

What's happening to our children?

MICHELLE BEECH, NATUROPATH
BE YOUR BEST, NATURALLY!

In modern society, many illnesses such as asthma, allergies, AD/HD, autism, irritable bowel syndrome, digestive disorders, schizophrenia, anxiety and depression are on the rise, and our children are the most vulnerable.

There are many obstacles to effective healthcare for our children. Government health policies ignore and many GPs remain uninformed about digestive and metabolic conditions and environmental onslaughts impacting on our children's brains.

Multinational companies make huge profits from processed food, medicine and consumer products that are literally making our children sick. The result is a global epidemic of childhood disease as reflected in Australian health trends over the past 20 years:

- Autism: nearly 1 in 100 Australian children
- ADHD: 1 in 4 Australian children
- Allergies: 1 in 3 Australian children
- Cancer, diabetes, obesity and depression have more than doubled
- Wide-spread nutritional deficiencies are adversely impacting on IQ and immunity.

We shouldn't despair. This is an exciting time in the science of nutritional, naturopathic and integrative healthcare. Hundreds of studies are coming out in support of diet, targeted supplementation and lifestyle modification as effective treatment options for ADHD, allergies, asthma, autism and more.

Nutritional scientists worldwide are finding malnutrition and toxicity, inflammation and oxidative stress common to many conditions. Our environment more than our genes is driving this *epidemic in epidemics*.

The good news is that we can all do something about our environment, especially diet and lifestyle!

What is the Mindd Foundation? www.mindd.org

Mindd is an acronym for **M**etabolic **I**mmunologic **N**eurologic **D**igestive **D**isorders that often affect the mind.

- Michelle is a Mindd Foundation accredited practitioner. Her treatment protocols cover digestive tract health, dietary intervention, nutritional supplementation and detoxification.
- Michelle can also recommend appropriate testing and integrative therapies to treat the whole individual and assess the underlying causes.

Michelle welcomes your enquiries and looks forward to partnering with you to achieve better outcomes for your child.

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References:

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- Allergies; B. Hill, Australian Society of Clinical Immunology & Allergy Annual Conference, Nov 2003.
- ADHD & Mental Health; M. Sawyer, Australia & New Zealand Journal of Psychiatry, 2001
- www.mindd.org website