

A ROBUST IMMUNE SYSTEM



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Healthy Child Masterclass

Every mother's desire is for their child to be the healthiest and happiest version of themselves possible. Our Masterclass will help you achieve this goal by providing a treasure trove of valuable information founded on naturopathic principles coupled with the latest scientific research.

In the comfort of your own home, learn how to heal the gut wall. This will benefit your child if they are suffering from an illness you are having trouble managing or you wish to defend your child from developing a condition in the first place. Armed with this information you will feel empowered to confidently nurture and restore your child's health so they can enjoy the good health they deserve. To learn more visit our website www.thechildrensnaturopath.com

Masterclass at a Glance – Learn how to:


- ✓ Understand the underlying cause of poor immunity, eczema, asthma, poor focus and concentration, behavioural problems, ADHD, food allergies, food intolerances, constipation, diarrhoea plus many others
- ✓ Safeguard your child's immunity
- ✓ Support optimal brain function
- ✓ Know which influences support and nurture your child's health
- ✓ Avoid substances that undermine your child's health
- ✓ Healthy Eating Plan – takes away all the guess work and provides you with the serving sizes for the main food groups to suit your child's age group.
- ✓ Natural medicine to the rescue – learn which are the best supplements to underpin your child's health
- ✓ Masterclass Workbook
 - Class notes - Plus our top gut healing recipes
- ✓ Plus much more...

Introduction

Welcome, every mother wants their child to be the healthiest and happiest version of themselves possible. But many parents are at their wits' end as to why their child seems to have a constant cold, food intolerances, allergies, eczema, ADHD, behavioural or learning problems. Or perhaps they just want to know how to keep their child healthy.

In the world of science, gut health is the 'talk of the town' when it comes to childhood health concerns. The gut is a vital organ which serves as a common dominator for most children's health problems. Your child's gut health is intimately linked to everything that happens in their body, including their immunity, brain functions, radiant skin, weight management and general wellbeing!

If your child suffers from any of the conditions listed below, chances are the health of their gut is an underlying cause. Once you've understood the fascinating workings of the gut, you can set to work and heal it.



• Coughs, Colds Flu	• ADHD	• Asthma	• Type 1 Diabetes	• Obesity
• Diarrhea	• Anxiety	• Eczema	• Slow Learner	• Overweight
• Constipation	• Depression	• Dermatitis	• Low Energy	• IBS
• Croup	• Sad Child	• Hives	• Poor Concentration	• Digestive Disorders
• Ear Infections	• Behavioural Issues	• Dyslexia	• Fatigue	• Food Intolerances
• Hand, Foot & Mouth	• Hyperactive	• Dyspraxia/Clumsiness	• Autoimmune Disorders	• Food Allergies
• Autism	• Poor Immunity	• Learning Disorders	• ADD	• Juvenile Arthritis

Meet Your Child's Gut

The wall of the gut plays a critical role in your child's good health

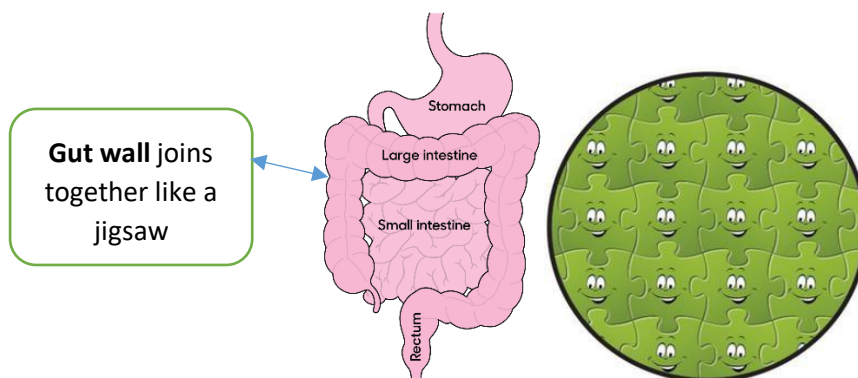
To help you better understand your child's gut (aka digestive system), the first illustration (*figure 1*) shows the position of the two main players; the small and large intestine.

