

Chapter 1 : Wellness for kids

Chapters include An Overview of Children's Health Issues and Digestion. Healing Your Child with Food. Digestive Health Issues in Children. Conditions That Benefit from a Healthy Gut.

I now know that the diet of my youth, which consisted of bologna sandwiches on white bread, soda, milk and Twinkies, was at the root of my problem. All I knew was that the constant bloating and gas were sources of embarrassment and pain. Appearing in Issue It is estimated that million Americans suffer from upper digestive tract disorders including acid reflux, indigestion, GERD and heartburn. Another 40 million have lower digestive tract problems, including irritable bowel syndrome, colitis, diverticulitis, constipation and diarrhea. I found it astounding when I met Michael Gershon, M. I was even more surprised to learn, while working with children with autism, that a very high percentage of the immune system is headquartered in the gut. I had no idea for most of my life that when the digestive system is malfunctioning, it is unable to properly assimilate and absorb the nutrients the brain and body require for optimal health. As Pam Ferro, R. Parts and Function The GI tract is divided into the upper section which consists of the mouth, esophagus, stomach and duodenum and the lower half which is made up of the small intestines and large intestines or colon. The process of digestion involves complicated chemical and biological interactions that happen at every step along this foot tract. It turns out enzymes and the acid present in saliva, as well as the highly acidic environment of the stomach pH4 are important first-defense mechanisms the digestive tract uses to kill off invading pathogenic organisms. Hydrochloric acid and pepsin are usually in abundance when we are young, and then begin to decline as we age. Decreased amounts of these acids compromises proper digestion and lowers our defense against bacteria and other germs. Pharmaceutical companies have spent a lot of money promoting the idea that taking acid inhibitors such as Pepcid AC, Prilosec, Zantac, etc. However, Joseph Mercola, D. Heal the Gut, Heal the Body After working for years in hospitals and witnessing the ineffectiveness of many of the medications used to treat chronic illnesses including GI disturbances , in my mids I began the process of changing my diet. I started out by eliminating processed foods, including white flour products, most forms of sugar and meat. My symptoms improved somewhat, but I had a long way to go before my GI-tract issues resolved completely. He was also an expert in identifying and treating parasites which had somehow taken up residence in my GI tract! As the lucky recipient of Dr. I then made a personal pledge to continue to learn as much as I could about digestion in order to help others heal from this modern malady. Eventually, I discovered information on the importance of digestive enzymes which assist in breaking down foods and absorbing nutrients. Although they remain intact when food is raw, enzymes are easily destroyed by heating beyond degrees and cooking. Our pancreas also manufactures enzymes, but if it is overwhelmed with a high-carbohydrate diet, it falls down on the job. I used to think the only factor in health was choosing high-quality foods, and of course that is essential. However, health is not just dependent on what you eat, but also on what you digest and absorb. Enzymes, such as proteases which break down protein and lipases which break down fats , play major roles in digestion and overall health. Until clients can tolerate a diet that contains more raw foods and fresh-squeezed organic vegetable juices, I often recommend a comprehensive digestive enzyme such as those made by Houston Enzymes houstonenzymes. After starting a regimen of digestive enzymes, many individuals report improved mental clarity and a decrease in bloating, gas and fatigue. Another area to explore if gas, bloating and other signs of poor digestion persist is IgG delayed-reaction food allergies or sensitivities. An effective and inexpensive way of identifying if one or several foods may be causing symptoms is to eliminate the common culprits dairy, gluten, soy, eggs, sugar, etc. Another option is having a specialty lab perform an IgG food panel. This is a blood test that must be ordered by a physician. It is helpful in pinpointing which foods may be causing delayed reactions meaning that one or two days after you eat a certain food, you experience bloating, skin rashes, fatigue, headaches, weight gain, etc. In more recent years, I discoveredâ€”again through my work with children affected by autismâ€”just how problematic gluten can be. Once I eliminated gluten the protein in wheat, barley, oats and rye from my diet, I witnessed additional positive changes in my health, including increased energy. For some individuals, even if they do not test

