

Calming Tension and Troubles from Toddlers to Tummys



Simplifying Summer

When someone you are close to suffers from a mood disorder, the **excitement of summer vacation** is probably not as great as for others. Anxiety and depression have a way of putting the brakes on many of life's most enjoyable times.



This month's issue deals with the **widely misunderstood topic of mood disorders in children**. The more information you have as a parent, the more you'll be able to provide support to other members of your family, as well as **effectively cope with the stress** that comes from living with a person with mood disorders.

Also in this month's issue, we bring you insight on the link between anxiety and GERD, which **causes a lot of discomfort** in many who suffer from high levels of stress.

By better understanding how effective stress management can lessen anxiety, you can therefore **take control of nervous system health and acidity levels in the stomach**.

Finally, **learn to relax!** It's summer, an ideal time for you and your family to discover helpful techniques that can change your life!

Family Matters...

How family interaction can affect your child

During childhood, we **develop both physically and mentally** to prepare ourselves for the challenges of adulthood. The skills we learn during games and interactions with others have a profound effect on our individuality.



When a **child suffers from symptoms of depression and anxiety**, many of those activities can be severely disrupted-- and cognitive development can greatly suffer as a result.

It is estimated that **1 in 10 children suffer from some form of anxiety disorder**, including depression, generalized anxiety disorder, and obsessive compulsive disorder.

Anxiety disorders are diagnosed in just as many boys as girls, and can affect children even in the stages of infancy. It is devastating to see a child suffer from **symptoms of depression**, and extreme care must be taken to appropriately address the often painful symptoms.

[MindSoothe Jr.](#)™ supports balanced mood and emotional health in children



[Learn more about Mindsoothe Jr.](#)

Parents and siblings of a depressed child may feel guilty and helpless, but it is important to **remain positive and focus on the small things** that can make a big difference in the depressed individual's outlook.

Similar to identifying anxiety disorders and depression in adults, **diagnosing children is not a simple task**, either. Different evaluations will be performed and a treatment plan will be recommended based on a thorough examination by the child's physician.

Variations in a child's behavior that seem to have no apparent cause should be carefully evaluated, as well. Sadness that results from a loss, including death of a loved one, changing schools, moving, or that lasts more than a few weeks should be considered possible depression and checked out.

Other **anxiety disorders in children** can cause more severe symptoms. In the case of bipolar disorder (also known as manic depression), mood swings will be intense and abrupt with alternating periods of **hyperactivity, sadness, explosive tantrums and rages**. Sometimes the symptoms of bipolar disorder overlap or are mistaken with attention-deficit disorder with hyperactivity (ADHD), obsessive-compulsive disorder (OCD), oppositional defiant disorder (ODD) or conduct disorder.

Unfortunately, **anxiety disorders and depression are complex illnesses**, and there is no specific test to definitively identify a single cause. **Risk factors that could predispose a child to depression** include a family history of mental illness and loss of a parent at a young age due to death, abandonment or divorce. However, symptoms have also been observed in infants before some of these factors come into play, so it is believed **some forms of depression in children are related to chemical imbalances**-- although depression can result as a combination of factors, as well.

Some **symptoms of an anxiety disorder** can be easily noticed by a parent, sibling, or teacher. They can resemble symptoms of adult depression and may include:

- Prolonged sadness and irritability
- Low self-esteem or feelings of worthlessness
- loss of interest in previously enjoyed activities
- Appetite changes
- Irregular sleep patterns
- Difficulty concentrating
- Anger
- Headaches and stomachaches or other unexplained physical pains
- Fluctuations in activity and energy levels (the child either becomes more lethargic or more hyperactive)
- Recurring thoughts of death or suicide

Parents should be aware that a **healthy diet provides the groundwork for both physical and mental health** for the entire family. Natural remedies combined with a healthy lifestyle can greatly support balanced mood and well-being. Overall **health is especially supported through a balanced diet**, with plenty of fruits, vegetables and lean meats.

Regular exercise -preferably outdoors- will enhance blood circulation and the delivery of fresh oxygen to the brain and major organs to **help maintain systemic balance**. Also, when possible, try to practice a group activity or sport that includes the entire family. This strengthens bonds and **helps the entire family group feel supported** and positive to conquer the challenges lying ahead.

Related Products:

[K-OK Kiddie Calmer™](#) - Helps reduce nervous exhaustion, specific fears and phobias in anxious children.

