

LIVE WELL. NATURALLY.

DR. LISA KEEN, ND



back to school special

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BACK TO SCHOOL BUGS

It's back to school time, and that means increased exposure to all the good, bad and ugly bugs out there. September is the perfect time for parents to jump on board with an immune-boosting prevention protocol for their kids to help give them the best defence against cold and flu season. This process is especially important for children because their immune systems are more actively "learning" and developing the acquired immunity needed to fight off infections as they repeatedly encounter the same organisms. By supporting and enhancing this learning process, your child's immune system will develop properly and stay strong throughout their lifetime.

Book an appointment with Dr. Lisa today to find out the most effective ways to stimulate and support your child's immune system this school year.

Easy ways to promote optimal immune systems in children:

Encourage them to wash their hands frequently with regular soap and water. This is especially important when returning home from school or activities to avoid spreading infection.

Provide an optimal diet with little sugar, plenty of fruits and vegetables, whole grains and adequate protein. This provides an ideal alkaline environment, where it is tougher for harmful microbes to gain a foothold.

Make sure your child is well hydrated by drinking 3-4 cups of fresh spring water per day.

Decrease consumption of juice as sugar depresses the immune system.

Physical contact enhances immunity! The more you hug and snuggle with your child, the stronger his or her immune system will be.

Ensure your child is sleeping well at night. If sleep is a problem for your child, talk to your naturopathic doctor about your concerns and possible solutions.

BACK TO SCHOOL SPECIAL

For the month of September, Dr. Lisa is offering a **10% discount on the following services for infants, children, teens and university students:**

- Initial and return visits
- All in-house testing including food sensitivity testing and phenolic testing

Also for the month of September, we're offering a special on an initial visit plus food sensitivity testing for \$385 – a \$50 savings. Please note that this is a 2-hour appointment.

Most corporate benefit plans cover naturopathic doctor visits up to a certain amount. Contact your insurance provider for details.

The 10% discount does not include supplements. In order to receive promotional rates, please mention this ad.

JOIN THE FOOD REVOLUTION

Take part in the food revolution that is sweeping the nation and help give your kids the tools to plan, shop and prepare healthy, nutritious foods. Get them involved in making their own lunch and preparing snacks. Not only is this very empowering, but this can affect lifelong eating habits. Healthy foods provide growing bodies the essential nutrients needed for growth and development. This enhances brain development and mental abilities, improves self-esteem, and reduces anxiety and depression as well as hyperactivity. Studies have shown that kids who learn healthy eating habits at an earlier age are more likely to make healthy food choices later in life.



The key to making healthy delicious snacks that kids will enjoy is to make them as fun and appealing as snacks seen on television.

Here are some fun snack ideas to try with your kids:

Fruit kabobs – Use colourful fruits such as kiwi, strawberry, grape, pineapple and apple to create a fruit kabob that kids can grab and go.

Trail mix – Mix together dried fruit, nuts, and seeds. Keep in fridge for freshness

Berry bowl – Mix together organic berries in season including blueberries, blackberries, raspberries, and strawberries – all high in antioxidants. Add a dash of cinnamon to spice it up.

Natural nut butter on pears or apples.

Veggies with hummus, guacamole, herbed cream cheese or almond tapenade.

Frozen grapes – Grapes are high in flavonoids, which help protect cells from free-radical damage. No added sugar and have consistency of mini-popsicles.

Root fries – Healthy alternative using yams, sweet potatoes, rutabagas, beets and/or parsnips. Cut into "fry" shape or dice them. Place into a glass baking dish, drizzle with extra virgin olive oil and add your favourite spices/seasonings such as salt, pepper, rosemary or dill. Bake at 375°F for 45 minutes or until soft.

Ants on a log – Put unsweetened nut butter on celery sticks and sprinkle with a line of raisins.

Chips and salsa – Organic baked blue corn chips with fresh organic salsa.

Raw energy balls – See the following recipe for this delicious and easy snack idea.

Raw Energy Balls

This is a great snack to take with you on a long hike or a long day at work. You can also add one to your child's lunchbox for a sweet, nutritious treat.

- 1 cup raw almonds or walnuts
- 1 cup Medjool dates, pitted
- ¼ cup raisins
- ¼ tsp cinnamon
- ¼ tsp ground cardamom
- ¼ cup raw almond butter
- ½ cup shredded organic coconut



In a food processor fitted with the "s" blade, pulse the almonds until finely ground. Add the dates, raisins and spices. Mix to a fine meal. Add the almond butter and process again until thoroughly mixed. Form into balls and roll in shredded coconut.

Store in a sealed container on the counter for up to 3 days, or refrigerate for up to a week.

Makes about one dozen balls.

Taken directly from "The Whole Life Nutrition Cookbook" 2nd Edition by Alissa Segersten and Tom Malterre, MS, CN. A complete nutritional and cooking guide for every stage of life, including over 200 gluten-free, dairy-free, and egg-free recipes. This cookbook is available for purchase at Synergea Family Health Centre.

Dr. Lisa's Fall Hours

- Tues. 2 pm – 7 pm
- Wed. 8 am – 1 pm
- Thurs. 2 pm – 7 pm
- Fri. 8 am – 1 pm
- Sat. 9 am – 2 pm

Call today for an appointment. New patients welcome!

DID YOU KNOW?