positive for celiac disease, gluten can irritate the gut membrane, leading to inflammation and intestinal permeability, or leaky gut syndrome. Lastly, about a year ago I was lucky enough to come across information on proper food combining, which encourages eating fruit alone and not combining too many different types of food at the same meal. I know changing your diet and finding the right supplements specific for your needs can be a bit daunting. But, if you have GI symptoms, it really helps to investigate the root causes with a naturally oriented practitioner. Suffice it to say, after all the changes I made, the nickname assigned to me during my youth is thankfully no longer relevant! Eat slowly and chew your food thoroughly. Digestion actually begins with the simple but important act of chewing and the subsequent release of enzymes contained in your saliva. Avoid processed foods, which can weaken your immune system by triggering the release of antibodies. Try to purchase as many organically grown foods as possible to minimize your exposure to chemicals. If you have gas after meals, try avoiding drinking liquids with your meals especially milk. Instead, consume adequate fluids mostly water between meals. Try adding a comprehensive digestive enzyme, taken after the first few bites of food with each meal. Probiotics may be the single most important supplement to take for a healthy GI tract. Probiotics not only crowd out bad organisms, such as yeast and bad bacteria, but they also increase immune function in the intestines, protect against food poisoning, eliminate toxins including heavy metals, synthesize B vitamins, regulate bowel movements, and limit bacteria that produce cancer-causing nitrates. Homemade kefir is the least expensive, most concentrated means of acquiring your daily probiotic needs. In addition to chewing food well and relaxing during meal times, sipping a strong cup of organic peppermint or ginger tea after a meal can be quite helpful in easing digestive discomfort. We digest big meals better in the middle of the day than we do at night. This is a tough one for me, because I love going out for dinner. But eating our largest meal at midday and consuming a lighter meal later is actually more in line with the natural rhythm of digestion. Eating close to bedtime is also not recommended. The body needs to regenerate overnight, not digest food. The worst foods for digestive health are sugar and processed carbohydrates, including pasta, breads, cookies, cereals, etc. If you crave carbs and sugary foods, or have taken several courses of antibiotics, see if your doctor or natural healthcare provider will test to see if yeast overgrowth also called candida is an issue. Stool test kits from specialty labs like Genova Diagnostics gdx. Information on candida detection and treatment can be found online at [wncwoman](#). If you suspect a particular food may be at the root of the problem, try the elimination diet explained above. Additionally, progressive labs will test for IgG food allergies or sensitivities. The typical allergic reaction is IgE mediated meaning it causes an immediate reaction, such as when you eat a shrimp and quickly break out in hives. However, IgG food sensitivities are much harder to track, because they cause a delayed reaction. Gluten can be very problematic for some, and cause symptoms ranging from headaches, fatigue, bloating and gas, all the way to mild and or severe depression and other mental health conditions. You can read it at [tinyurl](#). For lower GI issues, such as IBS, consider adding a high-quality source of omega-3 fatty acid like fish oil to the above recommendations. This will help reduce inflammation.

Chapter 2 : KidsHealth - the Web's most visited site about children's health

The author of "Digestive Wellness, Digestive Wellness for Children", and "Leaky Gut Syndrome", she's also the Director of Doctoral Studies in Holistic Nutrition at Hawthorn University. Dr. Lipski is a member of the Board of Directors for the National Association of Nutrition Professionals and the Nutrition Advisory Board for the Institute for.