[Triple Complex Nerve Tonic™](#) - To support brain and nervous system health to support balanced

[Triple Complex Nerve Tonic™](#) supports brain and nervous system health to reduce common nervous tension and balance mood



[Learn more about Triple Complex Nerve Tonic](#)

mood

[Tula Tantrum Tamer™](#) - Helps reduce tantrums, soothe fiery tempers and reduce frustration in young children.

[Mom's Magic Trauma Sprinkles™](#) - Promotes comfort in children with distress due to shock, trauma and general upset.

[MindSoothe Jr.™](#) - Support balanced mood and stability in children.

[KiddieCool™](#) - Soothes irritability and restlessness, and promotes the effectiveness of child's natural cooling methods.

[PureCalm™](#) - Aids nervous system in stress resistance for balanced moods and feelings of well-being.

[BrightSpark™](#) - Support concentration, sharpen mental focus, and promote calmness.

[Focus Formula™](#) - Support concentration, memory and ability to focus attention without distraction.

[Brain Tonic™](#) - Supports brain health and maintains healthy concentration, memory and balanced mood in all ages.

[StudyPlus™](#) - Supports brain health, healthy concentration, mental alertness and memory function.

[A+ TestCalmer™](#) - Supports calmness and confidence in children and teenagers prone to test anxiety.

Testimonials:

"My 9-year-old ... forgets EVERYTHING you tell him. There is a big difference since he has been taking the [Triple Complex Brain Tonic](#) - the other day he even reminded me about a school meeting. It is such a relief to find something that works..." - Sandra G.

"[With [PureCalm](#)] I sleep better, I can handle everyday stress better, I'm not nearly as irritable, and I feel better about myself, and for the first time in years feel genuine peace of mind. Thank you from the bottom of my heart." - Kim, Washington, DC, USA

"Thank you, thank you, and thank you! The pills are so tiny and easy to take, he gobbles them down without a fuss-- my son calls them his "focus vitamins". I am really looking forward to him returning to school next month and seeing if his interaction and focus in the classroom is that much better." - C.M., MA, USA

Is Anxiety Giving You Heartburn?

How managing stress can relieve stomach discomfort

Modern day life often compromises systemic health, mainly due to poor stress management and anxiety. **Now stress is considered America's #1 health problem.**



A study performed by the American Psychological Association in September 2007 found that stress was a fact of life (79 percent of people agreed). However, according to survey responses, Americans routinely experience what they believe are **higher than healthy levels of stress.**

[Gastronic Dr.](#)™ supports ongoing health in the digestive system



[Learn more about Gastronic Dr.](#)

It is commonly known that **anxiety and stress can lead to or aggravate gastrointestinal disorders**, so it makes sense that a connection exists between stress, anxiety and stomach disorders like GERD or acid reflux disease.

Sometimes **everyday life can interfere with cues the body** sends to acknowledge its essential needs. When the realization is finally made that an **imbalance exists**, it has already taken the form of an ailment and subsequent symptoms that require prompt attention.

One-third of people in the U.S. regularly report experiencing **extreme levels of stress** (32 percent), and nearly one in five (17 percent) report that they experienced their highest level of stress 15 or more days per month. Even more alarming, nearly half of Americans (48 percent) believe that their **stress has increased over the past five years.**

A similar increase has been observed in the number of people reported to be suffering from **gastrointestinal disorders as well as obesity**. There is an obvious link between the two, and the culprits are most likely **stress and anxiety**.

Acid reflux aggravated by anxiety and stress needs to be taken very seriously, since excessive acid in the esophagus for a prolonged period of time can put **increase the risk esophagus cancer**.

Foods that can cause heartburn and worsen any pre-existing symptoms of GERD mainly consist of fried and spicy foods. Tobacco is also known to cause heartburn and indigestion and should be avoided as well.

Common foods that aggravate symptoms include:

[Digest Assist](#)™ supports healthy digestion and comfort after meals



[Learn more about Digest Assist](#)

- Citrus
- Chocolate
- Caffeine, soda and alcohol
- Fatty and fried foods
- Garlic and onions
- Mint flavoring
- Spicy foods
- Tomato-based foods, such as spaghetti sauce, chilli, and pizza

If **symptoms of GERD are caused by overindulgence**, then this habit must be addressed. Overfilling the stomach's capacity will push stomach acids up the esophagus- thus causing heartburn. Most people resort to over-the-counter-medication to treat their symptoms, but **some OTC medications can have the opposite effect and lead to dependence**, so they must be taken with caution. Certain medications for heartburn also cause problems, depleting the body's sources of essential vitamins and minerals, leading to further problems down the road.

