

BACK TO SCHOOL

*The leaves are falling
One by one.
Summer's over
School's begun!*



Supporting your Kids Health the natural way.

Coughs, colds, sneezes, peer pressure, poor concentration and head-lice, are a few of the everyday health issues associated with going back to school and that's just the teachers!

Immune System Support

Seriously the new school year bombards a child's immune system leaving them more vulnerable to infection.

The swine flu frenzy has calmed, although it is expected that the start of the academic year might show an increase in incidence.

Echinacea is a wonderful herb, which has been proven to decrease the overall risk of catching a cold by 58%, and if you are still unlucky enough to catch a cold it can increase your recovery rate.

Black elder is one of my favorite herbs not only does it attack viruses and stops them replicating, it is packed with antioxidants and tastes great too!

'Taste the Rainbow'; eat foods of every color such as blueberries, raspberry, purple sprouting broccoli, purple corn, butternut squash, carrots, and green leafy vegetables. Eating Seasonal Organic fruits and vegetables is nature's way of providing you the right nutrients at the appropriate time of year when you need them.

Even the most perfect diet can have difficulty meeting our body's demand for nutrients, so taking a good daily multi-vitamin and mineral combined with Black elder and echinacea at the beginning of the new school term is an excellent idea,

for both your child and the whole family.

Head Lice

Nasty little critter that make my scalp itch just thinking about them yuk!!! In the war against nits it's far better to be proactive rather than reactive - that prevention and precaution are the safest and healthiest measures.

The chemicals in many traditional head-lice treatments have been associated with serious health risks, however there are many natural preparations that have been shown to nuke head-lice, without causing any health risk to your child.

One particularly effective treatment is Riddance, which combines Neem oil with essential oils which have proven to be a highly effective treatment. Each bottle of Riddance comes with a comb so that you can make sure every last nit and egg are firmly removed.

We recommend treating your child's hair, then combing through thoroughly, repeat this treatment every 3-4 days for a fortnight after the incidence, it's a good idea to check your child's hair weekly for any signs of re-infestation.

Combine regular combing with using tea tree or neem based shampoos can help prevent re-infestation.

Poor Concentration

For many children getting back into the school routine is a real struggle after a long holiday, with their teachers reporting difficulty controlling behavior, and hyperactivity. Some children simply have

difficulty staying focused and paying attention, being preoccupied by looking out of the window into some distant land!

Many children have low levels of certain essential fatty acids (including EPA and DHA) in their bodies. DHA and EPA are omega-3 fatty acids found in cold water fatty fish oil, flax oil, and hemp oil supplements. Essential fatty acids are used to make brain and nerve tissue in the body and are crucial for proper growth, mental function, the immune system and brain development. Children with lower levels of omega-3 fatty acids demonstrated more learning and behavioral problems (such as temper tantrums and sleep disturbances) than kids with normal omega-3 fatty acid levels.

Taking an essential fat daily for a minimum of three months allows significant improvements in reading, spelling, and behavior in the children. Try adding three teaspoons of Eicosanoil to a morning smoothy to ensure your child is getting enough omega 3, 6, and 9, and a smoothy is a brilliant way to deliver some of your five a day fruits.

Sleep Tight

Bedtime is a wonderful time to catch up with your child's daily news, helping them to unburden, and relax down for a good night's sleep. Badgers night night balm combines essential oils to create a feeling of peace and calm allowing your child to nod off naturally.

Night Night Sleep Tight Make Sure the Bed Bugs don't bite xxx