Wellness Tips

A Practical Guide For Family Health

Hello and welcome to my e-handbook for growing wellness in your family!

Many of the families I have worked with have asked me for a reference guide to take home after our consultations. They have asked for clear, practical advise that they can implement. I have listened and compiled the following back to basics, no nonsense, science-based e-handbook.

I hope it becomes the indispensible ***'go to'*** manual in your home.

I know nutrition can improve many childhood conditions. The tips in this guide recognise that nutrition is at the heart of the solution and that **you** can do something about it! I will guide you and alert you to issues that you may want to discuss with your health professional.

Every tip has been successfully implemented by many of the families I have assisted over the past sixteen years as a pediatric Accredited Practicing Dietitian.

Ideally, this e-handbook accompanies my consultation. It will jog your memory or you can use it as a checklist.

The advice in this guide is not intended as an alternative to a consultation, as nutritional support works best only when it is tailored specifically to your child's needs.

This e-handbook covers key nutrients and conditions. It will help you to recognise nutritional deficiencies and issues that may be affecting your child's everyday life. In the final pages there are some handy recipes that some of my families have shared with me.

To make it easy for you, I have collated the information into themes. For example, if you look up Vitamin D, there will be a list of benefits and 8-10 tips that you can implement. What you can do at home is clearly identified, as well as when you should seek advice from your Doctor.

Please be mindful that all information contained herein is intended for educational purposes and should be discussed and implemented in partnership with your health care professional.

I look forward to continuing to support families grow healthier and perhaps meet more of you face to face over the years to come.

More information about my practice can be found on my website at www.paulatazzyman.com.au

In wellness,

Paula

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Lets start with one of my favourite topics:

Probiotics – 'Friendly' or Beneficial Bacteria

- The human gut is home to 100 trillion microbes. We have about 2kg of bacteria in the gut. It is vital that there is a balance of friendly and unfriendly bacteria.

- Digestive problems are the classic sign that the tummy needs to rebalance the friendly and unfriendly bacteria.

- Not only will probiotics promote healthy gut function but will help absorb nutrients more effectively.

- Probiotics are needed to make nutrients like Vitamin K and biotin, a B group vitamin.

- Probiotics are a great support if your child has reflux as probiotics will balance the pH of the gut.

Digestive Health Check List:

- ✓ Does your child have a bowel movement at least once a day?
- ✓ Is the stool well formed? See number 4 in chart below.
- ✓ Does your child strain to pass a bowel motion?
- ✓ Is there excessive smell to the stools?
- ✓ Is there excess wind or smelly wind?
- ✓ Does your child complain of tummy aches?
- ✓ Do you see their belly bloated i.e. a pot belly
- ✓ Is burping an issue?
- ✓ Do they have bad breath that hangs around all day?
- ✓ Do they have loose stools with no form – like a paste?
- ✓ Do you see food particles come out in the stool?
- ✓ Do you see mucous in the stool?
- ✓ Have they had a history of antibiotic use for infections?
- ✓ Do they have a weak immune system?
- ✓ If your child is non-verbal, do you see them apply pressure to their tummy area or are they are bent over in the foetal position or bent over a sofa arm?

Bristol Stool Chart

Type 1		Separate hard lumps, like nuts (hard to pass)
Type 2		Sausage-shaped but lumpy
Type 3		Like a sausage but with cracks on its surface
Type 4		Like a sausage or snake, smooth and soft
Type 5		Soft blobs with clear-cut edges (passed easily)
Type 6		Fluffy pieces with ragged edges, a mushy stool
Type 7		Watery, no solid pieces. **Entirely Liquid**

- You may be aware that probiotics will help the detoxification process. This is important for all of us but especially for children that need help breaking down chemicals like salicylates and amines and children diagnosed with Autism Spectrum, who tend to accumulate toxins.

- Is anyone trying to heal a leaky gut? Probiotics help heal the stomach lining to ensure it is strong and able to keep nasties out of the body and brain.

- During pregnancy, mums-to-be often have digestive problems. Consuming probiotics regularly is a safe and effective measure that may help to prevent digestive disorders like reflux and heartburn.

- Probiotics will boost the immune system of the pregnant mum and the baby. I recommend mums supplement with probiotics from around week 35 of pregnancy as the placenta opens and the beneficial bacteria can reach the baby.

- If women suffer from Irritable Bowel Syndrome they do well with probiotic supplementation before and during the pregnancy.

- Did you know Yakult provides 6 billion probiotics in one bottle? A quality yoghurt like Jalna or Vaalia provides the tummy with 1 billion organisms per 200g serve.

- Kefir, buttermilk and fermented vegetables like sauerkraut are other great ways to boost the beneficial bacterial in the gut.

- If the digestive system is distressed, I would recommend supplementing with probiotics on a daily basis. Aim for 10-50 billion organisms per day.

- Probiotic supplements that are heat stable (can travel) include Gastro Health 4 at a dose of 20 billion CFU per capsule. You can purchase Gastro Health from the Chemist (not refrigerated).

- Most of my clients use this online product, as it is cost effective and can travel. Great to take on holidays with you. http://www.iherb.com/Healthy-Origins-Probiotic-30-Billion-CFU-s-150-Vcaps/19519?at=1

- Important fact! The gut is considered our small brain.
  There is a strong connection between the brain and the gut.
  Therefore a healthy gut = a healthy brain!

- Has anyone noticed fewer infections when you build up the levels of "friendly bacteria" in your child's tummy? Over 70% of your immune system lies in the gut thus a good dose of probiotics will help to strengthen the immune system.

- If your child has to take antibiotics, make sure you give them some friendly bacteria during the course of antibiotics and for at least 3-4 weeks afterwards. Probiotics will replenish the friendly bacteria killed by the antibiotics. It is best to give the probiotics 3 hours away from the antibiotic. Probiotics help to prevent antibiotic induced diarrhoea and will protect the tummy.

- By now you know how important probiotics are but probiotics need food to thrive. These foods are known as prebiotics. Think of prebiotics as the food for the probiotics. These include:

  * Legumes, flaxseed/linseed, oats, barley, wheat
  * Garlic, onion, leeks, artichokes, chicory
  * Tomatoes, greens, asparagus
  * Banana, berries
  * Honey

Nutrient Deficits

Iodine

- Iodine deficiency is a very real issue in Australia, with the exception of Tasmania. In an attempt to improve iodine intake in 2009 it became law that wheat flour would be iodized. Three slices of wheat-based bread provides small children half their daily requirements. Adults will need to eat a lot of bread to get the iodine they need from wheat-based bread.

- Breads made from other grains e.g. rye/barley are not required by law to iodize the flour. So check bread labels especially if you don't eat wheat.

- Did you know you also get iodine in dairy products? My main concern is for those children following the GFCF diet when neither gluten nor dairy is eaten. Be sure your child is not missing out on the benefits of iodine.

- Check that the salt you are using is iodized.

- Other sources of iodine include seaweed (sushi), fish and seafood. Little iodine found in fruit and vegetables as our soils are not iodine-rich.

- Iodine is vital for brain function and iodine deficiency has been linked to ADHD.

- If you are planning a pregnancy be sure to supplement with 150 micrograms of iodine per day. You want to supplement for at least 3 months before conception. Check your pregnancy formula. If concerned talk to your Doctor as low iodine in pregnancy is of great concern.

- An easy way to tell if your child has enough iodine in their system is to place a few drops of Betadine (10% iodine) on their skin.

  If the drops fade within hours the body needs more iodine.
  If the drops are still there the next day all is well.
  I suggest drawing a smiley face on their belly.

Iron

- Does your child eat dirt, chalk, playdough, bark or other non-foods? This is called pica and it can be a sign of iron or zinc deficiency. Talk to your Doctor if concerned.

- Restless leg syndrome (RLS) will make quality sleep very difficult in both children and adults. Iron deficiency is often the underlying cause of RLS. The good news is that the RLS may disappear once the iron deficiency is corrected. If you experience RLS ask your Dr to do iron studies to ensure that iron deficiency is not the cause.

- Research has shown that low iron levels can affect concentration and behaviour as well as make children hyperactive.

- Keep an eye out for the following signs there is too little iron and talk to me or your Doctor if concerned.