Parents are learning that to raise healthy children in the 21st century means more than just teaching them to eat their vegetables or look both ways before crossing the street. The poor diets, technological obsessions, and ubiquitous stressors that plague adult life offer no immunity to the young. Playtime is being threatened by busy schedules; recess is becoming endangered because of high-pressure testing; and childhood obesity and Type 2 diabetes once a disease for our parents and grandparents are global epidemics. If anything, children are especially vulnerable to these factors, and any harm caused in the midst of their development can reverberate through the rest of their lives. In addition, there has been a realization that making long-term lifestyle changes is exceedingly difficult, and it would be much easier if the need for these changes had never developed. Thus, parents are increasingly aware that they can spare their children the hardship of making changes later in their lives by instilling healthy habits at an early age. Whether the ailment is acute or chronic, the condition physical or emotional, the child pre-K or pre-med, wellness practices help ensure that the kids are all right—and we forecast that serious treatments and programs, from healthy cooking classes to yoga and meditation, designed with children in mind will be the biggest growth factor in the spa and wellness industry for years to come. Rates of childhood obesity have more than doubled in children and quadrupled in adolescents in the past 30 years in the US, reaching 18 percent for children and 21 percent for children. This strain can result in headaches and a hunched back in the short term, and mood disorders and permanent spinal damage in the long term. In a survey by the American College Health Association of , students, 51 percent reported feeling overwhelming anxiety, 60 percent felt very sad, and 84 percent felt overwhelmed by their responsibilities. Some estimates suggest that as many as four in ten children have trouble sleeping at night due to stress. While the causes may be complex—pressure to succeed, traumatic home lives, the overuse of technology, poor diet and exercise, etc. While this data is based on U. Distribution and Availability of Organic Goods The effects of agricultural pesticides and the pervasive use of antibiotics in the meat, poultry and dairy industries have parents worldwide very concerned about the kinds of food and drink their children consume, thereby adding to the ever increasing demands for organic and locally sourced foods. As many parents want foods to be labeled and meat and poultry animals be humanely treated, the global food retail industry has responded—mega-retailers like Costco, Walmart, Tesco and Loblaws now sell organic foods, grass fed beef and cage-free eggs. Farmers markets have become more prevalent, and not just in high-income neighborhoods. All of this has led to an increase in accessibility to organic meats, dairy and produce. A Pew Research Report, conducted in the U. Over a third ask parenting questions via social media, and two thirds use social media to find parenting information and advice. And non-toxic, natural remedies and noninvasive techniques such as mindfulness and meditation tend to carry a much lower risk than medications and surgeries. Just as importantly, because most holistic practitioners encourage patients to take an active role in their treatment, healing becomes a more collaborative process. This snapshot offers insight into a new breed of travelers and wellness consumers: Consider the recent demand for Ayurvedic medicine and the decades old popularity of Asian acupuncture and herbal medicines in the West. Programs such as the U. Mindfulness and meditation help students to not only handle stress, but also to develop their socio-emotional skills. Children can teach you how to enjoy the path to success and be happy. The video can be seen at <https://www.youtube.com/watch?v=...> Shining Bay Yoga Retreat, on the remote coast of Nova Scotia, even features a yoga package designed specifically for girls between the ages of nine and 12. Yoga offers children calm, focus, and fitness, but beyond its general wellness benefits are its merits as serious therapy. Kate Russel, who is based at the Lab in Santa Monica, has seen great success with clients who are children. In-Spiraling Los Angeles director and neuromuscular healer Jessie Rice and his team also treat children with digestive or sleeping problems, often related to emotional anxiety or academic stress. Rice says one of his chief challenges is the aforementioned tech-neck and other technology-based ills: I even

had a client who was texting while I was working with her. Other wellness practitioners emphasize that you can never be too young to take care of your body, literally. Experts in Mayan abdominal massage help expectant mothers ease birth and reduce strain on the baby. And Paule-Dominique, a family-focused massage therapist from Voila La Familia in San Francisco, is particularly passionate about infant massage. A Family Vacation for the Wellness Inclined Photos Six Senses Hotels Resorts Spas Resorts and hotels are starting to recognize that wellness is a family affair, and many seek to diversify their programs and activities to ensure that both parents and children get the most out of their stay. Some focus on teaching children the benefits of good health and self-care, with yoga sessions, cooking classes, and spa treatments. Others take advantage of their often pristine, natural settings by encouraging children to learn about the local culture and native habitats. During Family Week, Rancho La Puerta encourages families to get to know the kids and grandkids of other longtime ranch-goers. Family hikes, cooking classes, cultural music and arts programs, and yoga sessions all contribute to what feels like an intergenerational summer camp. At Plum Village in southern France, a monastery and the home of famed spiritual leader Thich Nhat Hanh, family wellness takes on a more serene hue. Their summer retreat offers classes in mindfulness, among other activities. Younger ones learn mindful outdoor play and meditation while teens learn how to use mindfulness to strengthen their communication and relationship skills. Healthy Plates, Not Clean Plates The pervasive use of pesticides on produce and antibiotics in meat, poultry, and dairy, coupled with the marketing of a cultural avalanche of high sodium, high sugar, and high fat junk food, has left parents deeply concerned about what the children eat and drink. Millions of people, many parents among them, clamor for grass-fed beef, cage-free eggs, and readily available organic and locally sourced food, and the food industry has moved to satisfy that demand. The organic focus at grocery stores like Whole Foods is fast becoming the norm instead of the exception; as mentioned, major grocery retailers like Waitrose and Tesco in the UK, Loblaws and Sobeys in Canada and Costco and Walmart in the U. Overall organic food sales in the U. As wellness attitudes, strategies, and techniques trickle down the family tree, bettering the lives of children, just as they have for their parents, we expect interest in spa and wellness treatments and programs geared to children to blossom. Yoga will find its way into gym classes, mindfulness will become an integral component of playtime, and family vacations will eschew buffets and roller coasters for local cooking classes and nature hikes. Massage therapy will become the go-to treatment for children of all ages who suffer from injury, sleeplessness or pain. By discussing the various ways in which children are already part of the wellness culture and that more and more businesses are tailoring programs to families and children, we can easily see what kind of impact this will have on the industry. Children who are raised within a lifestyle that values fitness, healthy eating, and self-care are already developing the habit of seeking strategies that contribute to their physical, emotional and spiritual wellbeing. If, as they say, children are our future, then the future of wellness lies in children—and the spas and wellness facilities that design programs and treatments with children in mind will drive growth in the spa and wellness industry for years to come. Duggan, Maeve, et al. The Quiet Time Program. Van Pelt, Jennifer, MA. A healthy meal, made from scratch.

