

COMPREHENSIVE VITAMIN GUIDE



Fiona Stock

The Children's Naturopath

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Children's Health 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

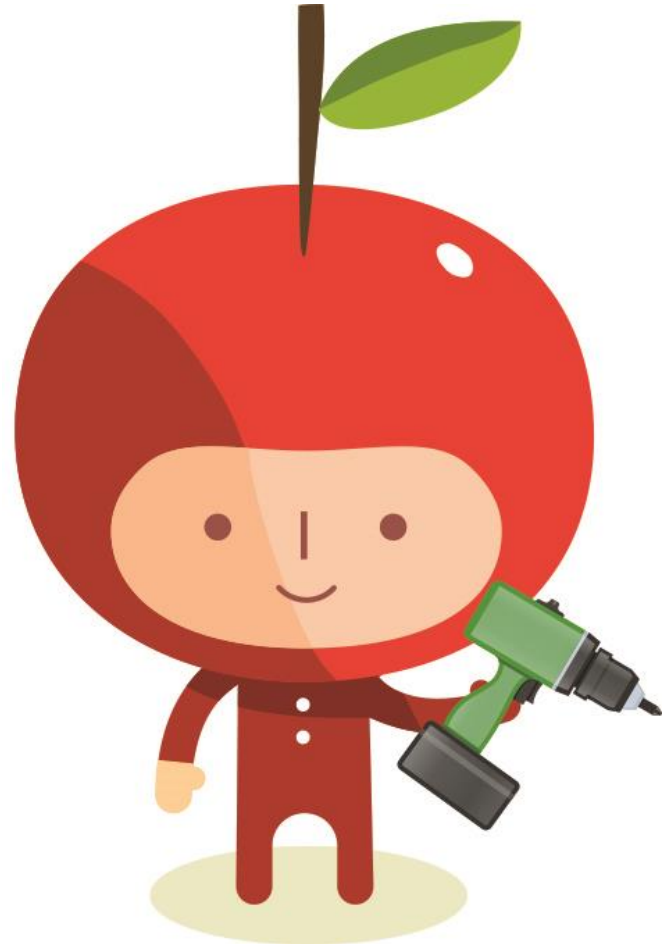
Your child's body cannot produce all the vitamins it needs to function properly, they have to eat them. An easy enough task you say, but with the confusing labelling on manufactured and processed foods, it's difficult for parents to really know if what they are feeding their children is truly going to benefit their health now and into their future.

Vitamins are organic nutrients essential for life and your child needs them to ensure they enjoy the best health possible.

Nutritional Deficiencies

A nutritional deficiency occurs either because the body doesn't receive enough in the food they eat or because of poor gut function which means nutrients aren't absorbed in the small intestine. This leads directly to a variety of health problems including; skin problems, poor immune function, stunted or defective bone growth, compromised brain function, behavioural issues and learning problems.

Because children are growing at an astonishingly rapid rate, it's not surprising they are at the greatest risk for serious complications due to nutritional deficiencies. Why? Children's diets nowadays are heavily weighted in favour of processed and manufactured foods. Unfortunately, these foods simply don't provide your child with the nutrients their bodies need.



Vitamins

The word vitamin derives in part from 'vita' meaning 'life. Vitamins are vital for life.

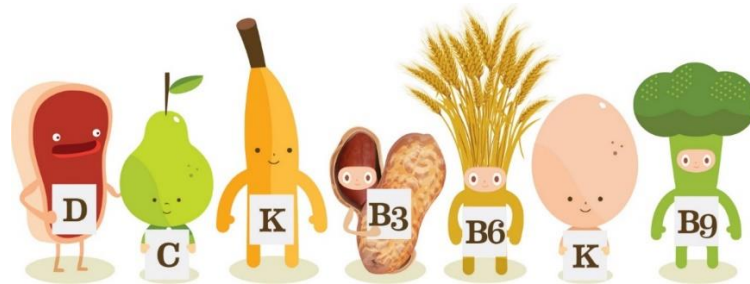
Vitamins fall into two categories: Water-soluble & Fat-soluble

Water-Soluble Vitamins

Water-soluble vitamins include vitamin C, choline and all the B complex vitamins. They are classed as water-soluble because they dissolve in water before being absorbed into the bloodstream. They are generally nontoxic because they do not get stored. Instead, the body absorbs the vitamins it requires and excretes what is not needed as waste product in the urine. Therefore, water-soluble vitamins need to be replenished every day.

