

BACK TO SCHOOL



Health For Teens

The onset of September brings studying, extracurricular and social activities, which make it more difficult for teens to receive proper brain support for school. Cognitive performance becomes more important as the course load becomes heavier than elementary school. There are simple nutritional supports that can help ensure that your teen is well equipped for the oncoming school season. Continue reading for some basic information on brain support for the teenage high-school student:

Breakfast – Fueling your brain and body for the day

* Students eating a healthy breakfast containing protein and fats that was also low in processed carbohydrates performed better in school than those that didn't eat this type of breakfast.

* Quick breakfast ideas for the busy teen:

- Sliced banana or apple with peanut butter/almond butter
- Eggs with cut up veggies
- Whole grain toast/bagel with nut butter
- Oatmeal with fruit

* A healthy breakfast will also ensure that your teen is getting enough vitamin and mineral support.

B-vitamins – The nervous system supporter

* A study involving teens with low vitamin B12 status performed worse on various tests assessing psychological and intelligence status.

* An overall B-vitamin deficiency was also shown to reduce cognitive function on tests

- B vitamin deficiency is common in vegetarians, vegans, those with absorption issues (digestive), and females on oral contraceptive pills

Iron – For the teen female

* Iron deficiency is a common problem in young females which can lead to low energy and difficulty focusing - among other symptoms



- * Trials have also shown that anemic school teens supplementing with iron lead to better attention, memory, concentration and test scores
 - Iron deficiency could also occur in a male teen with digestive issues, malnutrition or a vegetarian/vegan diet but is less common

Study tips – Make condensed notes & Use study bursts

- * Make a condensed version of the material in your own words
 - Fun fact: writing notes out by hand has been shown to improve memory instead of attempting to memorize by simply reading
- * Study in intervals of 10:1
 - Study for 10 minutes with all of your focus and attention and then give yourself a break for 1 minute where you do something you enjoy (ex. walk around, talk to someone, play a game, listen to music) – Just make sure you keep it at 1 minute
 - Memory declines quickly without taking breaks so trying short intervals may be helpful and also gives a reward in between!

There are many other nutritional, herbal and homeopathic supports that your teen may benefit from to help support them in all capacities throughout the school year.

I'd love to help your teen out during this important academic time of their lives. Call or visit our website to book an appointment or a complementary 15-minute consultation.

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References:

1. Garner (2015). Children who eat breakfast before school 'twice as likely to perform well in tests'. Independent. Retrieved from: <http://www.independent.co.uk/news/education/education-news/children-who-eat-breakfast-before-school-twice-as-likely-to-perform-well-in-tests-a6736496.html>
2. Gaby (2011). Nutritional Medicine. Concord, NH. Fritz Perlberg Publishing.

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