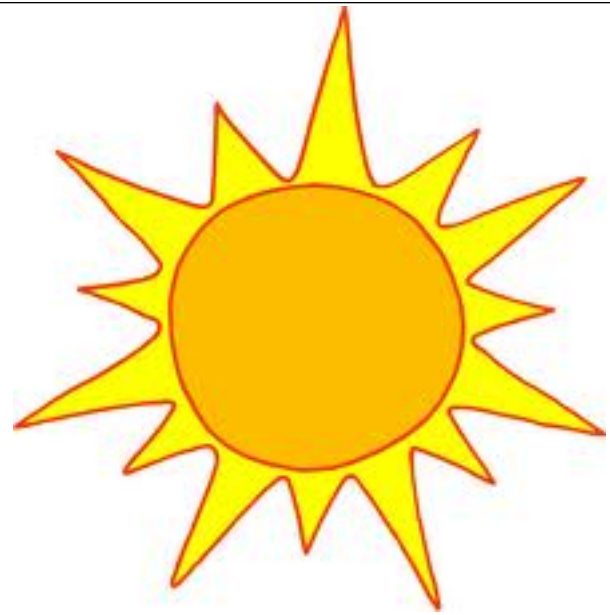
<http://www.nlm.nih.gov/medlineplus/ency/patientinstructions/000355.htm>  
[http://www3.nd.edu/~tutorial/tutorial\\_files/probability/howItworks.htm](http://www3.nd.edu/~tutorial/tutorial_files/probability/howItworks.htm)  
<http://idealleaders.com/2014/02/17/social-event-board-game-night/>

# First-aid Kit

- Garlic mullein oil ear drops
- Rescue remedy
- Calendula salve
- Aloe gel
- Herbal vapor rub
- Tummy glycerite
- Similisan eye drops
- Arnica 30c for bumps & bruises
- Pain reliever
- Band-aids, gauze, scissors, tape
- Tongue depressor



# Sun Safety



- Find a good sunscreen
- Regular skin checks
- Avoid burns
- Wear UV protective clothing, sunglasses, hats
- Avoid sun during midday – find the shade!

# Smart Sunscreens

- SPF 30 reapplied every 2 hours
- Higher SPF does not mean more protection
- Nanoparticles from sprays not to be inhaled
- Avoid oxybenzone containing sunscreen
- Brands
  - Alba Botanica
  - Aubrey Organics
  - Badger
  - California Baby
  - Nature's Gate
  - True Natural



<http://www.ewg.org/2014sunscreens/best-sunscreens/best-beach-sport-sunscrees>

<http://www.iherb.com/Alba-Botanica-Natural-Very-Emollient-Sunscreen-Fragrance-Free-SPF-30-4-oz-113-g/15939>

# Preventing & Treating Colds

- Foundations of health
- Hygiene
- Wet sock treatment
- Herbal formula



<http://www.holisticvanity.ca/puffy-congested-learn-wet-sock-treatment-helps-colds-flus/>

# Homeopathics



<http://abchomeopathy.com/r.php/Kit-c0>

- Aconite
  - Panic, anxiety, first signs of croupy cough
- Arnica
  - Bruises, injuries sore to touch
- Arsenicum
  - Burning diarrhea, restless
- Belladonna
  - Sudden throbbing, headaches, ear infections
- Chamomila
  - Teething, ear infections, oversensitive to everything, upper respiratory infection
- Pulsatilla
  - Upper respiratory infection, ear infection, needs love and affection
- Sulphur
  - Headaches, ear infections, coughs, colds, flus

# Top Pediatric Supplements

- Probiotic
  - Immune support, digestion, mood, etc...
- Omega 3's
  - Brain and skin health, immune support
- Vitamin D
  - Musculoskeletal and immune support, mood
- Multi-vitamin
  - Adjunct nutrition