  * Tired and irritable
  * Weakness
  * Pica (eating non food, dirt, ice, paper, coins, etc)
  * Shortness of breath
  * Pale skin and membranes (inside of mouth, eyelids)
  * Restless legs syndrome
  * Sore tongue
  * Headache
  * Dizzy
  * Drowsy
  * Fainting spells

- Is your child a big milk drinker? Those children can run into trouble with low iron levels, as the calcium from milk will interfere with the iron absorption. Keep milk to 600mls per day and don't give milk with an iron rich meal e.g. glass of milk with spaghetti bolognaise. Space the calcium and iron by 1-2 hrs.

- Important fact! Iron is vital for the brain to make dopamine. Dopamine is the brain chemical that helps us focus and pay attention. **Thus low iron = poor concentration!!!**

- In 2010 the "Child Psychiatry and Human Development" journal featured a study that investigated links between ferritin levels (iron stores) and ADHD. The study looked at 118 students, aged 7 to 14, with diagnosed ADHD. Dr. Oner found that low ferritin levels are associated with increased hyperactivity. So be sure to ask your Dr to check ferritin levels if your child is hyperactive.

- Iron will help your body rid itself of toxins, heavy metals, and unwanted chemicals. This breakdown process is vital for all of us but especially for children diagnosed with Autism Spectrum Disorder who often struggle to detoxify.

- Major risk factors for the development of iron deficiency in children include:

  * Prematurity and low birth weight
  * Late introduction of solids
  * Intro of cow's milk as the main drink before 12 months
  * High intake of cow's milk
  * Low or no meat intake
  * Vegetarian or vegan diet
  * Poor diet in the second year of life
  * Gastrointestinal diseases – coeliac, inflamed bowel
  * Parasites
  * Lead poisoning

- You may know that not all iron is the same.
  Iron from animal products (haem iron) is best absorbed by the body. The absorption of iron from plant sources (non-haem iron) can be boosted by including Vitamin C, meat, fish or chicken in the same meal.

- Most of us think of red meat as the best source of iron. The recommendations for children are to eat lean red meat 3-4 times a week. More details on iron rich foods on my website.

QUIZ time

Which food has the most iron?

A. 100 grams of lean beef
B. 6 oysters
C. 50 grams of cashew nuts

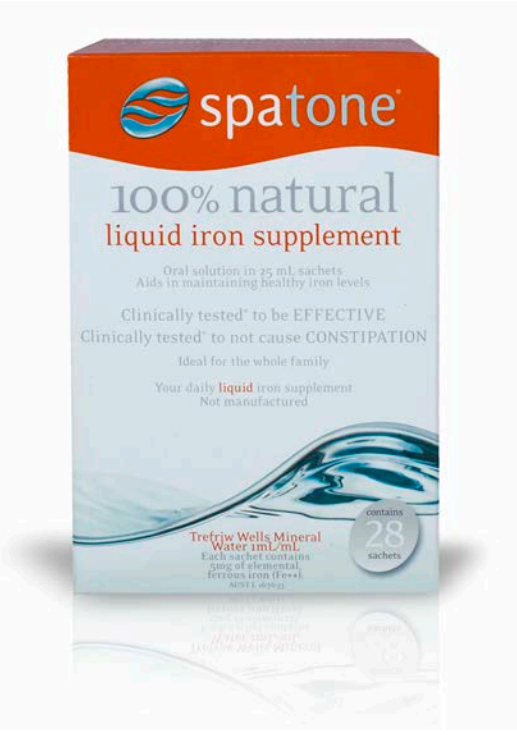
And the answer is B!

6 oysters = 4.6 mg of iron
100 grams of lean beef = 2.5 mg of iron
50 grams of cashews = 2.6 mg of iron

- Be aware of iron inhibitors:

  1. Phytates:
  Found in wholegrains, brans and legumes. Phytates inhibit the absorption of iron from these foods.
  A high fibre intake, in general, may act as an iron inhibitor.
  2. Tannin:
  Avoid drinking tea, coffee & cola drinks with meals as these drinks decrease the amount of iron absorbed.
  3. Oxalates:
  In spinach will make the iron difficult to absorb.

- Who has taken iron supplements and ended up seriously constipated? This is the problem with most formulas as the iron is absorbed poorly and produces digestive issues!
  The solution is Spatone water. One satchel contains 5mg of iron. Gentle on the bowel and well absorbed by the body.
  Available from Chemists and Health Food stores.



Zinc

- How can you tell if your zinc levels are low?

  Signs to look for:

  * White spots, ridges or peeling finger/toe nails
  * Slow healing of cuts and wounds
  * Poor skin health – acne, psoriasis, dermatitis, eczema
  * Mouth ulcers
  * Hair loss
  * Low immunity
  * Recurrent infections
  * Loss of appetite, not interested in eating
  * Impaired sense of taste and smell
  * Stretch marks

- Important fact! Zinc helps the body flush out mercury and copper? This is important for all of us but especially children on the Autism Spectrum who tend to accumulate toxins.

- You may be aware that zinc is used up by the food additives in the diet. Removing the additives/colours/preservatives will increase the amount of zinc available for the body to carry out all those important functions!

- Zinc is vital to make the "feel good" brain chemical serotonin and thus supports mood and helps children feel calm. Anxiety and depression often improve when the brain has plenty of zinc.

- Zinc rich foods include oysters, red meat and pumpkin seeds as well as fish and seafood.

- If you are thinking of supplementing with zinc talk to your Doctor and be mindful that Zinc Picolinate gives the best absorption of zinc. Zinc is best taken at the end of the day, away from food.

- Too much zinc can upset the tummy and unbalance other nutrients so be sure you get advice on the best dose.

Vitamin C

- One of my clients asked if Vitamin C could give her son tummy upsets. She was aiming to boost the immune system of her son. While we know Vitamin C will shorten the duration of a cold/flu, it is acidic and can potentially upset the stomach.

- There are many non-acidic formulas. I use Melrose non-acidic Vitamin C in powder form. Works a treat and is great value!

- Vitamin C provides anti-inflammatory benefits and it is a powerful antioxidant.

- Research has shown that Vitamin C will not prevent your child from getting a cold but it will reduce the duration and severity of a cold.

- You can watch my Immune System Boosters video: http://www.paulatazzyman.com.au/2013/06/13/immune-system-boosters/

Vitamin D

- Vitamin D is often a silent deficiency with no obvious signs that your children's levels are low.

  However, there are some signs to look out for:

  * Rickets – bowed legs and knocked knees
  * Bone pain
  * Floppy baby
  * Muscle weakness
  * Delayed tooth formation
  * Poor growth
  * Low mood – depression, feeling flat
  * Poor balance – the clumsy child
  * Poor immune system

- I love learning something new especially when it benefits health. I have just watched a presentation by Dr. Cletus D'Souza, Director of Research at Inspire Health in Canada, discussing the benefits and requirements of Vitamin D for cancer prevention and overall optimal health.

  The bottom line is that Vitamin D levels of 125-175nmol/L are best! Ask your Doctor for a blood test to check Vitamin D levels.

  https://inspirehealth.adobeconnect.com/_a1047753574/p5l0t0wr4ps/?launcher=false&fcsContent=true&pbMode=normal

- Have you ever wondered why "flu season" is not in summer? We are all healthier in warmer weather because Vitamin D, from the sun, activates our immune system to help us fight infections.

  Paula's Suggestion:

  If your child is sick a lot over winter, supplement with Vitamin D3 from Autumn to Spring. This will strengthen their immune system and keep colds and flues at bay.

- This tip is for children diagnosed with Autism Spectrum Disorder (ASD). Vitamin D is a brain protecting hormone as well as a powerful anti-inflammatory for the brain and the gut.

  I aim for my clients with ASD to get Vitamin D levels to 120nmol/L and to keep Vitamin D levels high all year around.

  More information on Vitamin D and ASD on my blog: http://www.paulatazzyman.com.au/2012/11/08/autism-lack-of-vitamin-d/

- Vitamin D has also been linked to language development. Research by Professor Whitehouse has shown that pregnant mums who had Vitamin D levels below 46nmol/L gave birth to children with twice the likelihood of the child having language development delay. Children born to mums with levels above 70nmol/L had no increased risk of language development delay!

  http://pediatrics.aappublications.org/content/129/3/485.abstract

- In Sydney, you need to expose 15% of your bare skin to the sun between 10-3 pm to make Vitamin D. Fair skins only needs 6-8 minutes most days. It is vital to be sun safe and do not burn the skin. Burning the skin will destroy Vitamin D.

- The darker your skin the more difficult it is to make Vitamin D and the longer you will need to be in the sun.

