

Take Care of Yourself & Your Kids This Summer



Summer Support

With vacations around the corner, children are already planning what to do with their free time. So are parents!

However, with the *fun* fast approaching, it's easy for parents to forget about sticking to a **continuity schedule for their children's remedies**. Your summer planning should include a strategy for keeping your kids on track with any remedies they are taking-- even if they are on a break from school.



If you are getting ready for summer and have a child with a learning disorder, this is the newsletter for you! Discover **simple ways of helping ensure that your child stays focused and make the most out of his summer vacation!**

Also in this ebook, you can discover helpful insight on the **link between obesity and insomnia--** and simple techniques to address both!

Stress management can help you **fight the battle of the bulge and get better sleep.**

During the hot days of summer a nice cold glass of H₂O can be very refreshing; but how much water do

you really need? Do you drink 8 glasses a day or do you drink water only to quench your thirst? We **explore the facts and myths** surrounding how much is really enough.

Summer is No Time to Slack (on your remedies)

Preparation Tips for ADD/ADHD Parents

With vacations and a more laid-back mindset the norm for many families during the summer months, **it is easy to neglect health routines** that are upheld during the school year... including maintaining exercise, diet, or even taking remedies.



Of course, both parents and children **need vacation time to unwind and relax** in a less structured (and arguably more creative way) than they are able to do at school. The long summer break offers an ideal opportunity for all of these essential activities!

However, many parents of children with concentration and behavioral problems such as [ADD/ADHD](#), ODD, anxiety, [Autism](#) and [Asperger's Syndrome](#) **report that vacations can be stressful for children as well as parents**. When they are over, children often take weeks to settle back into the routine of school.



Many times vacations seem to “undo” all the progress achieved during the school term. And then there is the issue of medication - should it be continued or should children give their systems a 'break' from medication during the summer?

Because **consistency in any holistic health plan** is so important for supporting health, **continuing regular dosage of natural remedies** should be a part of any vacation preparation.

[Brain and Nervous System UltraPack](#)

While no two children (or families) are exactly alike, here is some advice that I have given my own clients over the years to help them to **decide what is best for their [ADD/ADHD](#) children** during the summer break. This advice is often just as useful and applicable for parents of children with other learning, behavioral or emotional problems, as well.

Designed with products to complement each other, when used **together**, they provide the **maximum benefit for the brain and nervous system** to:

1. [Don't let go of the established routines and rituals.](#)
2. [Don't let diet go out of the window.](#)
3. [Don't overdo TV and computer games.](#)
4. [Do spend quality time with your child.](#)
5. [Do continue with their health supplements, herbal and homeopathic](#)

- Maintain healthy concentration and mental focus
- Support attention span and energy levels
- Maintain **balanced moods and**

[remedies.](#)

6. [Do encourage reading and fun-filled, yet educational activities!](#)

- soothed nerves
- Support regular sleep patterns

1. Don't let go of the established routines and rituals.

[Learn more about Brain and Nervous System UltraPack](#)

For most children, vacation is a time when they can be free from the boring routine of the school term. No more fixed bed times, bath times and meal times. No more rules and no more homework - just loads of fun! While this is okay for most children, **those with concentration and behavioral problems need routine and structure** in order to provide a safe and predictable framework within which they can operate.

Depending on the age of the child, try to maintain the usual bedtimes, bath times, mealtimes and even the same rituals (e.g. bedtime stories) as much as possible. Remember that these were probably difficult to establish in the first place and will be **even more difficult to re-establish once you have let them slip.** [ADD/ADHD](#) children do not cope well without structure - even if they fight about it! Without being completely inflexible, **try to keep things as steady as possible.** When you do have to break with routine, explain this clearly in advance to your child, including the reasons for the change - as well as the fact that things will return to normal the next day.

2. Don't let diet go out of the window.

As far as is possible, **try to continue the good eating habits** (we hope!) you have established during the term. Vacation time often brings with it loads of candy, many junk food meals and TV dinners. While a break from 'healthy food' now and then is not the end of the world, remember that many [ADD/ADHD](#) children are especially sensitive to food additives and a high fat, high sugar diet. They usually do best on regular 'steady energy' or low GI meals.

Too much junk food during vacation often leads to an over-stimulated system, which could take weeks to settle down. Hyperactivity, 'bad' behavior, impulsiveness, aggression, mood swings as well as allergies are often the result. While it may be difficult to put your foot down, **remember who is in charge here!** Your children are in no position to decide for themselves when it comes to junk food and it is **important for parents to maintain the balance** and provide tasty, healthy alternatives (as well as set a good example!). Keep mealtimes and snacks regular, nutritious and fun!