Food intolerances can affect sleep due to histamine released in the brain. This disturbs a person's biochemistry and can lead to sleep disturbances.

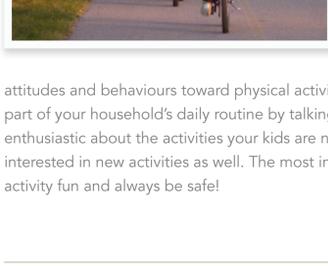
Pumpkin seeds are a rich source of omega-3 fatty acids, which help support brain and nerve development as well as learning capabilities.

Teenagers really aren't lazy! Studies have shown that the circadian rhythms of teens suggest that puberty may cause a shift in a child's natural sleep-wake cycle. If given the opportunity, they will sleep in late as well as go to bed much later, a pattern that doesn't typically fit with a school schedule.

Incorporating mind-body exercises, such as yoga, into your child's activities will provide them with lifelong self-mastery and confidence. It also emphasizes good body alignment to help prevent injuries in their daily lives.

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LET'S GET PHYSICAL



With so many new and exciting technological advances in our world today, it seems like kids are spending more time in front of the television or computer instead of playing outside or doing physical activities. It is encouraged that kids and adolescents are physically active for one hour or more each day. This can include activities ranging from informal, active play to organized sports. As a parent, set a positive example for your kids and have an active lifestyle yourself. This will help shape a wonderful lifetime of healthy attitudes and behaviours toward physical activity for your child. Make it a family affair and part of your household's daily routine by talking walks together or playing active games. Be enthusiastic about the activities your kids are naturally drawn to, but encourage them to be interested in new activities as well. The most important thing above all is to make physical activity fun and always be safe!

GETTING ENOUGH Z'S

Are your kids getting enough sleep? Do they have a regular sleep routine that they follow consistently? Sleep is a crucial part of a healthy lifestyle and is very important for normal growth and development. It also gives the body time to heal.

We require different amounts of sleep throughout our lifetime. Infants tend to sleep and wake at all times of the day or night, sleeping in 50- to 60-minute cycles. By the time they are four months, they may sleep 6 to 8 hours at a time. By six months, they may be sleeping as much as 10 to 12 hours per day including nap time. School-aged children require about 9 to 12 hours of sleep per day. Teenagers continue to need around 9 to 10 hours a night, compared with the 7 to 8 hours needed by adults.

Ask yourself the following questions to assess if your child is sleep-deprived: Are they able to fall asleep within 15 to 30 minutes of going to bed? Are they able to wake up in the morning without feeling too groggy? Are they awake and alert at school? If you answered "no" to any of these questions, you may want to re-assess and develop a more effective bedtime routine for your child.

Tips to help your kids get to bed and sleep quickly and effectively:

Once kids start to slow down and get tired, that's the time to be in bed and ready to sleep.

Avoid the "second wind" of energy by finding this point, subtract 30 to 45 minutes and use this time to start the bedtime rituals.

Read stories together. This is a wonderful way to end the day.

Make the bedtime routine relaxing and of fairly limited duration. The child should know that at the end of the ritual, it is time for sleep.

Consistency is the key. Children feel at ease and more relaxed when they can predict their future, including sleepy time.

Avoid vigorous activity or play right before bed. Avoid sugary, refined snacks or caffeine before bed. Avoid excess stimulation such as TV, radio, loud music or bright lights at least 45 minutes before bedtime.

Make their sleeping environment calm and comfortable. Most children are sensitive to excessive temperatures or excessive noise. TV, computer or video games should not be accessible to kids while they are falling asleep.

If you think your child may have a more complicated sleep problem or you would like more sleep suggestions, consult Dr. Lisa for further assessment or referral.

WHAT OUR PATIENTS ARE SAYING

"I believe as parents we want the best team of health care professionals looking after our child. That is why my wife and I have Dr. Lisa on our team taking care of our 3-month-old daughter, Kyra. Dr. Lisa always has a warm smile, gentle hands and a calming, soothing spirit. With her amazing energy and immense clinical knowledge, my wife and I know that we are in good hands. It takes a lot to entrust the health of your child to another person, but we know that Dr. Lisa always has Kyra's health as her number one priority, and we love her for it!"
–Dr. Michael Brennan

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"What greater gift can you give your child for school than a strong immune system? I don't remember the last time my daughter was sick since seeing Dr. Lisa."
–M.M.

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"I took my nine-year-old daughter to see Dr. Lisa Keen last summer due to a weak immune system. She had been catching a cold or flu every couple weeks, and I was quite concerned. Dr. Lisa Keen was very professional, kind and knowledgeable. She prescribed some naturopathic medicines and vitamins that I began giving my daughter immediately. The change in my daughter's health was amazing! She did not get sick the entire school year even during flu season when most kids in her class were ill. We've continued visiting Dr. Lisa Keen for general health upkeep and I recommend her to all of my friends."
–J.D.

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DR. LISA KEEN, ND

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SYNERGEA FAMILY HEALTH CENTRE 9 ARBOUR LAKE DRIVE NW, CALGARY, AB

NOW WELCOMING
NEW PATIENTS

CONTACT
US TODAY

HOURS: MON - FRI 8:00 AM - 7:00 PM
SATURDAY 9:00 AM - 4:00 PM
CLOSED SUNDAY