The structural lining of your child's gut wall (small and large intestine) is made up of small segments that join snugly together to form 'tight junctions' just like a jigsaw (*figure 2*). Imagine a jigsaw and that is exactly how the gut lining is designed. In a healthy gut all the pieces fit tightly together making it a perfectly solid, leak-proof structure - the picture of good health.

The reason for the cosy fit between the junctions is because only nutrients are allowed safe passage through the gut wall into the bloodstream. All other toxins, chemicals and food particles **MUST** remain within the gut's hollow tube. This ensures these toxic substances don't cause harm and safely make their passage through the entire digestive tube to finally exit your child's body in their poop.

When Toxins Enter the Bloodstream they cause Havoc

If these toxic substances pass through the wall they enter the bloodstream and travel freely throughout the body causing harm. They can impair the optimal function of your child's immune system, brain functions, skin plus their general health and wellbeing.



Leaky-Gut – How It Occurs

Many researchers believe that supporting and restoring the integrity of the Gut will be one of the most important goals for medicine in the 21st century.

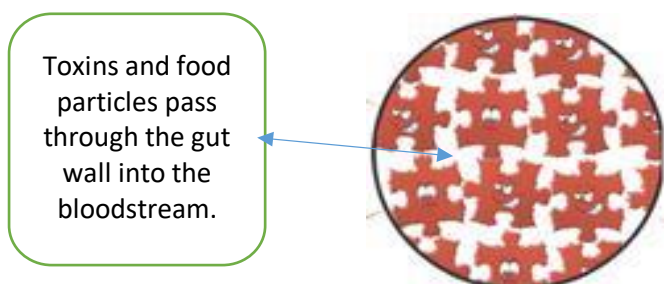
Leaky-gut occurs when the segments of the jigsaw pull apart, creating holes in the gut wall. The main causes of leaky-gut include; chemicals in processed food such as artificial colours, flavours, additives and emulsifiers; excessive antibiotic use and food allergies and intolerances (most commonly to dairy, wheat and gluten).

Leaky-gut allows food particles, bacteria, viruses and toxic substances to pass through the gaps directly into the bloodstream. This may trigger an immune reaction or impact brain functions to cause all sorts of health problems.

Warning signs your child may have Leaky-Gut include:

- | | |
|------------------------|------------------------------|
| 🔥 Eczema & skin rashes | 🔥 Behavioural problems |
| 🔥 Poor immunity | 🔥 Poor focus & concentration |
| 🔥 Food intolerances | 🔥 Anxiety |
| 🔥 Food allergies | 🔥 Depression |
| 🔥 ADHD | 🔥 Poor memory |

Another health issue your child faces when their gut becomes leaky and inflamed is vital nutrients cannot easily be absorbed. Therefore essential vitamin, mineral and essential fatty acid deficiencies can develop leaving your child vulnerable.



Childhood Conditions related to Poor Gut Health

This diagram demonstrates that a leaky-gut is the common dominator for many childhood conditions. When the gut wall becomes leaky, each child may have a different outcome to which type of health condition they may develop. This will be dependent on their family predisposition to disease and their individual uniqueness.

The good news is you can heal the gut and join the junctions back together again. Once healed and the jigsaw is restored back to a leak-proof structure, you will notice improvements in your child's health that may range from general relief of symptoms to a complete resolution of their health condition.

Leaky-Gut: The underlying cause of a Range of Childhood Conditions



Healthy Gut = Healthy Immune System

Is Your Child Getting Sick Too Often?

Whether your child has a simple cold, 'flu, bacterial or viral infection that they just can't seem to shake. This is a sign that their immune system is failing to defend them. Like diligent security guards, the immune system cells travel all over the body looking for and fighting off viruses, infections and other foreign invaders. When working at its optimal best, it does a superb job keeping your child healthy and free of illness.

We are all exposed to viruses and bacteria every day, however when your child attends childcare or school their immune system can get exhausted because it's constantly under attack. If their immune system is robust, even when they are in a crowd of sick children, they won't develop the symptoms of infection or they can recover quickly. On the other hand, if their immune system is struggling, then they will get sick more often and take longer to recuperate.

Avoid Sugar – it negatively impacts Immunity

If your child is 'coming down' with a viral or bacterial infection, keep them away from sugar. Why? Because food high in sugar makes it harder for the immune system to fight off the infection. Sugar negatively impacts the immune system within minutes and can last for up to 5 hours.