Chapter 3 : Digestive Wellness for Children by Elizabeth Lipski

Digestive Wellness for Children is a companion to that earlier work. We now recognize that the digestive tract plays an important role in determining our health. We now recognize that the digestive tract plays an important role in determining our health.

This chemical is times sweeter than sugar by weight. In response to consumer interest, General Mills is creating lowsugar versions of its three most popular cereals by reducing the amount of sugar by 75 percent and replacing it with small amounts of Splenda. This will potentially affect a huge number of children. We want to believe that this chemical will let us eat our cake or cereal and still be thin, but we are letting ourselves be duped, as no scientific findings indicate that Splenda will help us lose weight or be healthier in any way. Surely long-term research has shown it to be harmless? In making white flour from whole-wheat kernels, twentytwo vitamins and minerals are removed; when the bran and germ go, so do 98 percent of the vitamin B6, 91 percent of the manganese, 84 percent of the magnesium, and 87 percent of the fiber. In making breakfast cereals even many health-food brands by extruding a slurry of grains through nozzles to create shapes, the high temperatures and pressures destroy vitamins, antioxidants, and essential fats. And now that 90 percent of American homes have a microwave oven, even the health benefits of a home-cooked meal are suspect. Microwave Cooking Microwaving has spread like brushfire over the last two decades. Despite the apparent public consensus that microwaving is safe, not much scientific literature has clarified either its safety or its danger. In , Hans Ulrich Hertel and Bernard Blanc of the Swiss Federal Institute of Technology studied some of the effects of microwave usage by giving eight people specific foods that were prepared raw, cooked in a conventional oven, or cooked in a microwave oven. The researchers reported that microwave cooking lowered hemoglobin levels and cholesterol levels while elevating white blood cell counts. Hemoglobin carries oxygen to our cells, so low levels indicate anemia and fatigue. A current client of mine who has used microwave cooking exclusively for the past thirty years also has low hemoglobin and elevated white blood cell levels. The researchers also found structural changes in the microwaved food that were not seen in the conventionally cooked food. Hertel stated, "There is extensive scientific literature concerning the hazardous effects of direct microwave radiation on living systems. It is astonishing, therefore, to realize how little effort has been taken to replace this detrimental technique of microwaves with technology more in accordance with nature. Technically produced microwaves are based on the principle of alternating current. Atoms, molecules, and cells hit by this hard electromagnetic radiation are forced to reverse polarity 1â€” billion times a second. There are no atoms, molecules, or cells of any organic system able to withstand such a violent, destructive power for any extended period of time, not even in the low energy range of milliwatts. Microwaving is too recent an innovation for us to know what the long-term effects are. Within twenty minutes of being given a dose of a single homeopathic remedy, the child said he was hungry. With these simple changes, the child flourished. Given the possible health concerns, does it really take that much longer to cook in a conventional oven or on the stovetop? Irradiation Another questionable modern technology used on our food supply is irradiation. Irradiation is a clever way of utilizing nuclear waste materials to keep food fresh longer and reduce the risk of food poisoning. It kills all bacteria like Salmonella, a major problem in poultry, meat, and egg production and leaves no radiation in the food itself, but the process may destroy more than we want it to; irradiated milk, for example, loses 70 percent of its vitamin A, thiamin, and riboflavin. Irradiated foods contain molecules found nowhere in nature. Studies in the s, however, showed that animals eating irradiated foods had a wide variety of health problems including premature death, reproductive dysfunction, a rare form of cancer, chromosomal abnormalities, liver damage, low weight gain, and vitamin deficiencies. The FDA has approved irradiation for use in beef, pork, chicken, other poultry, eggs in the shell, fruits and vegetables, wheat, wheat flour, juice, spices, dried-vegetable seasonings, and sprouting seeds. Seventy-five percent of our beef producers and 50 percent of our poultry producers have signed agreements to use this technology. Due to lingering health and safety concerns, however, the European Parliament limits the use of food irradiation to spices, dried herbs, and seasonings. Many researchers are opposed to such massive experimentation done at

