

SOUTHSIDE

HEALTH & WELLBEING

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Natural Health Care For Your Child

The amazing thing about children is not only all that they achieve day to day but also the potential of what they may achieve over their lifetime. We all want our children to be the best, the happiest and the healthiest they can be. Is your child meeting their potential?

Mixed messages

Day to day we are bombarded with so many mixed messages about how to look after our kids. People tell us our children are overweight, not focused, slow learners or bad eaters. There is also no shortage of ideas on how to "best" raise our children. On top of this we also have to be aware of how our children are influenced by TV advertising, their friends and the supermarket checkout. How do we make sense of all this information?

All kids are special

One simple fact is certain – kids do have special health requirements. Children are not simply smaller versions of adults. Children are actually physiologically different in the way their bodies work compared to you and I. Have you noticed that kids suffer from different health problems to adults? For example glue ear or ear infection is common in children but less so in adults. When was the last time you heard an adult complaining of how annoying their colic or cradle cap was?

So we know that kid's bodies work differently than adults, and they also have different health problems. It makes sense that adult supplements are often not suitable for children and that kids need specific remedies for their specific needs.

At Southside Health and Wellbeing we understand that just as kids have a unique sense of humor, they also have specific supplement needs. Our clinic specializes in supporting kid's needs, including:

- _ Fussy eaters
- _ Upset tummies including diarrhoea and constipation
- _ Colds, flus and coughs
- _ Attention deficit problems
- _ Bed wetting
- _ Allergies and asthma
- _ Growing pains
- _ Stress
- _ Immune support

We also understand that getting kids to take medicines or supplements can be a struggle! To overcome this we use a range of supplements that taste great and are versatile and usually come in powder or liquid form.

Here are some ideas that we give to parents of our little patients to help them get the benefit of great nutrition:

_ Our kids supplements may be taken straight off the spoon as they taste like a sherbet treat

_ They can be mixed into water or juice and frozen into ice blocks

_ Sprinkle the formulas into yoghurt

_ Blend with fruit or other flavors to make a smoothie

As your natural health practitioner, we have the skills and resources to help your child be the best they can be. Call the clinic to make an appointment to discuss how we can help your child achieve their potential. And if you find it a struggle to keep up with your kids, we'll be happy to help you with that too!

Homeopathic First Aid Kits Now Available!

We are pleased to announce that our homeopathic first aid kits are now available for purchase. Homeopathy is a very safe and effective method of treating your child's bumps and bruises. We are offering a 10% discount until the end of August for our entire email database. If you would like further information on the benefits of homeopathy call us on 9579 2480.