For example, parents often give their kids store bought orange juice when they are sick thinking it's high in vitamin C. One glass of fruit juice can contain around 7 teaspoons of sugar and most likely has little to no nutritional value. Also, sugar and vitamin C compete for absorption and sugar always wins.

4 Factors that Depletes Immunity

Pinpointing exactly what's causing your child's immune system to be out of balance can be a frustrating experience for many parents. As we have established, a robust immune system needs a strong leak-proof gut wall teeming with friendly bacteria. Here are some of the main offenders that may be depleting your child's immune system and impacting their health.

Depleted Immune System
<i>Processed Foods</i> Basically anything that comes in a package is processed food and some of these can also be classed as junk food. They are usually high in sugar which feeds bad bacteria and we end up with a scenario where there is more bad than good bacteria and the immune system suffers. Packaged food also contains chemicals in the form of preservatives, colours and flavourings all of which negatively impact friendly bacteria and can make the gut wall leaky.
<i>Fizzy Drinks, Sports Drinks and Fruit Juice</i> Any one of these drinks can contain up to 8 teaspoons of sugar per serve. Sugar feeds bad bacteria and can fuel a fungal overgrowth on the gut wall and cause it to become leaky. If your child has a white coating on their tongue, this can be a sign there is a fungal infection present.
<i>Multiple Courses of Antibiotics</i> This is especially the case if multiple courses of antibiotics are prescribed in the first 12 months of life because friendly bacteria are still trying to establish themselves. Antibiotics can quickly deplete immunity because they kill bacteria, good and bad and these little critters can find it very difficult to re-establish if they are wiped out in the early stages of development.
<i>Constipation</i> A leading cause of disruption to the gut wall is constipation. If your child is constipated this is a leading cause of poor gut health. When food is sitting around inside the gut for days on end fermenting and going off. This disrupts the balance between the good and bad bacteria living in the gut and can cause leaky-gut. Constipation is covered in detail in chapter 6; Snoop on Poop.

Ear Infections

Antibiotics kill bacteria, good and bad and this has a negative impact on the 80% of the immune system residing within the gut wall. Antibiotics are commonly prescribed to treat middle ear infections, but before you get your next prescription take into account most ear infections will improve on their own without medical intervention. Also if the infection is viral by nature, antibiotics are ineffective because they only work against bacterial infections. Once antibiotics are prescribed this increases the risk of chronic recurring infections requiring multiple courses of antibiotics which ultimately depletes the immune system. Common causes of recurring ear infections include vitamin D and zinc deficiencies and food intolerances.

Try this Home Remedy

At the first sign of an ear infection which may include pain or tugging on their ear, try this helpful old-school remedy. Make sure the ear canal isn't perforated, where you would see clear pus, a bloody discharge, dizziness or ringing in the ear.

Home Remedy for Ear Infections

Garlic oil, available in health food stores or on-line is naturally antiviral and antibacterial making it an excellent treatment alternative. Simply place a few drops in the affected ear and cover with cotton wool. Allow your child to rest with the infected ear facing upwards so the oil can drain through the ear canal. Apply 2 to 3 drops of garlic oil every 2 hours and keep your child warm and well rested while they recover.

Breast Milk

If you suspect your infant is getting an ear infection and you are breastfeeding this helps to boost their immune system. Give them as many feeds as possible to support and replenish their friendly bacteria and support the immune system.

Probiotics

At the first sign of infection, give your child probiotics to boost the friendly bacteria so they can work hand-in-hand with the immune system to fight the infection.

5 Healing Foods to support a Leak-Proof Gut

To keep your child's health in tip-top shape make sure these foods are on their plate every day to either heal their leaky-gut or prevent it from becoming leaky in the first place.