our risk, and worry about all the environmental problems associated with handling radioactive materials at small irradiating facilities throughout the country. Irradiation Identification Irradiated foods are labeled as such only when sold to the first buyer. Consumers are supposed to see irradiation labeling, if applicable, on the following foods: There is also no labeling on irradiated spices or seeds. Whole cases of irradiated fruits and vegetables are marked with a symbol on the crates see Figure 2. Genetic Engineering For more than a hundred years, most of our produce has been hybridized, meaning that two or more varieties of a particular plant have been cross-pollinated to create a new variety. Corn, for instance, contains 14 percent less protein now than it did forty years ago. Most of us eat genetically modified foods GMFs “also called genetically engineered GE foods” on a regular basis, and yet many people are completely unaware of the issues involved in their creation. Agricultural genetic engineering generally involves changes to seeds. Many soy and corn varieties, for example, have been modified to be resistant to an herbicide called Round-Up so that a field can be sprayed with the herbicide and only the weeds, not the crop, will be killed. Opposition, however, is based on the fact that little long-term testing has been performed on GMFs prior to their release into the food supply. In fact, up to 60 percent of the foods now on our supermarket shelves contain genetically modified GM ingredients. Many processed foods contain soy derivatives, corn syrup, or cornstarch, and if you eat foods containing soy or corn that has not been organically grown, you are probably consuming GMF products. This includes any food that contains corn syrup, soy oil, soy protein, tofu, corn chips, popcorn, tortillas, and more. Despite some consumer protest, farming of genetically modified crops is increasing steadily in the United States: Because genetically engineered crops were first developed in the mids, their long-term costs and environmental consequences are yet to be determined. In an initial study of such issues, researchers at Cornell University dusted Bt corn pollen onto the leaves of milkweed plants, which are the sole food for the caterpillar stage of the endangered monarch butterfly. Nearly half of the monarch caterpillars that fed on those leaves died, and the remainder grew to only half their normal size. What other animal species may also be affected by genetically altered plants? Suffice it to say that more testing must be done before we can know the long-term effects that these crops may have on the environment”or, for that matter, on our health. According to the U. They identified industrial chemicals with an average of per umbilical cord. Compared to adults, children breathe more air, drink more water, and eat more food for their relative weight, and may also be less capable of eliminating some toxins; for example, children absorb about half of the lead they ingest, whereas adults absorb only one-tenth. Children also play close to the ground and have hand-to-mouth activity that increases their exposure to toxins. Today, most food grown in America comes from corporate agrifarms that produce monocrops, and our soils are being depleted as a result. Chemical fertilizers add only the nutrients necessary for healthy plants, not nutrient-rich foods. Worse, chemical pesticides can damage our nervous and immune systems and are especially harmful to children, who are exposed to more pesticide per unit of weight than adults are. Nearly three-quarters of the produce consumed by small children contains pesticide residue. In , the U. The CDC report showed that children and women of child-bearing age carried the heaviest pesticide burdens”which is alarming, because pesticide exposure in the womb and during the first three years of postnatal life has been found to lower birth weight, increase the incidence of birth defects, and hinder normal neurological development and reproduction. In “, pesticide residues were found on 19 to 24 percent of all produce. Pesticide residues on imported foods have increased in the last decade, and we currently import many foods grown with DDT and other pesticides that have been banned for use in the United States. As of January , however, all imported foods are required to meet current United States standards for allowable pesticide types and residue level. And fortunately, organic farming and integrated pest management combining natural insect-control methods to reduce the use of pesticides are gaining momentum. Tobacco An emerging concern is second-hand smoke or environmental tobacco smoke ETS , which is the smoke that drifts into a room from a cigarette plus the exhaled smoke from a smoker. About a quarter of American adults smoke, half to a third of all children under the age of five years live in a household with a smoker, and children who live with smokers have more respiratory problems and more health problems in general. A study by the EPA reported that ETS causes ,” respiratory tract infections in infants and toddlers under the age of 18 months, resulting in as many as 15, hospitalizations. Children with asthma are especially at risk from ETS. ETS affects between , and

