



Ottawa Integrative Health Centre Inc.

1129 Carling Ave., Ottawa, ON K1Y 4G6 (613)798-1000 www.oihc.ca
New satellite office inside The Ottawa Birth and Wellness Centre - 2260 Walkley Rd. Ottawa

Helping You Achieve Health . . . Naturally!

October 2014

Naturopathic Pediatrics: Nutrition in Early Life

By Erin Kasparek, ND
Naturopathic Doctor

Building Blocks for a Healthy Child:

Immune resilience and balance
Appropriate neurodevelopment and brain function
Clean environment and low chemical load
Fresh air, physical activity, movement and space to play in nature
General appearance: Healthy weight, colour to face, alert
Plenty of high quality, nutrient-rich, whole foods
Healthy digestion and gut function

Why is early nutrition so important?

-Sufficient calories are required for the energy of daily living and the maintenance of all vital bodily functions, plus additional calories and nutrients for proper growth and development.

-An infant's body weight doubles by 6 months of age, triples by one year and quadruples by 2 years of age. Rapid growth requires all the necessary vitamins, minerals and amino acids to form healthy new tissues.

-The brain is made up of nearly 60% fat and most of its growth is completed by 6 years of age. Essential fatty acids are required for brain development; however, our bodies cannot make them. We must rely on dietary sources. Omega-3 fatty acids from fish and flax are of the most importance. They promote healthy eyes and skin, as well as balanced immune systems.

-Strong bones and teeth require adequate calcium from food sources such as dark green vegetables, fish, nuts and seeds. Bone structural integrity and flexibility is based on collagen which depends heavily on adequate daily protein intake and vitamin C. Bone formation relies on multiple minerals beyond calcium, including magnesium and vitamin D. Excess sugar, sodium and phosphorous (primarily from soda pop) counteract bone mineralization.

-The average child will acquire 6 ear, nose and throat infections each year, including coughs and the common cold. The body is constantly making new white blood cells to fight off infections. This immune system resilience depends upon regular adequate nutrient supply, primarily from diet. Sugar is an immune suppressor, so minimizing sweets is also important. A child who has a healthy digestive tract, minimizes allergen exposure, gets plenty of rest and nutrient-dense foods will get sick less often and recover faster.

-Plant-based foods enhance gastrointestinal health. They selectively increase growth of beneficial bacteria, aiding in nutrient absorption and immune balance. Deeply pigmented foods like berries are high in polyphenols that feed beneficial bacteria. Fermented foods like kefir, sauerkraut and tempeh are gut-healing as well.

-Children are at greater risk of dehydration than adults. Research shows that mild dehydration of only 1-2% body weight loss can lead to irritability and lethargy in infants, and produce cognitive impairment in children and teens. Plenty of clean water

Recipe Corner

GRANOLA BARS

1/2 cup	kamut, spelt or rye flakes
3 cups	oatmeal (instant)
1/3 cup	melted butter or unrefined oil
1/3 cup	honey
1/3 cup	maple syrup
1/2 tsp.	vanilla
	salt, to taste
3/4 cup	dried cranberries or other dried fruit
1/4 cup	raw pumpkin seeds
1/2 cup	raw almonds, chopped
1/2 cup	flakes, unsweetened coconut

- Preheat oven to 350°F.
- In a bowl, combine kamut flakes, oatmeal, butter, maple syrup, honey, vanilla and salt.
- Stir in cranberries, nuts and coconut.
- Press into greased 9" cake pan.
- Bake for 50-60 minutes, or until golden brown.
- Let cool completely before cutting into bars.

UpComing

Pelvic Health Info Night with OCEA

*for any/all new and expectant moms
(information session and Q&A run by
Lisa Flanders, Physiotherapist)*

Wednesday October 7th, 7-9pm
265 Carling ave, suite 700

This session will allow new and expectant mothers to learn about what they may expect in regards to their pelvic health and ask questions in a comfortable environment. There is no charge for this session.

Sleeplessness, Stress and Burnout Oh My!

*Naturopathic Options for the New Mom
Presentation by Naturopathic Doctor
Christine Nguyen*

Thursday, Oct 9, 2-3pm

Moms, dads, kids/infants are all welcome!

*Ontario Early Years Centre
Nepean-Carlton
1099 Longfields Drive, Nepean
To register: Call Melanie Dupuis
@ 613-825-5990*

Prenatal Nutrition Seminars at OBWC

(series of 4)

*Wednesday evenings 6-7pm
Sept 24, Oct 1, Oct 22, Oct 29*

Fall 21-Day Detox

*4 group sessions - Tuesday nights 7-8pm
Oct 28, Nov 4, Nov 11, Nov 18
Cost: \$50/person*



consumption is essential to our ability to pay attention, focus and think clearly.

-Obesity in early life is a growing problem. 45 million children around the world are overweight or obese by age 5. There are short and long-term consequences including predisposition for low self-esteem, behavioural problems and mood disorders,

higher likelihood of high blood pressure and increased risk of heart disease and systemic inflammation. Intervention and prevention of excess weight gain: less screen time, plenty of outdoor play daily, less sugar and calorie-dense foods.

The reality is that there is a rapidly increasing rate of childhood illness that is non-communicable and nutrition-related. It is a struggle to eat a balanced, whole foods diet in an environment full of the newest “food industry” goods, packed with chemical ingredients.

Good rules of thumb when selecting foods:

- Food should be made of real ingredients.
- If you can't make it, think twice about feeding it to your children.
- Eat in season and source locally as much as possible.
- Avoid chemical ingredients such as artificial flavours and colouring agents.
- Avoid most foods that come in a crinkly-sounding package.

Tips to Support Health Eating Habits:

- Plan ahead for meals and prepare the majority at home
- Offer a variety of foods and snacks, primarily plant-based.
- Drink water rather than juice, excessive milk or soft drinks.
- Immerse kids at a sensory level with food: preparing, grocery shopping, in the garden.
- Be a great role model!

Fall Yoga events

October:

*5 week meditation series
Learning 5 different meditations to facilitate and demystify the practice of meditation*

Starting October 2, 2014

Thursday 6-7pm \$70.00

November:

*Moving beyond pain
Learn 5 tools that will move you beyond the draining energy of pain*

Saturday November 8,

12-3pm \$45.00

December:

*Balancing moods
How not to let changing moods dictate our daily lives*

Saturday Dec. 6, 2014

12-3pm \$45.00

Self-Inquiry yoga

For more information or to make an appointment please call:

(613) 798-1000 or email: info@oihc.ca or visit our website at: www.oihc.ca