- For those of you enjoying warmer, sunnier winters do spend some time in the sun in the middle of the day. Fair skins need at least 15-20 minutes in the midday sun. Darker skins will need more time in the sun. Be sure to expose as much bare skin as winter will allow.

- Sunscreen, cloud cover, clothing and pollution will block the UVB rays and the skin will not be able to make Vitamin D.

- Your skin cannot make Vitamin D through glass. Glass lets in UVA light. Your skin requires UVB light to make vitamin D.

- Research has shown that Vitamin D:

  * Levels less than 50nmol/L will interfere with calcium absorption. This is bad news for your bones!
  * Levels less than 75 increase the risk of depression by 85%
  * Levels below 80nmol/L affects balance / co-ordination
  * Levels of 120nmol/L will protect the body from cancer

- Now a tip for parents – if you carry extra body weight or take cholesterol-lowering medication your Vitamin D levels will be lower even if you spend time in the sun! Talk to your Doctor to ensure your Vitamin D levels are in a healthy range.

- Did you know Vitamin D supports the healing of eczema and prevents upper respiratory infections? Helpful to know for winter.

- **Allergy Alert!**
  Research has shown that a lack of Vitamin D is linked to food allergies in Australian infants. This research highlights Vitamin D as a great support system to combat food allergies in little ones. http://www.smh.com.au/victoria/-2fg6v.html

- In Australia we can only buy Vitamin D3 supplements in a 400 I.U or 1000 I.U dose. If you are buying drops for kids ensure there is NO preservative sodium benzoate (211) or sorbates (200-203).

- It is safe to supplement children with 1000 I.U of Vitamin D3 per day without a blood test. I have used the 3 links below with great success & cost savings (drops and capsules):

  To get 1000 I.U for children do one drop every second day: http://www.iherb.com/Carlson-Labs-Vitamin-D3- 2000-IU-360-Soft-Gels/8743?at=0

  Adults may need more than 1000 I.U per day. The links below are higher doses in capsule form:
  http://www.iherb.com/Healthy-Origins-Vitamin-D3-5-000-IU-360-Softgels/18335?at=0

  http://www.iherb.com/Life-Extension-Vitamin-D3-2-000-IU-1-fl-oz-29-57-ml/15901?at=1

- Research has shown that Vitamin D at levels around 120 nmol/L will protect us against many cancers especially breast, prostate and bowel cancer.

- More information on Vitamin D benefits my website:

  http://www.paulatazzyman.com.au/2012/11/22/vitamin-d-health-benefits/

- Do we need to be concerned about Vitamin D toxicity?
  The average person need not be concerned about Vitamin D toxicity. Levels need to get to 500nmol/L before there is a concern. This requires supplementation at 40,000 I.U per day for a long period of time.

  Deficiency is common. Toxicity is extremely rare.

Calcium

- I wonder how many of you are avoiding dairy for your children? There are benefits of doing so, especially in Autism Spectrum Disorder (ASD). However don't forget the bones. Children's bones are growing and if you are dairy-free aim to get calcium from other sources. Vitamin D and magnesium are also vital to make strong bones.

- Ensure your child meets their calcium requirements each day!

Babies	0-6 months	210 mg
Babies	7-12 months	270 mg
Children	1-3 years	500 mg
Children	4-8 years	700 mg
Children	9-13 years	1000 mg
Teens	12-18 years	1300 mg

- Not all milk alternatives (rice, almond, hemp, quinoa) are calcium fortified to support bone density. Check the label to ensure calcium has been added. A good level will be 300mg of calcium for 250mls of the milk alternative.

- If you are going to remove dairy from your child's diet remember dairy takes 4 weeks to be removed fully from the body. You need to be able to implement a 100% dairy free diet for 4 weeks to see if it will be of benefit to ASD symptoms and behaviours.

- If you are worried about calcium intake make sure you bring this to the attention of your Doctor or myself. Calcium supplements can constipate and give your child wind. Try to meet calcium requirements from food and if a supplement is needed give calcium citrate as the best form of calcium.

- Non-dairy food choices that provide the body with calcium include: almonds, tahini (sesame seed paste), dark green leafy vegetables, broccoli, salmon and sardine bones, tofu, figs, and oranges. Look for foods with calcium added.

Fish Oils

- Omega 3 deficiency is very common in children. Blood testing for omega 3 fats is very expensive and not typically done. So look for signs that the body is lacking Omega 3 fish oils:

  Physical signs: excessive thirst, frequent urination, rough, dry, bumpy skin, dry /dull hair, dandruff, soft, brittle nails

  Allergic tendencies: eczema, asthma, hay fever

  Visual symptoms: poor night vision, sensitivity to light, visual disturbances

  Attention problems: distractibility, poor concentration difficulties with working memory

  Emotional sensitivity: depression, excessive mood swings, undue anxiety

  Sleep problems: difficulties falling asleep or waking up

- Food Sources of Omega 3 fats:

  Marine Omega 3
  Salmon, sardines, trout, mackerel, tuna, herring, anchovies. Oily fish has far more Omega 3 fats than white fish or seafood.

  Plant Omega 3
  Flaxseed/linseeds, chia seeds, dark green leafy vegetables, walnuts and pecan nuts, soy and canola.

- Does your family eat fish regularly?

  The National Heart Foundation recommends we eat fish, ideally oily fish, 2-3 times per week.

- What is a serve of fish? For children under 6 years of age a serve of fish is 75 grams. For older children and adults a serve is 150 grams.

- Aim to introduce fish to children early so they develop a taste for it and gain health benefits early in life. It is a common theme that children do not eat fish because their parents don't like it!

- What about the Mercury content of fish?

  Focus on small fish to keep mercury levels low. Watch out for larger fish – shark/flake, swordfish, marlin, deep-sea perch and catfish that may have higher levels of mercury.

  The link below highlights how to keep mercury levels low.

  www.health.nsw.gov.au/news/2008/20080106_00.html

- You may know that taking Omega 3 fish oils during pregnancy will help prevent the foetus from developing food allergies in later life. Pregnant mums may need to take extra Omega 3 fish oils as the pregnancy formula only has a little. The critical time to begin Omega 3 supplementation is from week 25 of pregnancy.

Food Additives to Avoid

- Important fact! Artificial colours can cause hyperactivity.

  Research from Southampton University in the UK has show the six numbers below have been proven to cause hyperactivity in mainstream children.

  Warnings are required if these colours are used in the UK and Europe but Australia has no such laws. Check labels and do your best to avoid!

  E102 – tartrazine yellow
  E104 – quinoline yellow
  E110 – sunset yellow
  E122 – carmoisine/azorubine
  E124 – ponceau/brilliant scarlet
  E129 – allura red

- The preservative 211, sodium benzoate, has also been shown to cause hyperactivity. Tricky to avoid as it is found in medications and liquid preparations of supplements (e.g. Vitamin D drops, liquid multivitamins). Also found in soft drinks, cordials, syrups and jams.

- Avoid preservatives in bread and all bread products (wraps, buns etc) The numbers to watch for are 280, 281, 282, 283 known as Propionates. These are linked to anger and poor behaviour.

- Baker's Delight, Banjo and Brumby's are safe bread options. Aldi also has preservative free options.

- There are now NO artificial colours, flavours, emulsifiers or preservatives in Woolworths fresh in-store baked bread. Woolworths announced that over 70 lines of its fresh in-store baked bread are free from these additives due to consumer demand for more natural products. Coles has followed suit.

- Be aware! Bread manufactures use whey powder as a method of using natural 282 preservative without having to declare it on the label.

- Avoid breads containing whey or whey powder, cultured wheat, cultured rice or cultured dextrose even if marked "preservative free". This is a sneaky way to hide the preservative 282 and trick you into thinking you have made a preservative free choice.