1 million asthmatic children each year. And of the over 4,000 chemicals that have been found in cigarette smoke, at least forty-three of them are known to cause cancer. Cotinine, an easily measured metabolite of nicotine, is used to determine the health risks of people who are around smoke. High cotinine levels, which correlate with cancer risk, are commonly found in nonsmokers. The more branches and connections made, the larger the brain will be. Lead is toxic even at extremely low levels. There is no known biological use for the element in the human body and no known safe level of lead in children. Early lead exposure is associated with cognitive deficits that persist into adolescence and adulthood; one study, for example, demonstrated that high-school students with high lead levels in early childhood had a sevenfold increase in failure to graduate. High levels of lead have also been found in children with autism, attention deficit disorders, and learning problems. High lead levels, whether in childhood or adulthood, can translate into problems with thinking and behavior later in life, and in extreme cases can correlate with criminal problems. A major effort has been made in the United States since the 1970s to reduce lead in the environment. In 1971, former U.S. Secretary of the Department of Health and Human Services Louis Sullivan declared lead poisoning to be the most serious environmental disease of North American children. A recent CDC report shows that the number of American children with lead levels above 10 parts per million dropped from 4.5 million in 1978 to 1.2 million in 1991. This great improvement is due to an active public health campaign to remove lead from gasoline, paint, and other products, but lead toxicity continues to be a huge problem in America and worldwide. Mercury The exposure of children to mercury during pregnancy and breast-feeding and from fish, vaccinations, dental amalgams, and coal-powered fuel plants is of grave concern for neurological development. Mercury readily passes through the placenta to the fetus. Even at low levels of exposure in the womb, the effects of mercury on the fetal brain and nervous system can lead to later problems with memory, attention, language, and other skills. Through regular vaccinations, our infants and children take in potentially toxic doses of mercury from the vaccine preservative thimerosal, which is 49 percent ethylmercury by weight. The number of recommended immunizations rose significantly in the 1980s, and until recently a typical child received a cumulative total of 100 micrograms of thimerosal. Parental outcry has resulted in the removal of thimerosal from many current vaccines, but not all. Although most children are able to rid their bodies of this toxin, at least 15 percent of children have poor detoxification capabilities. A controversial but growing body of evidence links increasing levels of mercury in immunizations to outcomes including autism, developmental delays, and other learning disabilities visit the website www.immunization.org. Immunization is of great personal and public benefit, but be sure to ask your physician to use only vaccines that do not contain thimerosal. In 1997, the National Wildlife Federation documented that concentrations of mercury in New England rainfall were up to four times the safety limit established by the EPA. Sixty-three percent of this mercury comes from coal-fired power plants and from incinerated mercury-containing products. Mercury from these sources pollutes our water, air, and land, and ultimately our food supply. Fish consumption is the most common source of mercury exposure in the general population. Mercury from food is 90 percent absorbed and deposited into our tissues, with the highest concentrations residing in our kidneys, liver, red blood cells, bile, brains, testes, and nervous systems.

