

# Natural Help 4...

# Increasing Appetite



## What is Lack of Appetite?

While there are many children who have an extremely healthy appetite, the opposite end of the scale are children, especially in the younger age group, who 'never' seem to eat. These children are typically very **picky eaters** and have **poor appetites**. They frequently need to be begged or bribed to eat even the smallest morsel.

There is often a strong emotional component connected to food and this can add to a child's anxiety level. **Picky eaters** often tend to have weak constitutions and may get sick more often than other kids. This is because **proper nutrition** is one of the most important influences on a youngster's well-being and one of the best **ways to keep young immune systems in good working order**.

A varied, balanced diet that contains essential vitamins, minerals, proteins, carbohydrates and good fats promotes growth, energy and overall health.

## Diagnosing Lack of Appetite

Many parents are concerned about their children being **picky eaters**. Some children go through a stage of **disinterest in food and eating**. This is understandably worrying for parents, as proper nutrition is essential for **normal growth and development**. However children's appetites may vary naturally depending on their growth needs.

## What Causes Lack of Appetite?

As the rate of growth slows down in older toddlers, they often become '**picky eaters**' as their **nutrition requirements** slightly decrease, and they start to enforce their independence by voicing their likes and dislikes. It is also important to remember that developing personal tastes and a healthy will are perfectly normal and expected at this age.

Most children will grow out of this stage and continue to grow and develop completely normally, naturally developing more **balanced eating habits and hearty appetites**. If you are concerned that your child is not growing appropriately or is losing weight please consult your health care practitioner. Also see our Hints for Parents below.

## Help for Lack of Appetite

Food preferences are developed early in life and once they are established, they are hard to break. Therefore, the earlier you encourage **healthy food choices for**

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**your child**, the better! The example set at home is an important determinant of future food choices as your child watches you for clues on likes, dislikes and choices.

However, as children spend many hours a day away from home, in school and with friends, a variety of social and other factors influence what and when children eat. A major influence on children is television advertising, which often promotes unhealthy food selections.

## Making Sure Your Child Is Eating a Nutritious Diet

Much emphasis is placed on the need for 3 balanced meals per day. It is important to keep this in perspective. Although it is ideal to provide 3 balanced meals per day, we all have good days and bad days for eating and appetites can vary, even from day to day, depending on factors like activity levels and health. As long as your child's overall weekly diet is healthy and balanced, you don't need to get too hung up on analyzing each individual meal.

Mealtimes can also become emotional battlegrounds. If you feel that this applies to you and your child, do not hesitate to seek professional help. A nutritionist will provide you with **nutritional tips for feeding picky eaters**. Ignoring emotional problems around food can have far reaching **effects on your child's future relationship with food**, increasing the risk of anorexia nervosa, bulimia and other eating disorders later in life.

## Natural Remedies for Boosting Appetites


There are a variety of herbal ingredients that are perfectly suited to fussy and sporadic eaters. Herbs such as *Emblica officinalis* and *Withania somnifera* naturally strengthen the constitution, **promote healthy metabolism, balanced mood and promote the health of the nervous system**.

*Emblica officinalis* in particular is a powerful source of vitamin C and also helps to increase body mass by stimulating protein synthesis. Other **nutritional tips for feeding picky eaters** include incorporating herbal ingredients such as *Trigonella foenum-graecum*, Ginger, and *Borago officinalis* to their diet to help **stimulate appetite and assist healthy growth**, thus addressing the root of the problem unlike nutritional supplements available in stores.

## Nutritional Tips for Feeding Picky Eaters

### For Toddlers:

- Get your child involved in choosing food in the shop - e.g. 'Would you like oranges or mangos?'
- Get creative and make meal and snack times fun! Cut bread into shapes, arrange carrots, tomatoes, etc to look like a face, offer healthy dips like yogurt for finger foods, fun and lively placemats, crockery, cutlery, etc.
- Take your child on a fun outing to the source of foods. Visit dairy farms, orchards, etc. While young children may not fully understand the concept, it may make them excited enough to try a new product or retry something they previously rejected.
- Fruit juice is healthy and 100% pure fruit juice is far better than flavored or



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### Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

artificial drinks. However, be aware that commercially prepared 'natural' fruit juices contain added fructose - or fruit sugars - and may be just as harmful on the teeth as sugar. The high caloric value of commercial fruit juices also reduces your child's appetite for food. The solution is to make the juices from fresh fruit at home and to offer after meals rather than before. If you must use store bought fruit juices, dilute at least 50% in water and remember the damage that can be done to teeth by a bottle or sippy cup being clung to all day!

- Make smoothies with fresh fruit, milk or yogurt. Even frozen and canned fruit can be used if necessary. Children who dislike the texture of smoothies may enjoy popsicles made from the mixture.
- Adding boiled egg white to smoothies will increase the protein content but the taste is undetectable.
- Bran or oat muffins will often be regarded as “cake”, yet they are a good source of grains and fiber. Use them as a vehicle for fruit and vegetables by adding in bananas, carrots, blueberries, zucchini, etc.
- Fortify favorite foods with extra vegetables or fruit but try and be up front about it if asked. You don't want your child to find out later and then have a full scale rebellion on your hands!
- Allow toddlers to feed themselves as much as possible with finger foods.
- Set a good example and young children will ultimately follow. Try to eat a good balanced diet and eat together as a family. This is much more fun for toddlers than eating alone!
- FUN! Most importantly keep mealtimes and food fun. Too much pressure and emphasis on eating can have the opposite effect and can result in negative feelings towards food. Treats are great too – just not everyday as substitutes for healthy eating.