- Party ideas for low chemical treats for those special occasions:

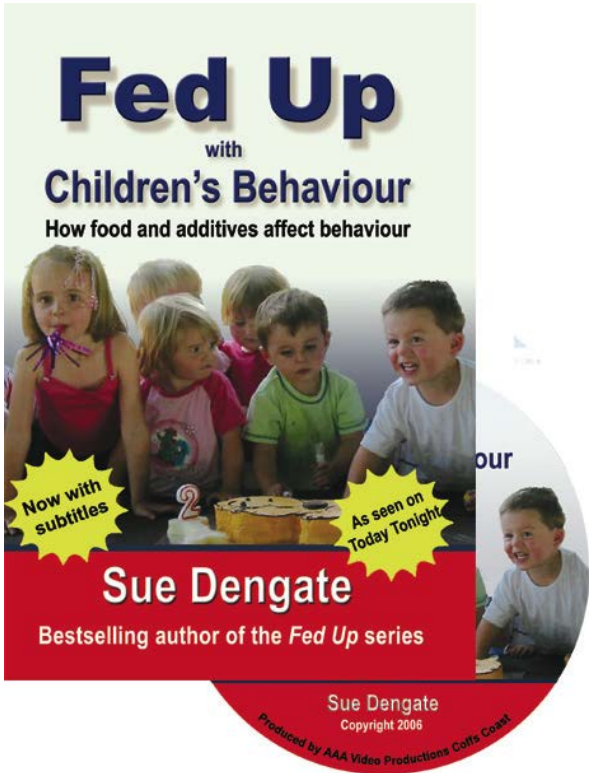
  1- Kettles plain chips
  2- Pascall's white marshmallows
  3- Peters original vanilla ice cream
  4- Werther's original butter candy
  5- Sara Lee pound cake
  6- Nestle Milk Bar original
  7- Nestle White Melts
  8- Butterscotch drops and lollipops
  9- White carob buds
  10- Walkers shortbread
  11- Parkers Pretzels (plain)

- Has anyone used red cabbage water as a FAILSAFE food dye? Shred red cabbage and simmer until the water is deep in colour. Let the water cool and mix into icing sugar to make a bluish icing for a party treat! You can also add a pinch of bicarbonate of soda to intensify the colour.

- McCain's frozen potato chips are now safe/low chemical.
  The canola oil does not contain nasty synthetic antioxidants.
  Great party food with no nasty chemicals!
  Ingredients: potato (95%), canola oil, dextrose

- Sue Dengate's website www.fedup.com.au is a goldmine of useful information for those of you wanting to know more about how to avoid additives.

  Sue Dengate has done amazing work to raise awareness about food chemical sensitivities. The website has great resources to help you navigate the world of food additives and natural food chemicals.



- Mono sodium glutamate MSG (621) has been linked to headaches, nausea, chest pains and seizures. MSG can be hidden as yeast extract, textured vegetable protein or hydrolysed vegetable protein. Be savvy and look out for those ingredients especially if the product states No Added MSG!

- Also avoid other flavour enhancers:
  Flavour enhancers 620 – 625
  Disodium guanylate – 627
  Ribonucleotides – 635

- Is asthma an issue for your family? Being aware of the connection between sulphites (220-228) and asthma is important. Sulphites are found in dried food, especially dried apricots, fruit drinks, cordial, sausages, hot chips, prawns and wine. Illegally, sulphites can be found in minced meat.

- Nitrates and nitrites (249-252) are harmful to the colon and are linked to bowel cancer. Found in all processed meats, including ham off the bone.

- For a comprehensive list of nasty numbers to avoid see: http://fedup.com.au/images/stories/nastyadditive%20page.pdf

Natural Food Colourings

There are companies that sell natural food dyes:

http://hullabaloofood.com/store/index.php?_a=viewCat

http://www.hopperfoods.com.au/Products/NaturalColours.aspx

If salicylates and amines are NOT an issue then you can make your own food colourings.

- Yellow: mix powdered turmeric with a little hot water to form a paste. Suitable to colour frosting and icing.
- Pink: the liquid of steamed beetroot will give a pale pink to frosting and icing.
- Red: cook raspberries over a gentle heat until very thick. Sieve mixture to remove pulp. Allow to cool. The colour will be reddish pink. Suitable to colour frosting.
- Violet: cook blueberries over gentle heat as per raspberries
- Green: use a combination of freshly juiced spinach leaf and tumeric paste (see above). Suitable to colour frosting and icing.

Constipation

So many of my families struggle with bowel health and need to use laxatives to get the bowel to open. Is constipation an issue in your family?

Here are Paula's tips to support bowel health:

1. Eating foods with plenty of fibre and drinking plenty of fluids make stools bulky, but soft and easy to pass out.

2. You know fibre is vital to provide bulk to the stool and help it move along to colon. A lot of parents make the mistake of adding too much fibre in an attempt to ease constipation without increasing the fluids.

   So up the fluids first then slowly increase the fibre!

3. Every one will have different bowel habits, but the important thing is that the stools are soft and easy to pass – like types 3 and 4 in the Bristol Stool Chart above.

   Type 1–2 indicate constipation

   Type 3–4 are ideal stools as they are easier to pass

   Type 5–7 may indicate diarrhoea and urgency

4. Did you know that 75% of the bowel waste is water.
   If your child does not drink enough the stools will be dry and pebbly. Dry stools are harder to pass and can cause bleeding of the anal passage.

   I hear great feedback about children having 100% pear juice (1/2 cup/day) as it has natural laxative properties. Pear juice will help your child pass a bowel motion with ease. Pear juice also makes for a yummy frozen ice block. Prune juice is also effective but most of my clients dislike it.

5. Exercise is vital to move the bowel.
   Make sure there is lots of physical activity to keep things moving along nicely!

6. Magnesium deficits will cause constipation.
   I suggest my clients try to increase magnesium from foods (nuts, seeds, rolled oats, quinoa, wholegrains, greens), and bath in Epsom salts.

7. If all fails I suggest supplementing with Magnesium Citrate powder, which works a treat as a supplement to get the bowel moving. Discuss this with me or your Doctor.

8. You may not be aware of this reason for constipation:
   An under active thyroid gland! Other symptoms include: tiredness, sluggishness, cold hands and feet, poor concentration, forgetfulness, putting weight on easily, dry skin, low mood, hair loss. If this rings a bell talk to your Doctor.

9. Who supplements with friendly bacteria (probiotics) to promote regular bowel movements? You want a good dose around 25 billion CFU per day to keep regular. It is very safe to supplement long term if required.

10. Constipation in toilet-trained children is often the result of "holding on".

    Your child might be put off going to the toilet because they are too busy playing, because it hurts when they go or because they don't want to use the toilets at school.

    If your child is constipated, encourage them to develop the habit of sitting on the toilet regularly and teach them to respond to the body's urge to poop.

Let's Recap on Constipation:

1. Increase fluids, pear and prune juice are natural laxatives.

2. Gradually increase soft fibre – rolled oats, legumes, fruit & veg especially beetroot & spinach, LSA, psyllium husk all work well. Avoid harsh fibre like unprocessed bran.

3. Focus on good bacteria to promote bowel health.

4. A little magnesium powder is very helpful to get things moving.

5. Ensure the thyroid gland is in working order.

6. Keep active with exercise.

7. If possible avoid using laxatives.

8. Ideally empty the bowel every day.
   The main thing is that the stool is soft and easy to pass!

Concentration Boosters

Help is at hand…

1. Fuel the brain regularly by ensuring kids eat every 2-3 hours or so. Aim for 3 main meals and 2-3 snacks.

2. To support concentration it is vital children have a nutritious breakfast every day to help them focus.

   Breakfast research:

   - Breakfast eaters are likely to achieve higher grades, pay closer attention, participate more in class and manage more complex problem solving than breakfast skippers.

   - Breakfast skippers are more likely to be inattentive, sluggish and moody.

   - Breakfast sets the pattern for nutritious eating throughout the rest of the day.

3. Aim to provide protein foods at breakfast to wake up the brain and help concentration. For example eggs, quinoa, yoghurt, milk, cheese, nut/seed spreads.

4. If you provide breakfast cereals and bread, aim to choose low glycemic index (low G.I.) options. Low G.I carbs provide slow glucose release to the brain and this is will help your child stay focused for longer. For example: rolled oats, quinoa porridge, and muesli. There are many types of bread that are low G.I. The University of Sydney has a great database so you can research product names to help you shop low G.I. Link below.

   http://www.glycemicindex.com/index.php

5. Did you know dehydration affects brain structure and function as the brain shrivels in size! Research has shown that a dehydrated brain has to work harder! Mental fatigue, a drop in concentration and memory has been reported. To support your child's learning ability ensure they are drinking well at school especially in the winter months.

Look out for dehydration signs:

- Dry, sticky mouth
- Sleepiness or tiredness
- Thirst
- Decreased urination
- Few or no tears when crying
- Dry skin
- Headache
- Constipation
- Dizziness or lightheadedness

6. Did you know that all fish oils formulas marketed for children will have a different blend of fish oils and will vary in dose? These 2 factors will make a big difference on how well the brain concentrates! Research has shown that EPA omega 3 supports concentration and learning at a dose of 550mg of EPA per day.