[PureCalm™](#) supports feelings of well-being and soothes nerves



[Learn more about PureCalm](#)

There are many **natural ways to help alleviate symptoms of stress and anxiety that can be contributing to heartburn.**

Dietary modifications and exercise should be the first attempt to address the condition, especially if weight is an issue. Getting sufficient sunshine, **eating a wholesome diet**, and sticking to an **exercise routine** will work wonders to relieve pent-up stress. A daily walk after work is ideal for this purpose. **Relaxation techniques** such as deep breathing and meditation can also be used to **support emotional and nervous system health** and facilitate digestive balance and harmony.

And of course- don't forget to use natural remedies such as plants and herbs that **promote nervous system balance**, healthy digestion and **balanced levels of acid** in the stomach.

Fennel, for example, can be eaten in salads and is a natural digestive.

The juice of one lemon mixed with warm water is a **natural liver tonic** and is especially beneficial when taken first thing in the morning. Ginger root relieves nervous tension, nausea, and is a natural digestive. Ginger tea before or after a meal is an excellent way of **promoting healthy digestion**. Finally, chamomile and mint have been used for thousands of years to soothe the nerves and support the digestive tract.

Tips and lifestyle changes to reduce stress, anxiety and heartburn include:

- Stop smoking naturally.
- Exercise regularly

- Avoid foods and beverages that aggravate symptoms.
 - If you are overweight, lose weight in a healthy and natural way.
 - Eat small, frequent meals with plenty of fruits and vegetables.
 - Drink cultured milk. Cultured beverages soothe the entire digestive tract.
 - Wear loose-fitting clothes.
 - Avoid lying down for 3 hours after a meal.
 - Prop your head up with pillows at night.
-

Related Products:

[PureCalm™](#) - Facilitate a calmed mood and soothed nerves

[The Calm Within CD™](#) - Support relaxation, balanced emotions and reduce stress levels

[MindSoothe™](#) - Support balanced mood, emotional health and feelings of well-being

[SerenitePlus™](#) - Natural sleep tonic for a restful night

[Serenite Jr.™](#) - Supports healthy sleep patterns in children and babies

[ImmunityPlus™](#) - For full immune system support

[Digestion Tonic™](#) - Support health, functioning and balance in the digestive tract

[Natural Moves™](#) - Support healthy open bowels and naturally maintain bowel regularity

[Gastronic Dr.™](#) - Support ongoing health in the entire digestive system and stomach lining

[DigestAssist™](#) - Support healthy digestion and comfort after meals

Testimonials:

"I have been running a very stressful business (advertising!) for 6 years now and got caught up in the whole clubbing scene and all the vices that accompany that type of lifestyle. The combination of work stress and partying hard took its toll. I was a mess and felt like I needed to take stock of my life. My prayers were answered with non-addictive herbal remedies like [MindSoothe™](#) and [PureCalm™](#) that acted like shock-absorbers, giving me the time I needed to recover and learn to cope with life's ups and downs using my own common sense - a big thank you for showing me the way and bringing my life into a sphere of peace and self management. Incredible!" - WG, Cape Town, South Africa

"I want to take a moment to tell you how grateful I am to have found your products. So grateful in fact that I am thinking of adding them as a product line to my store. I am not one that puts a lot of value in testimonies. I usually tend to think that the people giving them are paid to say what they say, but here I am now giving one. What compels me to write this is how I watched my husband suffer from everyday

stress. Doctors were going to put him on medication. Desperate for a solution that wasn't going to risk addiction, I got on the internet and this site popped up on my first search. I subsequently ordered the [PureCalm™](#) for him. We were willing to try anything at this point. He started taking the PureCalm and seems more at peace with life. I want to thank you, your staff and anyone else involved with these products. You have given me back the man I married. Thank You!!" - Nancy, NY, USA

"Thanks to your sound advice and superb products; every meal is a pleasure for me. I have recommended [Gastronic Dr.™](#) to a girlfriend and she says she's already feeling results!" - Sidney

"Not only has this remedy helped me with a good night's sleep every night, but it has also helped me feel much more positive. I can't tell you what a difference this has made to my life... after going through a really bad year. I will always be grateful for your help." - S.C

Gaining Mindfulness Through Meditation

How to begin the healing

Meditation is a discipline where the mind's intent is to **gain focus and concentration power**, while at the same time touching a higher state of consciousness. The idea behind meditation is to **relax the body and focus thoughts on one thing** for a sustained period of time.