Fat-Soluble Vitamins

Fat-soluble vitamins include vitamins A, D, E and K; they dissolve in fat and are stored in the body's fat tissue for long periods of time. They perform a variety of important functions such as building healthy cells and producing hormones. In order for your child's body to absorb fat-soluble vitamins they need to be consumed with dietary fat. Examples of healthy dietary fat includes cheese, eggs, fatty fish, nuts, avocados, extra virgin olive oil, coconut oil and full-fat yoghurt.



Water-Soluble Vitamins

Each vitamin performs a different role that is essential for your child's body to work at its optimal best.

	Where it is Found	Health Benefits
Vitamin B1 – Thiamine	Brewer's yeast, Rice bran, Fresh wheat germ, Sunflower seeds, Pine nuts, Soya milk, Sesame seeds, Peanuts, Pistachio nuts, Buckwheat, Wheat bran, Rolled oats, Wholemeal pasta, Whey powder, Lima beans, Pinto beans, Mung beans, Peas, Egg yolk, Cornmeal, Brazil nuts, Lentils, Broad beans.	Thiamine converts carbohydrates (the sugar component of fruit & vegies) into energy for optimal levels of stamina and vitality. In addition to providing energy, thiamine also makes some of the neurotransmitters (they send messages between nerve cells) and plays an important role in protecting the overall functioning of the nervous system. B1 also supports the gut wall's health by maintaining its muscle tone. In addition to these benefits it also promotes skin, hair and eye health.
	Symptoms of Vitamin B1 deficiency include: Loss of appetite, loss of sensation (numbness), excessive fatigue, muscular weakness, heart abnormalities, constipation, mental depression, nervous irritability.	

	Where it is Found	Health Benefits
Vitamin B2 – Riboflavin	Liver, Brewer's yeast, Whey powder, Fresh wheat germ, Almonds, Mushrooms, Egg yolk, Swiss and cheddar cheese, Millet, Soy bran, Parsley, Cashew nuts, Rice bran, Lentils, Sesame seeds, Sunflower seeds, Rye, Broccoli, Mung beans, Avocado, Asparagus, Dark leafy greens.	Riboflavin supports good vision, healthy hair, skin and nails and is necessary for normal cell growth. B2 helps boost energy levels by maintaining healthy red blood cells and is instrumental in helping each cell utilise oxygen. Vitamin B2 works around the clock to help all the other B vitamins undergo their chemical changes to extract their beneficial properties.
	Symptoms of Vitamin B2 deficiency include: Cracks or sores at corners of the mouth, cracked lips, swollen or sore throat, peeling skin around the nose, inflamed sore tongue, loss of taste, bloodshot eyes that burn or itch or loss of appetite.	

Water-Soluble Vitamins

	Where it is Found	Health Benefits
Vitamin B3 – Niacin	Salmon, Tuna, Chicken, Halibut, Liver, Beef, Organ meats, Peanuts, Bran, White fish, Veal, Mushrooms, Brown rice, Bulghur wheat, Sesame seeds, Sunflower seeds, Wholemeal pasta, Buckwheat, Dried peaches.	Niacin is important for the maintenance of healthy brain cells. It helps to improve the memory and has a calming influence on children. Vitamin B3 is a potent antioxidant and plays a role with signalling and transferring information between nerve cells in the brain. Important for a healthy nervous system and supports the health of the skin, tongue and the gut lining. It's vital for the formation of red blood cells.
	Symptoms of Vitamin B3 deficiency include: Dry cracked or scaly skin, dermatitis, hair loss, muscular weakness, loss of appetite, depression, irritability, anxiety, indigestion or digestive disturbance.	