7. Nutrient deficits can affect how well the brain concentrates. Iron and Zinc deficiencies have been scientifically proven to affect the brain's ability to concentrate. You can download my FREE brain nutrient report on www.paulatazzyman.com.au, which expands on these nutrients further.

8. Another nutrient linked to attention deficit is iodine. In New South Wales half the children have a mild iodine deficiency based on the 2006 Iodine Study. Iodine rich foods include dairy products, wheat based bread and seaweed. Be sure to use iodised salt. Iodine levels can be tested via a urine sample. It cost around $50, as Medicare does not pay for it.

9. The brain is full of magnesium receptors. Low magnesium is linked to poor attention. Enjoy rolled oats, quinoa, nuts, seeds, greens and legumes to boost magnesium levels and to stay focused! Research has shown that 200mg of magnesium per day will do wonders for concentration.

10. Get quality sleep each night.
    Lack of sleep is a common reason why children can't concentrate the next day.
    Sleep deprivation often gets misdiagnosed as ADHD.
    More tips on sleep below.

Let's Recap on Support For Concentration:

1. Keep a steady supply of glucose to the brain by eating regularly and not skipping meals. Aim to eat every 2-2.5 hrs for children.

2. Focus on low G.I carbohydrates and lean protein foods to ensure glucose is released slowly and over a long time.

3. Keep the brain hydrated by drinking well.

4. Choose a fish oil formula with good amounts of EPA Omega 3 and supplement for 3 to 6 months to build up in the brain.

5. Ensure the brain has plenty of iron. This will help to make the brain chemical dopamine and help to stay on task.

6. Focus on iodine, zinc and magnesium rich foods to boost attention.

7. Don't forget the importance of quality, restful sleep to support concentration and learning the next day at school.

   More information can be found on my blog: http://www.paulatazzyman.com.au/2012/08/27/help-concentration/

Mental Health

It saddens me to think that 14% of 4-12 year old children are affected by mood disorders (ABS).

Here are my tips to help you lift your child's spirits:

Let's make Serotonin!

1. Serotonin is the brain chemical that makes us feel happy and calm. Serotonin is made from the amino acid (protein) tryptophan. By eating tryptophan rich protein foods you can help your brain make serotonin naturally! These include: turkey, cheese – especially cottage, Swiss and cheddar, milk, yoghurt, eggs, meat, fish, chicken, nuts, legumes and bananas.

2. Many of my clients take a B complex supplement and they feel calmer for it. The reason B group vitamins are so important to reduce stress and anxiety is that if the body is low in B group vitamins then the tryptophan will be used to make some of the B group vitamins and not serotonin. Thus by ensuring the body has plenty of B group vitamins the tryptophan can be used to make serotonin. This will calm and relax the body.

3. The brain also needs zinc to make serotonin. Zinc deficiency is very common in depression. Signs of zinc deficiency include: white spots/ridges on nails, stretch marks, poor wound healing, mouth ulcers, eczema & psoriasis, hair loss, low immunity, loss of appetite, impaired sense of taste and smell. Sound familiar?

4. Zinc deficiency is very common in depression, as zinc is required to make serotonin. Eat oysters, ideally fresh, to increase the zinc content of your diet. Zinc is best absorbed from animal foods such as seafood and red meat. Pumpkin seeds are a good option from plant foods.

5. Ensure Selenium rich foods are eaten very day.
   For decades research has shown that selenium reduces anxiety and improves mood. Brazil nuts are a rich source of Selenium. Give children to 1-2 Brazil nuts per day and all their selenium needs are sorted! For adults do 3-4 Brazil nut per day. Easy...

   http://www.sciencedirect.com/science/article/pii/000632239190251G

6. Magnesium is also involved in making serotonin. Magnesium calms the nervous system and relaxes the body. Quinoa, rolled oats and brown rice are great sources of magnesium as are green leafy vegetables, nuts and seeds, legumes and dark chocolate.

   When magnesium levels are low, muscles are tight leading to cramps and muscle fatigue. Decreased magnesium levels are also associated with increased hyperactivity and impulsivity, poor sleep, poor attention, constipation, anxiety and depression.

   For a natural way to calm the nerves and relax the body and support sleep try an Epsom salts bath. Epsom salts will infuse magnesium into the muscles as it is absorbed through the skin. Enjoy true relaxation with 1-2 cups of Epsom salts in the bath. Soak 20 minutes at least. This can be done daily but a minimum of 3 times a week is good.
   I buy my bulk 25kg bag from www.blants.com.au.
   Blants will deliver Australia wide and their product is uncontaminated!

7. Vitamin D and mood:
   Research has shown that Vitamin D levels below 75nmol/L increase the likelihood of depression in both kids and adults. This is why many people get depressed in winter. If you are worried about your child's mood ask your Doctor to check Vitamin D levels. If you can't get a blood test done, it is safe to supplement with 1000 I.U of Vitamin D, especially over winter.

8. Omega 3 fish oils are a great support for mood!
   Dr Joseph Hibbeln, an authority in Omega 3 fats, believes that a substantial proportion of emotional distress in modern society might be reversed by adequate intakes of omega-3 fats. Research has shown that EPA omega 3 drives mood benefits.

   If you take Omega 3 supplements in the hope that they will calm the nerves and lift the mood please check you are getting the correct dose, 1 gram of EPA per day, and give supplementation three to six months to build up in the brain cells. The Black Dog Institute has a great Omega 3 factsheet. www.blackdoginstitute.org.au

9. Drink chamomile tea. Studies in 2009 and 2012 have demonstrated that chamomile can reduce symptoms of anxiety as well as support a restful sleep. Providing that there is no allergy or issues with salicylates, 3 to 4 cups of chamomile tea per day may settle and calm the nerves of kids and adults alike.

   http://www.umm.edu/altmed/articles/german-chamomile-000232.htm

10. Most of us would not think that anxiety could be caused by an overgrowth of pathogenic or "unfriendly" bacteria. If your child has digestive problems be sure to have a stool sample done and check for Clostridium Difficile! Research from animal studies is highlighting that Clostridium Difficile affects the brain in many negative ways.

    http://medicalxpress.com/news/2011-05-anxiety-gut.html

11. Keep active and enjoy our great outdoors!

- The sun will make Vitamin D in our skin to boost our mood.
- Physical activity will lower stress hormones as well as boost feel good chemicals in the brain.
- The negative ions will boost serotonin production.
- If you are in the ocean, seawater contains magnesium to calm the nerves.
- Fresh air will invigorate the body and brain with oxygen.

Let's Recap on Support to Boost Mood:

1. Eat a diet rich in the amino acid tryptophan to provide the building blocks to make serotonin.

2. Ensure your diet is rich in B group vitamins otherwise tryptophan will be used to make Vitamin B3 and not serotonin.

3. Zinc and magnesium rich foods will help make serotonin.

4. Add Epsom salts to the bath to calm the nervous system.

5. Ensure Vitamin D levels are well above 75nmol/L all year round.

6. Supplement with 1 gram of EPA Omega 3 for at least 3-6 months.

7. Eat a few Brazil nuts for selenium & enjoy Chamomile tea.

8. Exercise to sweat to release feel good chemicals in the brain.

More information can be found on my website:
http://www.paulatazzyman.com.au/2012/09/18/how-diet-can-help-in-the-treatment-of-depression/

Nutrition is a powerful tool in the road to mental wellness. Call me and together we can formulate a plan for you.

If you are considering supplementation please discuss it with your Doctor. I always recommend to my clients to ask their pharmacist to check for any potential drug-nutrient interactions.

Sleep

- So many of my clients have sleep issues.
  Sleep is vital for brain development and brain function. So many children cannot concentrate at school simply because they are tired!

- How may hours sleep should young children get?

  A – at least 8 hours
  B – at least 9 hours
  C – at least 10 hours
  D – at least 11 hours

  The answer is D – 11 hrs is the magic number.

  Teenagers need around 9-9.5 hours of quality sleep.

  Adults need at least 7-7.5 hours.

- Quality sleep is one of the most important aspects of good health. If your child is not sleeping well remove all electrical equipment from their room or at least turn off at the power point (iPod, iPad, iPhone, DVD player, digital alarm clock, electric blanket). Exposure to electromagnetic radiation while you sleep can also impair the body's ability to repair itself and fight illness.

