

TRUE *Medicine*

Natural Health & Beauty

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- For health tips
- Diets
- Recipes
- Or blog a comment

Clinic Hours:

- Tue-Fri 8am-6pm
- Sat 8am-12noon

Bookings essential.

Electronic health fund claims,
EFTPOS & Credit Card facilities
available

Food for mental acuity

As we enter the final school semester, we should give some thought to preparing our children for end of year exams. This also applies to university students and, of course, teachers who will have to mark all the exam papers.

Our brain has a high need for good nutrients and lots of oxygen.

Oxygen and the brain

Oxygen is carried to the brain via the blood so lots of physical exercise in the fresh air helps keep the brain functioning at full capacity. Any work done on the computer should be interspersed with outdoor activities. It is also recommended to limit the times children spend in front of the television and playing electronic games.

How food affects our brain

Two British health organisations* have reported on how modern food processing has altered the balance of key nutrients people consume. This, coupled with reduced consumption of fresh foods, and

increased consumption of saturated fats and sugars, may be leading to memory problems, lack of concentration and even depression.

Conventional medicine is finally starting to appreciate just how much eating the right types of foods affects our mental health.

It is often the ways foods are processed and produced, as well as being genetically modified that diminishes their nutritional value. Beware of foods that have been 'fortified' with single nutrients. These are often synthetic and cannot be utilized by the body. Worse still, by adding a few isolated nutrients, the nutritional balance becomes distorted.

Our body was designed to eat natural foods as they are found in nature. Eliminating highly processed foods containing high quantities of:

- Trans fats
 - High fructose corn syrup
 - Artificial sweeteners
 - Additives, preservatives
- may help your child's brain

function better, improve their memory and also reduce the stress often associated with end of year demands.

Ensure your child starts each day with a fresh, nutritious breakfast. Pack a healthy lunch, varying the foods you serve daily. It is also essential that your child remains well hydrated throughout the day. Give them enough filtered water to see them through their active days. Remember we need 40mls of water per kilogram of body weight as a minimum. Increased demands occur with exercise and warm weather.

For personalized dietary advice and nutritional guidance, arrange a consultation by calling **3287 3015** today.

Visit my [website](#) for healthy food tips and recipes.

* Mental Health Foundation (UK)
BBC January 16, 2006

Burger with the Works and Extra Wheeze

The fast food lifestyle has long been known to contribute to the alarming prevalence of childhood obesity. Now, in the largest international study of its kind, fast food burgers have been shown to increase the risk of childhood asthma and allergy.

Assessing the impact of dietary factors in 50,000 children (aged 8-12 years) from 20 countries, the 10-year study found that

children in developed countries had a higher risk of asthma when they consumed fast food burgers on a regular basis.

In contrast, a diet high in fruit, vegetables and fresh fish reduced the risk of asthma.

Inflammation is thought to play a major role in this correlation. After a couple of fatty burgers and hash browns or fries, airway inflammation increased. The

increased prevalence of asthma and wheeze even occurred in children with no allergies.

Nagel, G et al: Effect of diet on asthma and allergic sensitisation in the International Study on allergies and Asthma in Childhood Phase Two. Thorax 2010;65(6):516-522



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