	Where it is Found	Health Benefits
Vitamin B5 - Pantothenic Acid	Liver, Organ meats, Eggs, Soybeans, Broccoli, Wheat germ, Wheat bran, Crude molasses, Wholegrain breads, Cereals, Peanuts, Mushrooms, Beef, Haddock, Green leafy vegetables, Peas, Beans, Watermelon.	Pantothenic acid is commonly referred to as the anti-stress vitamin and also helps relieve irritability and anxiety. It's involved in the production of neurotransmitters such as acetylcholine that helps to boost memory and regulate the nervous system. B5 is also required for energy production, fat metabolism and normal brain function. Pantothenic acid can be used to treat allergies, headaches, arthritis, psoriasis, insomnia, asthma and infections.
	Symptoms of Vitamin B5 deficiency include: Chronic fatigue, depression or irritability, numbness or shooting pains in feet, abdominal cramps, poor immunity, headaches.	

Water-Soluble Vitamins

	Where it is Found	Health Benefits
Vitamin B6 – Pyridoxine	Chicken, Beef, Kidney, Tuna, Walnuts, Salmon, Trout, Lentils, Lima beans, Buckwheat, Black eyed peas, Navy beans, Brown rice, Hazelnuts, Garbanzos, Pinto beans, Banana, Halibut, Avocado, Wholegrain wheat, Chestnuts, Kale, Wholegrain rye, Spinach, Turnip greens, Sweet red peppers, Potato, Sardines, Brussels sprouts, Perch, Cod, Barley, Sweet potato, Cauliflower, Red cabbage, Leek.	Pyridoxine is required for the optimal functioning of the nervous system by helping the cells and the brain to communicate with each other. It also maintains healthy blood vessels to support brain development and function. Vitamin B6 also plays an important role in converting food into energy and helping the body metabolize fats, carbohydrates and proteins. Pyridoxine supports healthy liver function and protects eye health.
	Symptoms of Vitamin B6 deficiency include: Eczema, dermatitis, asthma, cracks and sores on corner mouth, cracked lips, irritability, depression, nausea, poor immunity, migraines/headaches, muscle weakness, inflammation of mouth or tongue.	

	Where it is Found	Health Benefits
Vitamin B7 – Biotin	Liver, Egg yolk, Peanuts, Almonds, Walnuts, Yeast, Whole-wheat bread, Cheese, Pork, Salmon, Avocado, Raspberries, Cauliflower (raw), Sweet potato, Onions, Carrot.	Also known as vitamin H, biotin keeps the nervous system healthy by supporting nerve signals between the cells. It improves memory, concentration and helps provide a positive outlook on life. B7 is also essential for the production of red blood cells and blood flow to support brain function. It's a pillar of strength for the gut and aids with weight loss. Often referred to as the beauty vitamin because it's responsible for healthy glowing skin and strong nails and hair growth.
	Symptoms of Vitamin B7 deficiency include: Thinning hair, dry scaly skin or scalp (especially in infants cradle cap), brittle nails and hair, mental depression, insomnia, loss of appetite, vomiting, fatigue, extreme exhaustion, muscle pains and cramps, lack of muscle tone.	

Water-Soluble Vitamins

	Where it is Found	Health Benefits
Vitamin B9 - Folate	Chicken liver, Beef liver, Wheat germ, Asparagus, Lettuce, Dark leafy green vegetables, Spinach, Fresh orange juice, Legumes, Broccoli, Irish potatoes, Nuts, Beetroot, Pumpkin.	Folate is crucial for proper brain function at all stages of childhood cognitive development and therefore plays an important role in your child's mental health and emotional wellbeing. B9 is essential for healthy red blood cells, circulation and good energy. It also supports healthy skin and may help with healing skin conditions.
	Symptoms of Vitamin B9 deficiency include: Low overall growth rate of infants and children, low birth weight, neural tube defects resulting in severe brain or neurological damage of the fetus, breathlessness, anaemia, heart palpitations, insomnia, irritability, lethargy, general weakness, mental fatigue.	