- Did you know sleep disturbance, including difficulty settling to sleep and frequent night waking, is one of the main effects of artificial colours and other additives? Removing artificial chemicals is often very conducive to sound sleeping habits.

- Children who are sensitive to additives may also be affected by natural food chemicals. These including salicylates, amines and glutamates found in many nutritious foods. It is hard to imagine that natural food chemicals could also disrupt your child's sleep! You can read more about food intolerances below.

- Does your child wake up in the middle of the night giggling, talking to themselves, being silly?

This is so common for children on the Autism Spectrum and it is due to the incomplete digestion of gluten or A1 beta casein milk protein (normal cow's milk protein). Making dietary changes to remove A1 beta casein and or gluten can improve sleep dramatically.

- You may not have thought about the fact that sleep can be affected by VOCs – Volatile Organic Compounds – such as perfumes, fragranced toiletries e.g. hairspray and air freshener, pesticides, household cleaners, renovation chemicals and especially chemicals such as flame retardants in new mattresses and pillows.

- Melatonin is the natural hormone that makes us sleepy. We make melatonin from an amino acid (protein building block) called tryptophan. By eating tryptophan rich foods we can naturally boost levels of melatonin.

  Tryptophan is found mainly in: turkey, chicken, fish, cottage cheese, bananas, eggs, nuts, avocados, milk, cheese and legumes.

- Eat foods rich in vitamin B-3 and vitamin B-6. This will help to make melatonin. Vitamin B-3 is found in green vegetables, fish and red meat. Vitamin B-6 in turkey, chicken and bananas, cheese, dark leafy greens.

- Have you wondered why after a day at the beach we sleep so well? One of the reasons is that the Vitamin D from the sun helps us make melatonin.

- Getting afternoon sun will help the body make melatonin naturally! Happy ZZZZ's.

- Research has shown that children on the Autism Spectrum have lower levels of melatonin making them very poor sleepers. Sleep is critical for the wellbeing of the whole family so be sure to discuss this with your Doctor if insomnia is an issue your are battling with.

  http://www.ncbi.nlm.nih.gov/pubmed/22160300

- More information the support quality sleep on my website:

  http://www.paulatazzyman.com.au/2012/09/26/sleep-help/

Food Intolerances

- "The Impact of Nutrition on Children with ADHD" study was conducted in the Netherlands with results published in the prestigious medical journal, The Lancet, in 2011. http://www.thelancet.com/journals/lancet/article/PIIS0140-6736(10)62227-1/abstract.

  In this study, the elimination diet (low chemical diet) had a significant beneficial effect on the symptoms of ADHD in 64% of children. What this research means is that in 64% of children with ADHD, their symptoms are exacerbated by the food they eat!

- Children can be affected by both added chemicals in their food and by chemicals naturally present in your food.

  There are three main groups of natural food chemicals:

  1. Salicylates in plant foods like fruit, vegetables, spices.

  2. Amines in protein foods like chocolate, cheese, less-than-fresh meats, seafood and some vegetables.

  3. Natural glutamates in soy sauce, hydrolysed vegetable protein and tasty foods like tomatoes, grapes, cheese sauces, stock cubes, gravies.

- Food intolerance reactions are very individual and difficult to pinpoint. These include:

  1. Skin: rashes, swelling.

  2. Airways; asthma, stuffy/runny nose, frequent colds.

  3. Tummy: IBS, colic, bloating, diarrhoea, vomiting, mouth ulcers, reflux, bedwetting, 'sneaky poos', 'sticky poos'.

  4. Central nervous system: migraines, headaches, anxiety, depression, tiredness, poor memory and inattention, panic attacks, irritable, restlessness, sleep disturbance, restless legs, mood swings, even PMT.

- The chemicals involved in food intolerances are found in many different foods, so the approach involves identifying and reducing your intake of groups of foods, all of which contain the same offending substance/s. This is done via an elimination diet.

This is the ONLY true way to identify food intolerances!

- Many foods contain salicylates, amines and glutamates so it is tricky to work out which of the natural chemicals is the problem. Sensitive children may not be coping with all 3! Foods that are very rich in all 3 natural chemicals include: Sultanas, grapes, plums, tomatoes, mushrooms, spinach, canned baked beans, vegemite, chicken salt, jams, cordial.

- Ripe pears or pears canned in syrup, golden delicious or red delicious apples and firm bananas are the fruits with the lowest chemical content.

- Peel fruit to remove the salicylates that sit just under the skin and keep to 2 x 150 gram serves of fruit per day.

- Did you know intolerance to amines has been linked to aggression?

  Amine rich foods include:

  * Cauliflower, eggplant, broccoli
  * Mushrooms, spinach, tomato
  * Avocado, dates, grapefruit, kiwi, citrus fruit, sultanas
  * Passionfruit, pineapple, raspberry, grapes, plums
  * Canned tuna, sardines, salami, sausages, meat pies
  * Processed meats, bacon, chicken skin, ham, salmon
  * Strong cheeses and cheese flavour
  * Softdrinks, cocoa, chocolate, juices
  * Coconut oil, olive oil, sesame oil
  * Vegemite/ yeast extract, stock cubes, all sauces, gravy

QUIZ time!

The difference between a food allergy and a food intolerance is?

A. Food allergy is an immune reaction to food proteins. Food intolerance is a reaction to the chemicals in foods.

B. Allergies are most likely to affect babies and young children because of their underdeveloped immune system. Food Intolerances are more likely to affect children because "dose for weight" they consume a higher dose of food chemicals than adults.

C. Allergic reactions are quick. They usually occur within 30 minutes and are often easy to identify. Food intolerance reactions can be delayed up to 48 hours or more or effects can build up making it hard to identify.

D. All of the above

The answer is D.

Food intolerances are chemical driven reactions, tricky to pin point and can only be identified by doing an elimination diet for 2-3 weeks.

- Many parents doing the elimination diet worry about their child's nutrition. The diet can remain balanced with low chemical fruits and vegetables like ripe peeled pears, red delicious apples and bananas, potatoes, Brussels sprouts, green beans, cabbage, celery, leeks, swedes and chokos.

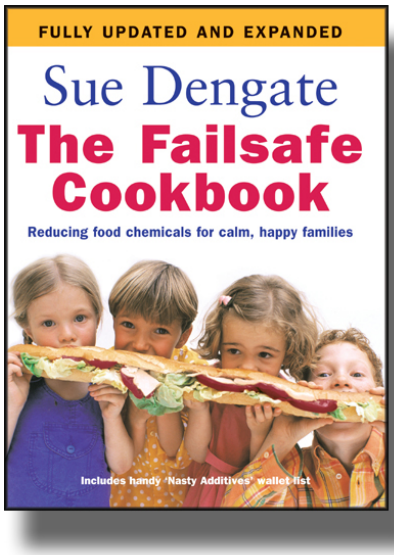
- If you are worried about your child's nutrition on the elimination diet give them a chemical free multivitamin. I recommend Amcal One a Day multi – I suggest 1/2 a tablet for children under 12 years of age. This formula contains all the essential vitamins and minerals.http://www.amcal.com.au/amcal-products/vitamins/one-a-day-multi-vitamin-and-minerals/

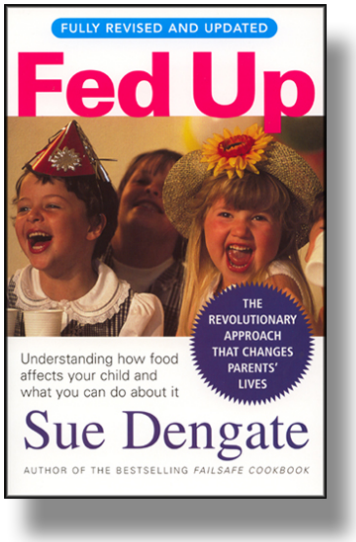
- You can read more on this issue on my website: http://www.paulatazzyman.com.au/2012/10/15/food-intolerances/

- Many of my clients are able to build up a tolerance to chemicals by doing two things:

    1. Taking probiotic supplements. The Food Intolerance Network recommends Gastro Health 4, 20 billion CFU. Available from the shelf not fridge section of the Chemist.

    2. Bathing in Epsom salts to help the body detoxify. Epsom salts is composed of magnesium sulphate. Sulphates will help the body break down toxins and chemicals.





