

Is Our Food And Lifestyle Making Our Family Sick?

Does your child (or you),
suffer from any of the following problems?

Try some of these simple changes for
two weeks and feel the difference!!!

Problem	Common causes	Try this
Constipation	Not enough water, fruit and exercise every day, eating too fast, eating too much sugar, eating too many white flour products – bread, pasta, noodles, pastry, cakes, biscuits, crackers, etc and not enough fibre	Every day – drink twice as much water, eat fresh fruit esp. apples, eat fresh veggies, eat wholemeal bread and pasta, eat less sugar, add <i>Psyllium husks</i> * to cereal, chew slowly, exercise every day – walking, yoga, tai chi, dancing, etc
Flatulence	Constipation, eating too much sugar, eating too fast, eating dried fruit, not enough water	Relieve constipation, add <i>Psyllium husks</i> * to cereal, eat slowly, drink much more water, cut out soft drinks, eat less sugar, avoid artificial sweeteners, exercise every day
Heartburn, Reflux, Burping or Indigestion	Meals too large, eating too fast, pressure on the stomach from obesity (or pregnancy), food intolerances, valve problem at top of stomach, laying down too soon after eating	Eat small meals, - and 2 snacks between meals, eat slowly, cut out soft drinks, cut back on bread and food made from flour, go for a walk after eating
Bloating	Constipation, flatulence, meals too large, eating too much sugar, not enough good bacteria in the gut and too much bad bacteria, eating dried fruit, food intolerances	Relieve constipation and flatulence, drink more water, cut out soft drinks, eat less sugar, eat fresh fruit – esp. apples, add <i>Psyllium husks</i> * to cereal, cut down on bread and pasta, eat pro-biotic yoghurt every day (or take a pro-biotic supplement), walk

Bad Breath	Undigested food in the stomach or teeth, constipation, mucous in the throat	Relieve constipation, drink more water, eat fresh fruit and vegies, exercise every day, chew more slowly, brush teeth every morning and night
Irritable Bowel Syndrome (IBS)	Uncertain – can include long term constipation, not enough water, not enough fibre, too much processed food and sugar, emotional stress, food intolerances – dairy food and gluten, artificial sweeteners	Relieve constipation and flatulence, drink more water, eat fresh fruit and veggies, add <i>Psyllium husks</i> * to cereals, eat small meals and 2 healthy snacks a day, eat wholemeal bread and pasta, cut out soft drinks, eat less dairy food if lactose intolerant, avoid artificial sweeteners, exercise every day, meditation
Headaches	Constipation, not enough water (dehydration), drinking cola, chocolate drinks, energy drinks and coffee, emotional stress, too much sugar, food intolerances – sugar, chocolate, etc	Relieve constipation, drink twice as much water, add <i>Psyllium husks</i> to cereals drink less coffee, eat less chocolate, avoid foods intolerant to, meditation, massage

**Psyllium husks* (pronounced *silium*) is an easy and gentle way of getting more fibre into your child's diet (and your diet) and relieving constipation and flatulence. It has no taste and is a light colour - mixes easily with cereals or drinks. It makes the stool softer and easier to pass and isn't harsh on the bowel. It also helps lower 'bad cholesterol'

* You can get some at the supermarket or health food shop. It's not expensive - about \$9.00 for 500gm packet - \$1 a week

* Add 1 heaped teaspoon to a small bowl of cereal, or a smoothie every day, and drink more water. Keep it in an air tight container