The University of Wales has found that **teaching mindfulness through meditation to people suffering from depression** helps them cope with the negative thoughts present in their minds by emphasizing positive attitudes and behaviors.

Depending on your experience, you may be able to meditate for a few minutes a day or for hours at a time. Focusing your thoughts like this **occupies the mind, taking it away from the problems** that are causing you stress. It gives your body time to relax and **recover from the stresses of the day**, and clear away stress-related hormones that may have built up within the body.

Here is a **brief overview of how to get started** with what is known as "mindful meditation."

Once you make the commitment to **dedicate a few minutes each day** to your mediation, you will need to establish a time and place where you will practice. This will ideally be a **clutter-free and quiet area** that is dimly lit, if possible.

Sit comfortably with loose-fitting clothing. Once you're comfortable, **focus your thoughts on one thing** such as your breath, a thought or mantra, or the beating of your heart. If you feel your thoughts start to drift away from the element of focus

[The Calm Within CD™](#)

helps to relax your mind & body and reduce stress as well as support balanced emotions and healthy levels of stress-regulation.

(they will!) don't fight the urge, but **gently re-focus your thoughts**.

Breathe deeply in through the nose and out through the mouth and try to be aware of the relaxation each breath radiates to your body. In the beginning, even 1 minute may seem like too much. This is especially true for **individuals suffering from mood disorders such as anxiety and depression**.

However, with each practice, the **ability to focus will increase and the benefits are amazing!** Try to work your way up to 5 minutes during the first week and gradually increase until you are able to meditate for a minimum of 30 minutes each day. Pretty soon, **you'll start to wonder how you ever lived with out it!**



[Learn more about The Calm Within CD](#)



[Sign up for our !\[\]\(9c4f697052545ae4fab36076e03db94f_img.jpg\)](#)
[Email Newsletter](#)
[& Receive a Free](#)
[Health Ebook!](#)



[Click to join AromatherapyOne-O-One](#)

The content of this ebook is intended for informational purposes only.

It is not intended to diagnose or treat any medical condition. Nothing in this ebook is intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.



[Elderberry Syrup](#)

Created for Planetary
Herbals by licensed
acupuncturist and clinical
herbal



[Mushroom Glyco Nutrients](#)

NOW® Mushroom
GlycoNutrients is a nutritional
supplement designed to
suppor



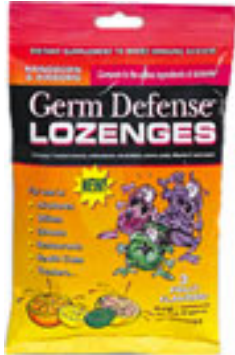
[Zenergize Immunity, Citrus](#)

Getting sick (or at least
pretending to) was sort of fun
back in the old da



[VRL-X](#)

Overall health can often occur naturally if the body receives the proper nu



[Germ Defense Lozenges](#)

Germ Defense Lozenges are dietary supplements used to boost your immune sys



[Click to join NaturalHolisticHealth](#)



Great Health Sites

[Natural Holistic Health Blog](#)

[Natural Herbs & Remedies](#)

[Akobi Natural Health Database](#)

[Natural Pet Health Blog](#)

[Anxiety Depression Info](#)

[ADHD Info](#)

[Mom's Blog](#)

[Natural Men's Health](#)

[Men's Health Zone](#)

[Women's Health Nurse](#)

[Bowtrol Colon Cleanse](#)

[Herbal Health Buy](#)

*Alternative
Healing
Academy*



Home Study
Certification
Programs
in Reflexology,
Aromatherapy,
Color & Crystal
Therapy



[Mountain Rose Herbs](#)

[BioSonics - Healing With Sound](#)

[Natural Health Ebooks](#)



Natural Remedies

[Native Remedies](#)

[Natural Health Supplement Shop](#)

[PetAlive Herbal Remedies](#)

[Xtend-Life - Natural Health Products](#)





PetAlive.com
BY NATIVE REMEDIES...NATURALLY



**Safe &
Effective,
Natural
Remedies
for your Pets**

CLICK HERE

Special Message



Rediscover
Passion



**Optimal
Wellness**


- Anti-aging
- Scientifically Formulated

Scientifically Formulated

ALL NATURAL
no side effects


XTEND-LIFE
Natural Products

[MORE INFO](#)



NativeRemedies
THE NATURAL CHOICE

LIVE A HEALTHY LIFE!



Proven, Safe,
100% Natural Herbal and
Homeopathic Remedies
for You and Your Family

[CLICK HERE](#)