

CONSTIPATION & DIARRHOEA



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Contents

Healthy Child Masterclass	3
Introduction	4
Meet your child's Gut	5
Leaky-Gut – How it occurs	6
Childhood conditions related to poor Gut Health	7
Sneak a Peak at Poop	8
Constipation	9
Diarrhoea	10
Food and Symptom Diary	11
5 Healing Foods to support a Leak-Proof Gut	12
Gut Restoring Bone Broth Recipe	13
Meet Fiona Stock	14

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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

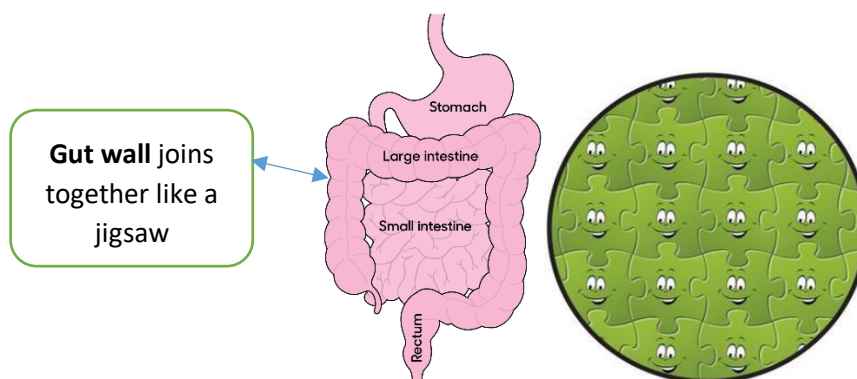
To help you better understand your child's gut (aka digestive system), the first illustration (*figure 1*) shows the position of the two main players; the small and large intestine.

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).

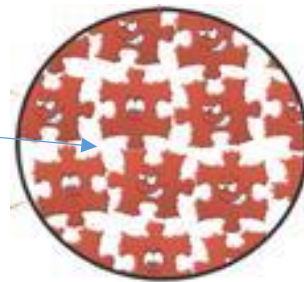
Leaky-gut allows food particles, bacteria, viruses and toxic substances to pass through the gaps directly into the bloodstream. This may trigger an immune reaction or impact brain functions to cause all sorts of health problems.

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.

Toxins and food particles pass through the gut wall into the bloodstream.



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



Sneak a Peak at Poop

Children who suffer from any one of the common childhood conditions are often prone to problems with their gut and how they poop. While digestive upsets often appear unimportant and unrelated to optimal wellbeing, now we are able to join the dots... Because the gut holds the key to the health to your child's including optimal brain functions and a robust immune system.

Investigating the shape and consistency of your child's poop gives a fascinating window into how well their gut functions. For optimal health, your child should have one to two 'good' bowel movements each day, usually after meals.

Symptoms Associated with Abnormal Bowel Habits include:

- 🚽 Tummy pains and bloating
- 🚽 Excessive wind or flatulence
- 🚽 Avoid going to the toilet because it hurts
- 🚽 Soiling of their underwear from faecal leakage
- 🚽 Loose watery stool.

Causes of Digestive Complaints include:

- 🚽 Food allergies
- 🚽 Food intolerances
- 🚽 Poor diet high in processed food
- 🚽 Diet low in fibre
- 🚽 Dehydration.

Constipation

If you Ignore the Urge, the Urge Goes

Long term constipation can be a common problem with children and often occurs when they ignore the urge to visit the toilet. This may happen because they are either busy at play, don't like 'to go' at school or away from home or associate number twos with previous painful experiences. When your child isn't regular their stool becomes hard, dry and painful to pass and can cause anal fissures where the skin cracks or breaks as well as haemorrhoids. This creates a fearful situation where your child holds on for as long as possible making the next bowel movement another terrifying experience.