Chapter 4 : Digestive Wellness - About Liz

"Digestive Wellness for Children" is a primer for all parents who are interested in learning about, and actively supporting, their children's digestive health. It provides practical instructions for keeping children healthy, for healing them when they aren't, and for feeding them healthful How to Strengthen the Immune System & Prevent Disease.

Health information you can trust! Guiding you to the best of Integrative Healthcare Offering nutrition education programs, business consulting, and publishing. Director of the Innovative Healing Mentoring program Helping new nutrition professionals develop their knowledge base and skills Director of the Innovative Healing Advanced Nutrition Forum Facilitating the exploration of cutting edge knowledge for advanced nutrition practitioners. Faculty â€” Institute for Functional Medicine Functional medicine provides a powerful new operating system and systems-based clinical model to replace the outdated and ineffective acute-care models carried forward from the 20th century. Faculty â€” Autism Research Institute ARI is dedicated to developing a standard of care for individuals with autism spectrum disorders and their families. Advisory Board â€” Autism Hope Alliance An alliance of many organizations that provides support for families with autistic children through education, financial support and volunteerism. Advisory Board â€” Food as Medicine Professional training programs to provide the best introduction to medical nutrition therapy in the US, offering participants the latest in science-based nutrition education. Advisory Board â€” Ceres Foundation Providing infrastructure funding for the development of new schools, financial support to existing educational programs, and grants to support non-evasive, non-life threatening, but life changing medical procedures in developing nations. Digestive Wellness, Fourth Edition â€” This comprehensive work offers hundreds of practical ideas for digestive problems. Lipski brings together all the latest clinical studies on digestion in this groundbreaking book. Digestion Connection â€” Available exclusively from Rodale Press. This hardbound book is an updated and expanded version of the fourth edition of Digestive Wellness.. If they have good health, they deserve to keep it. This occurs when the intestinal wall becomes inflamed and irritated, losing its ability to function. The intestinal lining has the important job of allowing nutrients to be absorbed through it, while keeping out inappropriate substances. With Leaky Gut, these inappropriate substances enter the bloodstream, which can overburden the immune system and degrade our health. Enjoy them by joining Access to Health Experts. Lipski is nationally known for her pioneering work and expertise in the field of functional and integrative nutrition, and digestive health. Lipski is a contributing author for the book Integrative Gastroenterology, co-authored a chapter for the IHMT Study Guide, and is published in peer reviewed journals. Through her work at MUIH she is training the next generation of nutritionists. She is also bringing the current state-of-the art in clinical nutrition to current healthcare practitioners by speaking at professional conferences, teaching for IFM, and offering webinar-based mentoring programs and advanced nutrition forums for nutritionists, dietitians, and other clinicians through her company, Innovative Healing Inc. Education Programs As of Liz is offering masters level nutrition education programs through Maryland University of Integrative Health. Looking forward, her Maryland University of Integrative Health programs will be offered as distance learning programs in the fall of She plans to add doctoral programs and bachelor completion programs in nutrition over the next few years. Her long term goal is to provide nutrition education from the undergraduate to post doctoral levels throughout the world. Lectures, Seminars and Publications.

Chapter 5 : Digestive Wellness for Children (ebook) by PhD. Lipski |

Helpful Links Digestive Wellness for Children. Your child can be healthy and happy. Access to Health Experts. Access to Health Experts is your guide to the best in Holistic Healthcare.

Chapter 6 : Digestive Wellness for Children - Dr. Liz Lipski

Free 2-day shipping on qualified orders over \$ Buy Digestive Wellness for Children at theinnatdunvilla.com

Chapter 7 : Retro “ Digestive Wellness | Underground Wellness

A perfect primer for all parents who are interested in learning about, and supporting, their children's digestive health.

Chapter 8 : Digestive Wellness for Children : Elizabeth Lipski :

DIGESTIVE WELLNESS FOR CHILDREN The health of our children is determined by their environment, the food they eat, the media they consume, the way they use their bodies, the love (or abuse) they receive, and the chemicals to which they are exposed.

Chapter 9 : Digestive Wellness | Nutrition

Over , copies of this book have been sold! The author presents research and clinical experience to draw the link between physical and mental health, the foods and beverages we consume, and digestive health.