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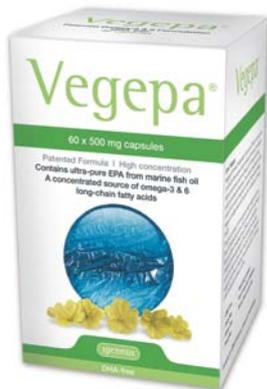


Pg 2
DEFINING:
Essential
Fatty
Acids

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BACK TO SCHOOL



Welcome to my dream; The kids are back to school after a great summer break and they eat loads of oily fish, green veggies, nuts and seeds (because they can't eat them at school), and all the other healthy stuff. And, of course, they get a nutritious balanced breakfast to fuel the morning's learning and know to avoid the junk food at school, choosing water and apples over fizzy drinks, bags of crisps or those overly salted cheesy strings for break time. Sounds like fiction rather than fact, but in an ideal world all our children would be eating this way.

Experts agree that healthy food choices during growing years make real sense. 'Nutrition can have a huge effect on development and growth in children', says pharmacist Susanne Haar, 'They have high nutritional needs, but small appetites so every meal must be carefully thought out to provide energy and nutrients'. Iain Laing, an Omega 3 expert agrees. 'Just like our bodies, our brains need the right nutrients in order to function properly, which is why a healthy diet is so important for children.'

A great concept but hard to put into practice! These days even doctors are recommending vitamins to children to make up for shortfalls in diet. Healthy

Start is a government scheme offering food vouchers and vitamins for young children and pregnant women but the supplement only contains 3 vitamins to avoid really horrible stuff like neural tube defects. However, there is good science to show the benefits of supplementing with better multi vitamins. Try Googling 'BJN Nov 2008 Haskell Vitamins' where children demonstrated increased accuracy in attention based tasks. For a good, additive-free selection consider Viridian or Nature's Plus brands.

Vitamin D made the news again last year for children, due to indoor lifestyles and the rise in rickets, particularly in the under 5 age group. The government advises 280 IU of Vitamin D daily which is actually under what is advised in nutrition circles. 400 IU is the dose to prevent rickets but it is known that more is necessary to climb out of deficiency, which is what we all mostly are, especially between the months of October and April. Diet is not enough and Scottish sun is rare. The daily dose of D for children is 1000 IU from birth to 18 years every day once deficiency has been corrected, which may take 4000 IU a day.

As the brain is a fat rich organ, it is known that giving the body 'the right fats' (EFAs) can improve mood, behaviour and learning in children. How many kids do you know eat oily fish, seeds and green leafy vegetables though? The Durham Trial of 2004 studied the effects of supplementing good fats on school children in County Durham. *'In very broad terms, we saw that upto 40% of children on the trial showed dramatic improvements.'*

(continued overleaf)

DEFINING: Essential Fats

Good fats are short and long chain fatty acids that are really important to our health. Also known as Essential Fatty Acids because the body can't make them, which means that deficiencies can happen. You may know them as Omega 3, 6 and 9 but their scientific names are Scrabble board delights. Alpha Linolenic acid is a plant based Omega-3 EFA that the body needs to convert into eicosapentanoic acid (EPA), or docosahexanoic acid (DHA), which you find ready made and rearing to go in animal products such as oily fish.



It is generally agreed that human beings evolved on a diet that had a ratio of Omega-6 to Omega-3 fatty acids of about 1:1. Problem is, that over the past century the consumption of vegetable oils from corn, sunflower seeds, safflower seeds, cottonseeds and soyabeans has increased and Western diets now typically have a ratio between 10:1 to 25:1 Omega 6:3. Overconsumption of Omega 6 raises the level of Arachidonic Acid (AA), which although forms a large part of our brain and is therefore hugely important, AA out of balance can cause inflammation problems due to oxidation.

Omega-3s are important structural fats in cell membrane tissues, and as we are a massive jigsaw puzzle of cells, this makes them vital and you should see how a deficiency is going to affect all sorts of activities in the body. Scientifically their second primary role within the body is to be a precursor for prostaglandins, which are mediators in controlling blood pressure, clotting, immunity and other physiological activities.

Sardines and mackerel are great cold water sources of Omega-3, and, to a lesser degree grass-reared meat and dairy products can contribute too. The old saying 'eat your greens' is appropriate here as Omega-3 is found in greens, albeit in small quantities but all that animal grass eating allows it to build up in the meat. Walnuts, pumpkin seeds, linseeds and flax oil are good vegetarian sources and until recently it was thought that the conversion of the ALA found in them had a very low conversion rate into the more reliable long-chain polyunsaturated fatty acids EPA and DHA. The FORCE study² showed that EPA levels increased by 60% in 6 weeks in a group consuming just flax oil.

Vegans who are worried they are not managing to convert vegetarian Omega-3 will be glad to know that DHA, commonly found in fish oil products, is available as a marine algae source, after all, that's where the fish get theirs from!

Candy, Diploma in Nutritional Healing

BRAINY FOODS!

Oily fish, green leafy vegetables, nut and seeds all deserve to be on your kid's weekly menu. Consider the following step changes....

SWAP

CHEESY STRINGS
BISCUITS
CRISPS
SWEETS
FIZZY DRINKS
FRIED

FOR

APPLES
CRUDITES
OATCAKES
DRIED FRUIT
WATER
BAKED



In some individual cases, we saw reading age gains of between 18 months and four years, and attention gains of as much as 400 per cent.' said Dr Madeleine Portwood, Senior Educational Psychologist who ran the trial.

Trials have also shown breakthroughs in treatment of ADHD when using an Omega 3 supplement alongside conventional medication. Significant improvements in restlessness, aggressiveness, completing work and academic improvement came after 6 months of supplementation of the Igenus VegEpa alongside medication, when compared to medication alone.

Less serious problems also affect learning but Head Lice infestation has to be dealt with quickly. Potentially neurotoxic organophosphate treatments are standard, but the harmless (to us!) Indian herb Neem in shampoo form, such as Vogel's Riddance, can work very quickly too. Also useful is Tea Tree shampoo but Riddance was developed locally at Glasgow University and found to kill lice and eggs in only two treatments.

Bed Wetting is a lifestyle disrupter for young kids. A non-addictive remedy is Californian Poppy that was used by Native Americans to treat colic pains. As a natural sedative it aids sleep and reduces sleeping problems, particularly nightmares, waking during the night and difficulties in falling asleep. As a nerve tonic it reduces nervous tension and anxiety.

Recommended reading: 'The A-Z of Children's Health' by Sally Child.
www.actiononadditives.com/products for the villains of artificial food colours.

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