### **For older Children:**

- Avoid turning meals into a power struggle – it usually doesn't help and makes your child more resistant to eating.
- Try and stick to regular meal and snack times and try to eat at least one meal together as a family per day.
- Offer liquids such as juice (see above) after the meal rather than before or during the meal.
- Try to avoid junk foods as they are high in calories but have low nutritional value. Just one small nibble of junk food can completely destroy the appetite of a [picky eater!](#)
- Use peanut butter (about 100 calories / tablespoon) as a spread or topping.
- Speak to your child and try to establish likes and dislikes. We all have preferences and allowing some choice helps children to feel more in control of their diet.
- Avoid eating in front of the television. Family meals in front of the TV on occasion will do no harm. However, eating regularly in front of the TV is distracting and often results in [picky eaters](#) eating less.

Finally a word of encouragement! Remember that, while we all worry about what our children eat, they are usually taking in more than we give them credit for. Many children who 'never' seem to eat maintain normal growth patterns when plotted on a growth chart and are healthy and full of energy. However, if you are at all concerned about your child's weight or growth, please be sure to consult your health care practitioner.

## **Ask Our Experts a Product Question**

If you have a question about one of our products, its usage or dosage, ask Michele and her team of experts about about it [HERE!](#) We will do our best to get you an answer within 24 hours.

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# The Natural Approach

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and freely used even by conventional doctors. While there are often heated debates about which system of medicine is ‘better’ than the other, many responsible doctors (whether they are allopathic or not) recognize that both have a role to play in the treatment program.

Natural medicine has often been frowned on by conventional doctors, especially by those who did not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby providing doctors with a wider range of treatment options from which to choose. In many countries, especially in Europe, India and China, natural and homeopathic medicines are commonly prescribed by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the body has an innate capacity to heal itself. While natural medicines are often called ‘alternative’ or ‘complimentary’ medicines, they are, in fact, a unique and independent form of medicine in their own right, well able to treat a variety of conditions. Perhaps the term ‘holistic’ medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine, which encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to support health, relieve symptoms and prevent future disease. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to support health (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer and that, in many cases, holistic medicine can accomplish just as much, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, natural medicines can work quickly and safely to promote healing.

In many cases, they can succeed where pharmaceutical drugs have failed. Despite



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frequent reports that they are 'unproven' and 'untested', the opposite is true. Natural medicines have a long history of usage and there is a wealth of empirical evidence to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to support the extensive traditional and empirical evidence behind natural medicines.

It is also important to know that, like any medicine, herbal and homeopathic medicines must be manufactured in the correct way, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately not all of them are equipped to manufacture to the correct standards, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – and giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called 'standardized' extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While 'standardized' extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have grave disadvantages. These include an increase in side effects as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which retains the benefits of ALL the active ingredients within the herb as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, always choose wisely. Research what is best for you. If you have a chronic or life threatening condition, don't make changes without first discussing them with your doctor in order that your condition may be monitored. Well informed and supportive practitioners will support patients who want to take responsibility for their own health.

In the treatment of depression, the following herbal and homeopathic remedies are often used as part of the treatment plan.

## **Related Natural Remedies:**

**Kiddie Florish:** Naturally encourages a child's healthy appetite.

Kiddie Florish is a 100% safe, non-addictive natural herbal remedy formulated by a Clinical Psychologist for fussy and picky eaters. Kiddie Florish contains a selection of herbs known for their **supportive function in promoting digestive calm and well-being.**

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In combination with a healthy lifestyle and balanced nutrition, Kiddie Florish

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3) All our remedies are manufactured in an FDA registered pharmaceutical facility under close supervision.

This includes formulation, acquiring and testing of raw ingredients as well as final manufacturing. This gives us the confidence to say that when you are buying a Native Remedies product, you are buying the safest and the best! We know what goes into our remedies - which is why we know what you will get out of them!

4) Manufacturing is done strictly according to the principles of GMP (Good Manufacturing Practice) and all raw ingredients undergo stringent testing before being approved by our registered manufacturing pharmacists.

5) We offer a free email [Ask Our Experts](#) service run by trained consultants ready to advise you on the best choice for your health.

6) We offer an unconditional [One Year Money Back Guarantee.](#)

supports a child's growing body, thereby helping to support growth through nutrient intake. Vital organs in the body that are instrumental in **regulating appetite, metabolism and energy** expenditure need systemic harmony to function properly.

The formula remains true to the **whole spectrum method** of herbal extraction, ensuring the bio-availability and balance of all the active ingredients contained in the remedy. This method of manufacture maintains all active ingredients in perfect balance – exactly as nature intended!

[Learn more about Kiddie Florish](#)

Read the testimonials for these quality products [here!](#)



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