

## - Children—nutrition

# How Important is your child's health?

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“Healthy eating is a way of life, so it's important to establish routines that are simple, realistically, and ultimately liveable.”



Small lifestyle changes can lead to a huge improvement in health that will have lasting consequences now and well into the future. I am passionate about empowering people to take the best care of themselves and their family, particularly in these uncertain and challenging times.

We all want what's best for our children

Many parents are confused with the often-conflicting messages circulating in the media and elsewhere. Hence, why I have developed a 1-hour seminar to cut through the hype and hysteria to provide clear and concise information that will empower parents with confidence and skills to nourish and protect not only their children, but their whole family.

I am a strong believer in everything in moderation, we should encourage children to eat foods of the rainbow (not skittles or M&MS).

A few highlights of things you will learn:

Simple strategies in what you can do at home to prevent or minimise the effect of illness in your family.

We will look at a number of nutrients and their impact on health, particularly the immune system.

- lunchboxes and suggest some quick and easy options.

- what foods are high in these essential immune-boosting nutrients, such as vitamin d, vitamin c and zinc so we can sneak them into our meals.

- delicious recipes are included and how to get children interested in consuming these foods.

We know that this is not always possible in our busy lifestyles. Would you consider children's nutritional supplements to support a healthy immune system? We will take a look at some quality products on the market and the science and research on the effectiveness on each of these. I will also share with you my top five 'go-to' products I use with my own children.

How our gut health (digestion) impacts our brain (mental health) through the gut-brain connection.

- Do you know how often your child does a 'number two'? Bowel movements are a great indicator of health. Being regular from a young age is important. Simple daily lifestyle strategies will be discussed to keep your system in good working order.

This will be a fun and engaging session for parents to learn how to keep their children's immune system in top-notch working order with diet, nutrition and lifestyle to avoid or minimise the effects of poor health.

All in attendance will receive a gift bag with essential items and resources from the session as well as a number of prizes to be won.

Every time you eat is an opportunity to nourish your body.