	Where it is Found	Health Benefits
Vitamin B12 – Cobalamin	Liver, Beef kidney, Beef, Chicken, Clams, Oysters, Sardines, Trout, Salmon, Tuna, Haddock, Flounder, Scallops, Cottage cheese, Halibut, Perch.	B12 maintains nerve cell function and boosts the production of red blood cells to support energy levels, memory and cognitive function. Cobalamin also benefits mood, heart, skin, hair plus maintaining a healthy nervous system, cardiovascular system and gut health. Low B12 levels are also associated with depression.
	Symptoms of Vitamin B12 deficiency include: Pernicious anaemia, diarrhoea, weight loss, pale skin, palpitations, sore red mouth/tongue, tingling sensation in hands and feet, loss of balance, unsteady movement, weak muscles confusion, vision problems.	

Water-Soluble Vitamins

	Where it is Found	Health Benefits
Vitamin C - Ascorbic Acid	Red chilli peppers, Guava, Red sweet peppers, Kale, Parsley, Collards, Turnip greens, Green sweet peppers, Broccoli Brussels sprouts, Mustard greens, Cauliflower, Persimmons, Red cabbage, Strawberries, Papayas, Spinach, Oranges, Cabbage, Lemons, Grapefruit, Turnips, Mango, Watercress, Asparagus, Cantaloupe, Swiss chard, Green onion, Okra, Tangerines, Spinach, Oysters, Lima beans, Black eyed peas, Radish, Raspberries, Chinese cabbage, Yellow squash, Honeydew melon, Tomatoes.	The vital function of vitamin C include producing and maintain healthy collagen, the fibrous protein that gives strength to connective tissues, skin, cartilage, bones, teeth and joints. Vitamin C supports the body cells and brings more rapid healing to injured tissues and broken bones. With its collagen function, adrenal support and immune response support, it helps the body defend against infection. Collagen formation also supports and strengthens red blood cell walls. Its antioxidant properties protect against damage to cells. A super immune booster which helps to protect from infections such as coughs and colds. It also facilitates the absorption of iron to prevent anemia.
	Symptoms of Vitamin C deficiency include: Swollen painful joints, easy bruising, slow-healing wounds, nosebleeds, swollen bleeding gums, tooth decay, loose teeth, poor immunity, dry brittle hair, rough scaly skin, loss of appetite.	

	Where it is Found	Health Benefits
Choline	Liver, Eggs, Raw cauliflower, Mushrooms, Dark leafy greens, Shellfish, Asparagus, Brussel sprouts, Bok choy, Fish.	Choline helps make and release a neurotransmitter called acetylcholine which is vital for normal brain development, nerve function, muscle movement and supports optimal energy levels. Choline also plays an important role in metabolising and transporting fats around the body.
	Symptoms of Choline deficiency include: Low energy levels, memory loss, cognitive decline, learning disabilities, muscle aches, nerve damage and mood changes or disorders.	

Fat-Soluble Vitamins

Fat-soluble vitamins dissolve in fats and oils. They are abundant in high fat foods and are more easily absorbed into the bloodstream when they are eaten with fat. Examples of healthy dietary fat includes cheese, eggs, fatty fish, nuts, avocados, extra virgin olive oil, coconut oil and full-fat yoghurt.

	Where it is Found	Health Benefits
Vitamin A	Cod liver oil , Parsley, Carrots, Sweet potatoes, Swiss chard, Spinach, Mango, Butternut squash, Beet greens, Chives, Egg yolk, Watercress, Winter squash, Tomatoes, Cantaloupe.	Vitamin A is required to build new bone during periods of growth and for strong healthy teeth. It's also necessary for skin health and wound healing; it stimulates the growth of healthy skin including healthy mucous membranes that line the nose, eyes, respiratory system and gut wall. A powerful antioxidant and anti-inflammatory that protects cells from toxins and protects against several forms of cancer.
	Symptoms of Vitamin A deficiency include: Problems with vision and the immune system and less able to fight infections.	

