

Five Reasons Your Child Might Be On...

THE NAUGHTY LIST

Are your children calm, alert, and pleasant to be around? Or are they swinging from the chandelier, bouncing off the walls, and unable to complete any tasks?

Hyperactive and distracted children have become the norm in many families. We often chalk this up to kids being kids, but this is not always the case. Difficulty learning, the ability to respond appropriately in their environment, and mood regulation are all linked to a child's environment. Below are things that interfere with the true nature of our children. Restoring balance to their lives can have a remarkable effect on their behaviour and your enjoyment of your family life. Your Naturopathic doctor can help!

Sleep Deprivation:

Kids are often overscheduled these days. After a full day of school, daycare, and extracurricular activities, there is little time left for winding down after a busy day. Children need this down-time in order to properly prepare for sleep. Disturbed sleeps interferes with the restoration to mind and body, and prevents the downloading of information gained throughout the day, as well as the ability to function well the following day.

Dysbiosis Diet:

The terrain inside little people is vitally important to their brains. Medications, fungi, molds, and poor flora have an impact on their ability to interact properly with the world. The health of the gut has been shown to have a direct correlation with behaviour and brain function. Foods that fuel this inhospitable environment must be removed and a healthy diet and supplementation is needed to truly rebuild this internal terrain.

Lack of Nature:

The earth's surface has a negative electrical charge and humans are positively charged, meaning that the earth acts to ground us. Children are more isolated from nature than ever before. Kids interact with modern devices and technology day after day, and simply



touching the earth with our skin can act as a free radical scavenger to all the static electricity that has built up. Numerous studies have shown that just being outside (especially in the morning) has a positive effect on mood and behaviour.

Electromagnetic Frequencies:

Some children are overstimulated by the increasing amount of electromagnetic frequencies from wireless devices. These frequencies can cause them to have difficulty interacting in the world. This behavior is thought to be caused by heavy metals that make their way to the brain and act as an antenna, attracting confusing frequencies to an already overwhelmed electrical system. These heavy metals can be removed with naturopathic medical supervision. Often, this will decrease a child's sensitivity, especially when coupled with removing WiFi from your home. Many school systems have already started implementing this change and it has shown positive effects on behaviour and learning.

Brain Inflammation:

Children's ability to self-regulate can change instantly when foods are eaten that cause an allergic-like response in their very vulnerable systems. Nutrient deficiencies such as Omega 3, B Vitamins, Fibre, and particularly DHA, have also shown to decrease cognitive abilities in children and may cause learning difficulties.

Visit a Naturopathic doctor at Healing Foundations Clinic to discover how to improve your child's behaviour, focus, and mood. It can change your life!

patients' journey toward health through education and compassion.

Healing Foundations Naturopathic Clinic

Phone: 519-821-1999

Email: clinic@healingfoundations.ca

Website: www.healingfoundations.ca



Dr Faith Flatt is a licensed naturopath and doula. She has a special interest in treating reproductive imbalances and supporting her patients with natural therapies from conception to postpartum care and childhood infection. She endeavours to empower her