Food bubbling away in the large intestine for days or weeks on end is essentially going 'off' and less than ideal for the health of the gut wall. This also creates a situation for the hordes of friendly bacteria, where they get outnumbered of bad bacteria causing dysbiosis. The tube will stretch to accommodate the build-up of wastes until it is chock-a-block. To help increase the limited storage area, additional liquid and toxins from the putrefied stool are absorbed through the gut wall, back into the bloodstream to make more elbow room. These toxins circulate around the body and can negatively impact any system or organ such as the skin, immune system or brain functions.

Your child may still be constipated even if they are pooping every day. For example, poop that resembles ribbon coming out in a thin strip. This type of poop is what we call an overflow, the bowel is so compacted that a passage is created to remove the squishy stuff in the middle. 'Rabbit poop' is another type of constipation where small pellets are passed but the majority of stool is compacted and stuck to the gut wall.

Remedy's for Constipation include:

- 😊 Positive reinforcement is important to remove any negative thoughts about being constipated especially if they are soiling their underwear.
- 😊 Use laxatives or stool softeners to ensure that your child is passing soft stool, this avoids pain which is a contributing factor to 'holding on'.
- 😊 Make sure they are adequately hydrated.
- 😊 Establish a regular toilet routine for retraining the bowel.
- 😊 Increase their fibre intake.

Diarrhoea

If your child has acute diarrhoea, generally it should pass in a day or two. On the other hand, long term diarrhoea can be dangerous for young children because they become dehydrated very quickly, meaning they are losing fluids more rapidly than they are being replaced. It is extremely important to keep up their fluids and watch them carefully as their condition can deteriorate quickly. Water on its own may not be enough and electrolytes can quickly re-hydrate them. If diarrhoea is caused by a pathogen (germs) it is crucial to get them treated by a health practitioner if the diarrhoea continues after a couple of days.

Diarrhoea is often a symptom of Food Intolerance

If diarrhoea is a regular occurrence, say one or more times a week then keep our *Food and Symptom Diary* (on the next page) to record if there is a relationship between the episodes of diarrhoea and eating a particular food. If the gut thinks a certain food is an irritant, it can signal to rush water into its tube to wash the offending food through quickly so it doesn't aggravate the gut wall.

Signs & Symptoms of Diarrhoea include:

- 💧 Frequent and loose, watery stools
- 💧 Abdominal discomfort, cramping and/or pain
- 💧 Flatulence and/or bloating
- 💧 Vomiting and/or nausea
- 💧 Increased thirst
- 💧 Nutrient malabsorption
- 💧 Dehydration

Food & Symptom Diary

Food/Drinks	Gut	Skin	Brain/Head	General
Breakfast Snack: Lunch: Snack: Dinner:	Bloating Diarrhoea Constipation Nausea Vomiting Cramps Flatulence Reflux Itchy bottom Burping	Hives* Rashes* Eczema* Itchy* Dryness Dermatitis* Pale or blue skin* Dark circles under the eyes	Sadness Anxiety Depression Tantrums Sleepy Hyperactive Aggression Facial swelling* Mouth ulcers Blocked or sore ears Tongue swelling* Mouth tingling* Foggy head	Muscle cramps Ear tugging Bedwetting Quieter than usual Restless Headache* Sore throat Mouth ulcers Sneezing* Runny nose* Wheezing* Repetitive cough* Asthma attack*
Breakfast Snack: Lunch: Snack: Dinner:	Bloating Diarrhoea Constipation Nausea Vomiting Cramps Flatulence Reflux Itchy bottom Burping	Hives* Rashes* Eczema* Itchy* Dryness Dermatitis* Pale or blue skin* Dark circles under the eyes	Sadness Anxiety Depression Tantrums Sleepy Hyperactive Aggression Facial swelling* Mouth ulcers Blocked or sore ears Tongue swelling* Mouth tingling* Foggy head	Muscle cramps Ear tugging Bedwetting Quieter than usual Restless Headache* Sore throat Mouth ulcers Sneezing* Runny nose* Wheezing* Repetitive cough* Asthma attack*

*Indicates possible food allergy symptoms (seek advice from your healthcare professional).

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 many 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.