A2 Milk Protein Benefits

- A2 beta casein is the original cows milk protein. Thousands of years ago there was a genetic mutation, which meant some cows began to produce A1 beta casein. In the 1970s, Australian dairy farmers switched from using Jersey cows (A2) to Holsteins (A1) cows!

- Have you ever wondered why people feel better on goat's milk? That is because goats produce A2 milk. Jersey & Guernsey cows, camels, sheep, buffalo, yaks and donkeys naturally produce A2 milk.

- A2 is especially helpful for those who experience tummy troubles. It is much easier to digest.

- It has been my experience that A2 milk protein is NOT linked to nasal congestion, mucus, phlegm, coughs, runny noses, hay fever, glue ear and ear infections as can be the case with A1 milk protein. If these symptoms ring a bell give A2 a go!

- According to A2 expert Professor Keith Woodford, A2 milk is a great support for those with mental health issues, especially if digestive issues or stomach ulcers are also a concern!

- Did you know Jalna do A2 yoghurt! It is natural and low fat. You may need to add 100% maple syrup, fruit, vanilla essence to make it child friendly! I love it frozen with fruit to keep me cool in summer. Available at larger Coles and Woolworths.

- Did you know A2 milk could be frozen? I make A2 fruit smoothies and freeze the leftovers into icy-pole moulds for a cool snack. Refreshing, nutritious and delicious!

- I am so pleased my favourite cheese is made with A2 milk – goat cheese! Other options include buffalo ricotta, buffalo mozzarella, sheep's feta and Pecorino (goats milk) instead of Parmesan. There is no A2 cheddar cheese unfortunately as yet.

- I recommend to all my clients with Autism Spectrum Disorder, who have digestive issues, make the switch to A2 milk proteins.

- For more reasons why A2 milk protein can be of great help to many children diagnosed with Autism Spectrum Disorder you can read my blog:

  http://www.paulatazzyman.com.au/2013/01/17/a2-milk-and-asd/

- More information about A2 milk on www.a2milk.com.au

In summary, who should try A2 milk?

If you have poor digestion and:

1 – Have heart disease or a family history
2 – Have Type 1 diabetes
3 – Have mental health issues
4 – Your brain gets foggy with normal A1 cows milk
5 – Have sinus congestion, runny nose, hay fever
6 – Have an autoimmune condition
7 – Have Autism Spectrum Disorder

Organic Produce

- Organic farmers grow and produce food without the use of ***synthetic*** chemicals.

- They do not use genetically modified elements in their practice.

- You will be pleased to know that food labeled "organic" has not been exposed to ionizing radiation.

- Animals are cared for humanely. They are not given steroids to hasten growth. Nor are they given hormones or antibiotics.

- Animals grown under organic conditions may be given vaccines to prevent disease.

- Organic farmers are sensitive to the earth and are gentle on the environment.

- **Please note!**
  Organic farmers are permitted to use natural pesticides such as copper and sulphur.

- Research has shown that the nutritional content of organic vs. non-organic produce is very similar. The difference is that you are not eating synthetic pesticides and artificial fertilisers.

- Children are more at risk to exposure the pesticides and chemicals than adults. This is due to the fact that children's immune systems are not fully developed. Babies and young children in particular.

- I try to buy organic fruit and vegetables when I can but it does get expensive. One must be mindful that organic farming is far more labour intensive and hence the higher cost to the consumer.

- Knowing which fruit & vegetables are the most contaminated is really useful to help you make informed decisions. I think some foods are worth the extra cost. See link below for details.

  http://www.organic.org/articles/showarticle/article-214

- Understanding food claims:

  Don't confuse food labels that state "free range" and "no added hormones" or " hormone-free" with organic.

  Free range means the animal has not been confined to an enclosure. For example, chickens are not caged and cows are in open lands. Free-range organic eggs mean that the chicken is free to roam and that the chicken has not been fed antibiotics or other synthetic chemicals.

  The term "No added hormones" in chickens is totally misleading, as hormones have not been used in the Australian chicken industry since the 1960's. This is a sales gimmick!

  Don't get tricked into thinking that if the product does not state it has "no added hormones" that it must have hormones added. This is not the case in the poultry industry.

Careful with Plastics

- Plastic is everywhere! Did you know there are several types of plastics, some safer than others? The plastic number is enclosed by the recycling symbol found at the bottom of the product. The link below gives some background information.

  http://healthychild.org/easy-steps/know-your-plastics/

- In summary, plastic numbers to AVOID – 3, 6 and 7. The #7 classification includes Bisphenol A (BPA).

- If you are going to use plastic, numbers 1, 2, 4 and 5 are a somewhat of a "better" choice.

- Did you know that "microwave safe" or "dishwasher safe" ONLY means that the plastic will not wrap when heated. It does not mean that it is a healthy practice.

- If you use plastic drink bottles ensure they are free from Bisphenol A (BPA or #7). I suggest using stainless steel bottles as a safe option. In the kitchen try to avoid using plastic of any kind especially when the plastic is in contact with hot food.

- Canada has become the first country to declare BPA as toxic. The National Institute of Environmental Health Science in the USA recommends limiting exposure the BPA as it may have negative effects of brain development and behaviour of the foetus, infants and children.

- BPA has been found to be an endocrine disruptor mimicking estrogen. This can cause early puberty, cancer and obesity.

- BPA can cross the placenta to the unborn baby and it can also pass through the breast milk. Please be vigilant if you are pregnant or planning to conceive.

- BPA is also found in paper receipts, like those from supermarkets and plastic toys.

- I am so pleased to see you can buy BPA-free lunch boxes and containers now!

- BPA is also found in the lining of canned foods. Aim to buy in glass jars instead of cans where possible.

- Non-stick pans with a Teflon coating can be toxic if the Teflon becomes damaged and plastic is released into your food. I use only stainless steel or cast iron pots and pans.

- Regardless of what plastic you use avoid exposing the plastic to high temperatures. Since there is no way to be sure that plastics will not leach out toxic chemicals, I recommend that you use glass and ceramic containers as safe options!

Sunscreen

- You may have heard 50+ Sunscreen has hit Australia. It will be more expensive than 30+ and it provides an extra 1.3% protection. If applied carefully 30+ blocks 96.7% of the sun's rays. The new 50+ will block 98%.

- The skin is your largest organ and everything you put on your skin will be absorbed and get into the body. For that reason we need to be informed about the products we are putting on our skin, especially if you have fair skin and you slap on the sunscreen religiously.

- I look for 3 things in my sunscreen choice:

  1. No chemical blockers (can cause DNA damage).

  2. No nano particles (the jury is still out regarding safety).

  3. No parabens as the anti-microbial preservative. Parabens have been found in breast cancer tissue.

Safe brands:

Think zinc as a physical sun block.

These brands use zinc oxide as the active ingredient:

1. Real Purity Sunscreen. My personal choice. Available online.

   Ingredients: Purified water, vegetable caprylic triglyceride, safflower oil, zinc oxide http://www.iherb.com/Real-Purity-Sunscreen-Zinc-Oxide-SPF-15-Unscented-4-oz-118-ml/44800

2. MiEssence Reflect Outdoor Balm SPF15 (www.ozorganic.com).

   Certified organic by ACO (Australian Certified Organic). Ingredients: olive fruit oil, zinc oxide, shea butter, beeswax, vitamin E, dunaliella salina algae extract.

3. Wotnot 30+ Sunscreen (www.wotnot.com.au).

   Ingredients: grapeseed oil, safflower oil, sesame oil, candellila wax, beeswax, carnuba wax, shea butter, GMO-free vitamin E, certified organic aloe vera, zinc oxide.

   In Australia we need to be sun safe but do allow for a little exposure without sunscreen so the skin can make Vitamin D naturally!

Recipes

Thank you to all my clients who shared their favourite recipes with me over the years. I hope you enjoy them!

Pear Carob Pudding – low in natural chemicals, gluten & dairy free

Ingredients

1x 800 grams of tin pears in syrup
2 eggs ideally organic
125 grams of white sugar
125 grams of gluten free self-raising flour
1/2 teaspoon baking soda
1 teaspoon vanilla essence
2 tablespoon carob powder
6 tablespoon of Nuttelex
1 tablespoon Nuttelex dairy-free spread to grease

Directions

1. Spread 1 tablespoon of Nuttelex over a flat ovenproof dish.
2. Separate the pears from the syrup. Keep syrup for later. Arrange the pears in the center of the baking dish.
3. Place eggs, sugar, flour, baking soda, 6 tablespoons Nuttelex, vanilla essence and carob powder in blender.
4. Blend till it becomes a soft brown batter, add 1/4 cup of the pear syrup if the mixture is too solid.
5. Pour the batter over the pears in the dish, and place in a preheated oven 180 C, for 30-40 minutes.
6. Remove when brown and golden.

