



Ottawa Integrative Health Centre Inc.

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

## Helping You Achieve Health . . . Naturally!

September 2017

### **Practical Nutrition Tips for Back to School Season**

By: Jess Sherman M.Ed, RHN  
Board Certified Nutritionist

Going back to or starting school can be a big stressor for some kids, particularly if they struggle in school. Using some good quality nutritional supplements can give them the edge they need to weather the stress storm. Here are a few suggestions...

#### **HMF Fit For School**

**What It Is...** A chewable probiotic containing 4 probiotic strains along with 1000IU of vitamin D and 50 mg of vitamin C.

**Why I Like It...** While powders and capsules offer a higher dose of probiotic needed by many kids, at this time of year I find the convenience of chewable and the addition of D and C helpful. The fruity flavour makes this tasty and easy to pop in the mouth as kids head out the door.

#### **ND Shake Kids**

**What It Is...** A general multi for kids that also includes 6g of plant protein and a blend of phytochemicals from 14 plants.

**Why I Like It...** Most kids find this shake tastes good and even though each serving contains 3 g of sugar from natural cane sugar, it's a super convenient way to make sure all the nutritional bases are covered before they leave in the morning. A good breakfast is essential for good brain function and stable energy throughout the day.



#### **OmegaD3Liquid Forte**

**What It Is...** A liquid fish oil that also contains 1000IU vitamin D per tsp. This gives a hefty dose of omega 3 fatty acids to keep the immune system strong and the brain sharp

**Why I Like It...** This fish oil doesn't taste fishy. It will blend easily into a smoothie or can be taken off the spoon. It's high potency, offering close to 3g omegas per tsp so it can be used for you and for your kids - just adjust the dosage in consultation with your nutritionist or doctor.

#### **MagMatrix Liquid**

**What It Is...** A liquid combo of magnesium glycinate, malate and citrate, sweetened with xylitol.

**Why I Like It...** Tastes great and is highly absorbable. Magnesium will keep your child's energy up and their nerves calm. Also great for constipation. I consider magnesium an essential supplement for most kids with ADHD.

#### **Deep Immune For Kids**

**What It Is...** A herbal tincture that stimulates improved immune function

**Why I Like it...** The stress of going back to school along with the introduction of a new environment often overcomes the immune system. This is a great way to keep the immune system strong. I use this when a bug is circulating in the school or if my kids seem run down.

*For more information or to make an appointment please call:*

*(613) 798-1000 or email: [info@oihc.ca](mailto:info@oihc.ca) or visit our website at: [www.oihc.ca](http://www.oihc.ca)*

# Recipe Corner

## RICE PANCAKES OR WAFFLES

*The pancakes make great pieces of bread for sandwiches too!*

### Ingredients

1 ¾ cup brown rice flour  
¼ cup arrowroot or tapioca starch  
1 Tbsp. sugar  
2 cups milk or milk alternative  
3 Tbsp. unrefined oil

### Optional:

½ cup blueberries  
1 banana sliced and folded into mixture  
1 tsp. cinnamon and 1 apple peeled, cored and chopped

- In a medium sized bowl, combine all of the ingredients.
- Stir in optional ingredients if desired.
- Heat a frying pan over medium heat. You may wish to lightly oil the pan.
- Spoon batter onto hot pan.
- When bubbles begin to form on the top, the pancake should be ready to flip.
- For waffles, mix the ingredients as above and follow directions for your waffle iron.

Enjoy!

## **GABA-T-SAP**

**What It Is....** A combination of GABA and L-Theanine -2 amino acids that promote relaxation and can calm anxiety

**Why I Like It....** For kids who struggle with anxiety, the stress of school can put them over the edge. Resolving anxiety and panic attacks can be complex but this might be something to try to keep them calm. For a school aged child start with 1/2 capsule opened up and dissolved under the tongue. Best on an empty stomach. Evaluate its effectiveness and work on further natural strategies to reduce anxiety with your doctor or nutritionist. There are many routes to try.

To smooth out your child's transition into the school season and set them up for success take some time to plan. You'll find lots of free recipes on my website along with tips for packing healthy school lunches and dealing with picky eaters. You'll also find practical tips for how to use food to help your child learn better, feel better, relax and sleep better in my book, Raising Resilience. Copies are available at the clinic.

For more support with feeding your family come find me at [www.jessherman.com](http://www.jessherman.com)

## **Back to School and Back to the Bugs!**

By: Dr. Vivienne Guy, ND  
Naturopathic Doctor

So you may have already, or are just about to send your lovely little children back to school. They have been outside playing and running around, sun kissed, fit and healthy.

Now you get to send them to spend 8 hours in an enclosed space with hundreds of other children. Are there even windows that open these days? Closed doors, soon to be sniffing children, sneezing everywhere... Everywhere.

(I'm a bit afraid myself as my two are off to grade 7 and grade 9 next week!)

In weeks, your school aged child may become a transporter of all the trapped cold and flu bugs and carry them right back to you.

## **But you don't have the time or the energy to be getting sick do you?**

You have work to do, a household to run. Best to get ahead of that and come in for Immune Boosting IV Therapy.

IV (intravenous) therapy provides vitamins and minerals directly into the blood stream. In doing so, one can administer higher doses in comparison to what may be absorbed when taken orally.

The Immune Cocktail contains key support for your system including Vitamin C, B vitamins, Zinc and Selenium.

Fortify your immune system in advance, or boost it at the first sign of those bugs trying to get the best of you!

Dr. Vivienne Guy, ND is our IV doc here at the clinic on Wednesdays. Starting October, she has clinic hours Monday, Wednesday and Friday. Initial clinic visit is required before administration of IV. IV therapy sessions last approximately one hour.

## **Natural Flu "Shot" in a cup**



### **Available Now at the OIHC**

Drop ins welcome, no appointments necessary.

Cost \$20 per person, or \$15 for current patients of the clinic.

Call for more information: (613) 798-1000

*For more information or to make an appointment please call:*

*(613) 798-1000 or email: [info@oihc.ca](mailto:info@oihc.ca) or visit our website at: [www.oihc.ca](http://www.oihc.ca)*