	Where it is Found	Health Benefits
Vitamin D	Eggs, Mushrooms, Oysters, Fish, Cod liver oil, Sunlight on the skin is needed to make vitamin D. You get approximately 80% of your vitamin D levels this way. (be careful, too much sun can lead to sunburn, skin damage and even skin cancer).	This vitamin has multiple roles in the body including supporting the health of the immune system to protect against illness and disease (especially auto-immune conditions). Vitamin D maintains the health of growing bones and teeth by aiding the absorption of calcium and phosphorus. It supports lung function and the cardiovascular system plus vital anti-inflammatory properties crucial for general wellbeing.
	Symptoms of Vitamin D deficiency include: Rickets, delayed motor development, muscle weakness, aches and pains, fractures.	

Fat-Soluble Vitamins

	Where it is Found	Health Benefits
Vitamin E	Soybean oil, Wheat germ oil, Corn oil, Wheat germ, Whole grains, Peanuts, Peanut butter, Hazelnuts, Almonds, Sunflower seeds, Sprouts, Green leafy vegetables, Eggs, Kiwi fruit, Spinach, Broccoli, Mango, Tomato.	A key vitamin for building a strong immune system to help fight infections. Vitamin E also keeps the blood vessels wide open so that blood can freely deliver oxygen and nutrients throughout the body. Vitamin E is essential for healthy skin and eyes, it's a beneficial antioxidant that helps prevent damage to the cells of the body and helps cells to work together to perform their many important functions.
	Symptoms of Vitamin E deficiency include: Impaired immune response, hair loss, dry skin and muscle weakness.	

	Where it is Found	Health Benefits
Vitamin K	Spinach, Asparagus, Broccoli, Beans, Cabbage, Celery, Soybeans, Eggs, Strawberries, Beef, Dairy, Fermented foods.	Vitamin K plays an important role in blood clotting to prevent excessive bleeding after injury. It is also helpful for bone health and helps to build stronger and denser bones to reduce the risk of fractures. Vitamin K is required as an important adjunct to vitamin D and if there is a deficiency in one, neither works optimally.
	Symptoms of Vitamin K deficiency include: Easy bruising, excessive bleeding from wounds, punctures and injections sites. Blood in urine or stools. Reduced bone strength.	



Recommended Daily Allowance Chart

This Recommended Daily Allowance chart represents the daily intake of vitamins and minerals considered the minimum amount required for good health.

Nutrient	0 – 6 months	7 – 12 months	1 – 3 years	4 – 8 years
Vitamin A	400 ug	500 ug	300 ug	400 ug
Vitamin C	40 mg	50 mg	15 mg	25 mg
Vitamin D	5 ug	5 ug	5 ug	5 ug
Vitamin E	4 mg	5 mg	6 mg	7 mg
Vitamin K	2.0 ug	2.5 ug	30 ug	55 ug
Vitamin B1 – Thiamine	0.2 mg	0.3 mg	0.5 mg	0.6 mg
Vitamin B2 – Riboflavin	0.3 mg	0.4 mg	0.5 mg	0.6 mg
Vitamin B3 – Niacin	2 mg	4 mg	6 mg	8 mg
Vitamin B5 – Pantothenic acid	1.7 mg	1.8 mg	2 mg	3 mg
Vitamin B6 – Pyridoxine	0.1 mg	0.3 mg	0.5 mg	0.6 mg
Vitamin B9 – Folate	65 ug	80 ug	150 ug	200 ug
Vitamin B12 – Cobalamin	0.4 ug	0.5 ug	0.9 ug	1.2 ug
Choline	125 mg	150 mg	200 mg	250 mg

Figures taken from Dietary Reference Intakes (DRI).

Legend

1ug = 1mcg = 1 microgram = 1/1,000,000 of a gram

1mg=1 milligram =1/1,000 of a gram

1 g = 1 gram



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.