Chickpea Pancakes – low in natural chemicals, gluten & dairy free

I love chickpea pancakes as a GF alternative. So easy to make and delicious. You can make them really thin for those who like crunch.

Ingredients

1 cup of chickpea flour (besan/garbanzo flour)
1 1/4 cup of water
A pinch of iodized salt
You can add other herbs and spices. I add garlic and leek also. You can grate vegetables into the mixture too. Be creative!

Directions

1. Mix water and chickpea flour until smooth.
2. Add salt and anything else your child likes.
3. Let mixture rest for 20-30 minutes.
4. Heat oil and fry until golden.
5. Fill with your favourite toppings.

Chemical Free Icy-poles

If you let the Schweppes lemonade go flat and freeze it in moulds you get great additive free icy poles! The cans of Schweppes lemonade have the preservative 211, sodium benzoate, so make sure you get the bottles. Makes for a great summer party treat.

Cashew Pear "ice cream"

One of my clients shared this low chemical; gluten and dairy free treat with me. Pears and cashews are low in natural chemicals.

Ingredients

1 cup raw cashews
1 very ripe peeled large pear – chopped
2 tablespoons water or rice milk
1 teaspoon vanilla essence

Directions

1. Blend cashews until they are a flour-like consistency.
2. Add the pear, vanilla and water/rice milk and blend until creamy, adding more liquid if needed.
3. Freeze for a couple of hours before serving. It sets hard so you may want to leave it out for 10 minutes or so before serving.

Rice Milk "ice-cream" – low in natural chemicals, gluten & dairy free

Ingredients

3 cups rice milk
1/3 cup rice bran oil
1/2 cup castor sugar
1 teaspoon vanilla essence
1/3 cup carob powder

Directions

1. Mix all ingredients and pour into tray to freeze for 1 hr.
2. Transfer mixture into cold bowl and beat with electric mixer for 3 minutes or until frothy.
3. Return mixture to set and freeze for a few hours.

Carob Custard

A delicious low chemical, gluten & dairy free alternative to chocolate YOGO. Thanks to www.fedup.com.au for the recipe.

Ingredients

3 tablespoons carob powder
4 tablespoons cornflour
½ cup white sugar
800ml rice milk

Directions:

1. Sift the dry ingredients together then mix with 300ml of milk.
2. Heat the remaining milk in a saucepan until it boils rapidly.
3. Tip the carob mix into the hot milk and stir with a whisk, continue stirring until the mixture thickens.
4. Remove from heat and pour into a bowl.
5. Cover and chill overnight.

Cookies with maple frosting – low in natural chemicals, gluten & dairy free

Ingredients

125 grams Nuttelex
125 grams castor sugar
125 grams self-raising gluten free flour
125 grams plain gluten free flour
1 egg
2 teaspoons vanilla essence

Directions

1. Cream the Nuttelex and sugar.
2. Add egg and vanilla – mix thoroughly.
3. Add sifted flours and mix to a smooth dough.
4. Roll and cut into Christmas shapes.
5. Bake for 15 minutes at 180 degrees Celsius.

Maple frosting

Ingredients

50 grams butter or Nuttelex
110 grams pure icing sugar
1 tablespoon pure maple syrup
Optional – carob or sprinkle with poppy seeds

Directions

1. Cream the butter and icing sugar until light and fluffy.
2. Whisk in the maple syrup and carob.
3. Let your imagination shine to decorate the cookies.
4. Sprinkle with poppy seeds for an extra special touch.

Alternatively, as the cookies come out of the oven toss them in icing sugar.

Did you know 2013 is the *International Year of Quinoa*?

Quinoa is a true "super food".

- ✓ Rich in protein
- ✓ Rich in fibre
- ✓ Rich in minerals – iron, zinc, magnesium
- ✓ Rich in B group vitamins
- ✓ Easy to digest as it is gluten free
- ✓ Low in natural chemicals
- ✓ Quinoa is a prebiotic food supporting the growth of friendly bacteria in the tummy!

Quinoa Tips:

1- Quinoa needs to be soaked, ideally overnight and rinsed well to remove the bitter soap like coating.

2- One cup of raw quinoa makes 3 cups of cooked quinoa.

3- One cup of quinoa needs 3 cups of fluids to cook. It cooks in 15-20 minutes.

4- If you are using a rice cooker, for 1 cup of quinoa you will need 2 cups of liquid.

5- Use quinoa instead of rice or couscous.

6- Quinoa is so versatile it makes great sweet or savoury dishes.

7- It is easy as adding cooked quinoa to soups and stews.

8- Use quinoa instead of rice in chicken fried rice. I make sushi with quinoa instead of Japanese rice.

Easy Quinoa Fritters

Ingredients

1 1/2 cup grated vegetables
1 cup cooked quinoa
2 cloves garlic, minced
1 egg, lightly beaten
1/2 cup bread crumbs
Salt and pepper to taste
Oil for frying
Optional – 1/4 cup grated cheese/Fetta

Directions

1. Combine all ingredients.
2. Using your hands make patties the size your child prefers.
3. Fry until browned and crispy on each side.

Quinoa Porridge

Ingredients

1 cup quinoa (soaked and rinsed)
2 cups milk of choice
1/2 teaspoon ground cinnamon
1 tablespoon honey
milk, extra to serve

Directions

1. Place quinoa into a saucepan and add milk. Bring to the boil, reduce heat and simmer for 5 minutes, stirring often.
2. Add cinnamon; simmer for 8 – 10 minutes or until all of the liquid is absorbed. Stir in honey.
3. Divide amongst 4 small bowls; top with fruit. Serve with yoghurt, crushed walnuts/seeds and extra milk.

Quinoa Slice

This slice travels well, can be frozen and so many of my clients love it. Great for school lunches.

Ingredients

185g Nuttelex
2 tablespoons maple syrup
1/4 cup GF self-raising flour
1/4 cup GF plain flour (buckwheat flour works well)
1/2 cup brown sugar
1/4 cup shredded coconut
3/4 cup quinoa flakes
2 eggs (lightly beaten)

Directions

1. Grease a lamington or slice dish, line the base with baking paper.
2. Combine nuttelex and maple syrup in a small pan and stir over a low heat until melted.
3. Combine sifted flours, quinoa flakes, coconut and sugar into a large bowl. Stir in eggs and cooled nuttelex mixture.
4. Pour into prepared pan. Bake for 25 minutes in moderate oven.
5. Cool in pan. Cut in to fingers before serving (makes 12 bars).

Easy Raspberry “ice cream” – gluten & dairy free

Ingredients

300 grams frozen raspberries (frozen plums also work well)
1 egg white, ideally organic
70 grams of castor sugar, use as little as needed

Directions

1. Place frozen raspberries in the blender. Mix until they look like breadcrumbs.
2. Whisk egg whites until it is foamy but has not formed peaks.
3. Combine the egg white and bits of raspberries and blend together.
4. Slowly add the sugar until all mixed.
5. Scrape into 1 Litre container and pop in the freezer until frozen or pour into icy pole moulds.

Enjoy!

About Paula Tazzyman:

I am an Accredited Practice Dietitian (ADP). I am passionate about supporting all children but especially those who have had an Autism Spectrum disorder or an Attention Deficit/Hyperactivity Disorder diagnosis. I strive to raise awareness about the critical link between nutrition and childhood learning as an active educator and public speaker.

I am a member of the Dietetics Association of Australia and have had a sixteen year work history in the area of childhood developmental disorders.

I offer nutritional support to families all over Australia and overseas. If you would like any more information about my clinical practice, please visit my website www.paulatazzyman.com.au

If you wish to contact me for nutritional support or dietary advice for your child or for yourself call for a FREE, 10 minute, no obligation, telephone consultation at 0418162202. I can also be reached via email – paulataz@optusnet.com.au

You can follow me on Facebook for lots of helpful nutritional tips to help you grow the health and wellness of your family: http://www.facebook.com/pages/Paula-Tazzyman-Dietitian/180866515360313