Food	Benefits
Grass-fed Meat	Meat from grass-fed animals contains healthy fats called omega-3 oils. These fats help to reduce inflammation throughout the body to support a leak-proof gut wall and they also have amazing properties to support healthy brain function. Additional benefits of feeding your child protein (meat) is it supports their growing process and builds strong muscles. Protein also keeps them fuller for longer and stops the urge to snack on gut damaging processed foods.
Vegetables	Vegies help keep the gut healthy because they are high in fibre to provide a food source for friendly bacteria. Fibre helps prevent constipation to support their immune health and vegies are a rich source of vitamins and minerals.
Bone Broth	Broths made from chicken, beef or other bones and a long history for their healing properties. They are chock-a-block full of restorative minerals plus contain a nutrient called gelatin which has the capabilities to not only protect the gut wall but also to close the gaps to make a leaky-gut, leak-proof. When working to repair a leaky-gut, broths are best consumed daily and can be incorporated into your child's diet in soups, casseroles, popsicles and smoothies.
Grass-fed Gelatin	Natural gelatin made from grass-fed animals has the ability to heal and seal the gut wall. This natural kind of gelatin (NOT your standard supermarket jelly or jell-o!) contains a protein called collagen which has the restorative powers to the gut wall. Natural gelatin is not in our diets anymore because it is found in cuts of meat we no longer eat such as bone marrow.
Oily Fish & Healthy Fats	Omega-3 oils are beneficial fats and a major building block for good health. They not only help to heal the gut wall with their anti-inflammatory properties but they also contribute to brain functions and happy moods. Good sources of healthy fats come from oily fish, meat, organic eggs, bone broths, nuts and seeds (and their oils).

Gut Restoring Bone Broth

Gut building bone broth is to enjoy from the age of 6+ months. Add one or two tablespoons of broth to food such as veggie purees, soups, scrambled eggs, meat sauce or add a sneaky mouthful to their bottle. Prepare broth regularly and always have it on hand in the freezer because it's the perfect nourishing addition to every meal.

Ingredients

1 whole free-range or organic chicken or 2 kg chicken carcasses
2 tablespoons apple cider vinegar
3 celery sticks, coarsely chopped
2 carrots, coarsely chopped
2 zucchinis, coarsely chopped
1 sweet potato, coarsely chopped
2 tablespoons coconut oil
Filtered water, sufficient to cover

Method

- Brown the bones in a large saucepan with coconut oil – browning adds extra flavour (optional).
- Place bones in a slow cooker or large saucepan.
- Add the chopped veggies, the apple cider vinegar which helps to draw the minerals from the bones and enough filtered water to cover all ingredients.
- Bring to the boil and skim the foamy bits off that come to the surface.
- Reduce the heat and allow the broth to simmer for the next 6 to 12 hours (a slow cooker works best). The longer the broth cooks the more nutrients are drawn from the bones.
- At intervals continue to skim the surface using a large spoon.
- Once cooked, allow to cool and strain through a sieve.
- For easy portions sizes, pour the broth into silicon moulds ice-cube trays ready for the freezer.
- The broth will keep in the fridge for 4 days and frozen for up to 3 months.

Healthy Child Tip:

- Substitute chicken bone for beef or lamb bones.
- After roast chicken, freeze the leftover carcass. When you have 2 or 3 frozen carcasses, use these to make your next broth.
- Don't reheat broth in the microwave. It destroys the nutrients.

Meet Fiona Stock

Fiona is a respected Naturopath and Nutritionist, trained and experienced health coach, educator, mentor and author. Fiona has over 20 years of Natural Medicine industry wisdom combined with a successful practice and extensive clinical experience.



She has successfully treated thousands of patients for a wide-range of conditions focusing on gut health utilising evidence-based naturopathic philosophy alongside integrative nutrition. After nearly two decades of owning and directing one of Australia's largest natural medicine clinics, she understood it was time to begin empowering families to transform their children's health through education.

For the past 4 years she has been wholeheartedly committed to researching and writing about the crisis facing children's health. During this time Fiona gained specialised training with the Medical Academy of Paediatric Special Needs (MAPS) and Gut and Psychology Syndrome (GAPS) and also became a Jamie Oliver Food Revolution Ambassador. She created a unique on-line learning program dedicated to teaching parents the underlying cause of their child's health condition.

Rob Knight, Professor of Paediatrics at the University of California, a leading researcher and co-founder of the American Gut Project, mapping gut health across America has edited Fiona's work to date.

Her enthusiasm on the subject has led her to present talks on the critical importance of gut health and its relationship to optimal brain and immune functions. Fiona has always been fascinated in the concept of food is medicine and prior to becoming a naturopathic practitioner gained extensive experience in the food industry, running her wholefoods catering business and teaching people how to cook delicious healthy meals over a 10 year period.