3. Don't overdo TV and computer games.

I often say that **TV and computer games have taken over the role of the family** and the extended family in today's society. Instead of playing with a cousin or taking a walk with Grandma while Mom is preparing dinner, many children sit in front of the TV for companionship and recreation. Parents who have to juggle home and work often turn a blind eye to the number of hours their children spend watching TV or sitting in front of a computer - especially while they are on vacation!

While **we all know that moderation is best**, it is very tempting to 'let sleeping dogs lie' - especially when it means that kids stay out of mischief and a little welcome peace and quiet reigns for a change! **Children who tend to have a short attention span or who cannot sit still are often surprisingly passive in front of a screen, which seems to soothe and calm them. However, remember that there comes a time when all that pent up energy has to come out!** Usually when it does, it is accompanied by uncontrolled, difficult and overactive behavior.

Too much time in front of a static screen can also **affect hand-eye coordination** and **weaken the muscles of the eyes**, as well as their **ability to track moving objects** and **follow the lines of printed text** in books. Weakened muscles in the upper torso will make it **difficult for children to sit in their desks and write comfortably** once they return to school. Hours of inactivity will **reduce the amount of oxygen to the brain** and therefore further **affect cognitive activities** like concentration and memory. Wise parents will provide a variety of active outdoor play, different non-TV indoor activities and reading - and allow their children to **watch only a few selected programs** on TV. While this applies to all children, it is particularly important for children with concentration and learning difficulties!

4. Do spend quality time with your child.

Children need **quality time with their parents** and now is the perfect opportunity! The more they are able to bond with you and with the family, the **less vulnerable they will be to peer pressure** as they grow up. **Spending time with your children gives you the opportunity to show them you love them, to teach them the values and beliefs that are important to you - and to have fun with them!** Before you know it, they will be all grown up and you will be able to **look back with fondness** at the good times that you had together!

5. Do continue with their health supplements, herbal and homeopathic remedies.

Parents are often advised to give their children a break from prescription drugs for [ADD/ADHD](#). There is a very good reason for this, as these **stimulant drugs are in fact harmful to the child's system** (which is why they have such a high schedule rating). It therefore makes sense that they should be **reserved only for times when they are really necessary** - during the term time when children need to be able to focus on their school work. Doctors recommend that weekends and vacations remain drug-free to **minimize the negative effects of prescription stimulant drug use**.

Unfortunately, many of these **drugs are also addictive** and many children **spend the first few weeks of their vacation suffering withdrawal symptoms** - mood swings, tearfulness, erratic behavior - even headaches and insomnia. Many parents interpret this as a sign that their children 'need' the drugs, not realizing that they are actually **witnessing a drug withdrawal process!**

If your child takes prescription [ADD/ADHD](#) drugs and becomes moody or difficult when they are stopped, reduce the dosage slowly to minimize the withdrawal symptoms. Better yet, use the vacation to try out natural alternatives! While you may not be able to see the results as easily

as you would in a structured classroom environment, you would certainly have the opportunity to have a good **trial of the natural remedies**, and by the time school starts, they would have had time to **reach therapeutic effectiveness**. Write to our [Ask Us](#) team for any advice you need!

[BrightSpark™](#) is a 100% homeopathic remedy to support concentration, mental focus, and balanced mood in children



[Learn more about BrightSpark](#)

Parents who have already **chosen the natural route for their children** often ask whether they should also stop the herbal and homeopathic remedies during the summer - to give their kids a 'break'. Because these remedies (including our Focus and BrightSpark) are especially formulated to improve health in a number of areas (including brain functioning and mood), the answer is clearly 'NO'! Unlike the pharmaceutical drugs, the natural ingredients in the remedies are there to **support health and functioning** (rather than artificially suppress symptoms) and we recommend that they are **continued throughout the year**.

Furthermore, **some children take longer to respond** to natural medicines than others. This means that taking a 'break' may leave your child at a disadvantage when school begins again, with the first few weeks spent trying to get back the full therapeutic effect. Similarly, health supplements like **vitamins and minerals should also be continued during the summer** to make sure your kids start off the new academic year on their best foot!

6. Do encourage reading and fun-filled, yet educational activities!

Children with [ADD/ADHD](#) and learning problems need more practice than their classmates. Although they may be just as (or even more!) intelligent as their peers, **concentration, perception, listening abilities and reading skills do not always come easily to them**. Taking a long break from the activities of the classroom may cause children with ADD/ADHD to lose ground and their hard-won classroom skills may become rusty.

While it may be unfair to subject your children to schoolwork during their summer break, try to be creative! **Use your imagination to provide different fun-filled activities which use the same skills needed for classroom work. Jigsaw puzzles, memory games and even card games all require concentration, focus and calculation**. Take your kids to the shop and let them help you to add up the cost of the purchase - and then allow them to pay the cashier themselves. Bake cakes with them, getting them to measure out the ingredients. Get them involved in interesting art and craft work that needs hand-eye coordination. Provide exciting books to read as a special treat! There are **many ways to keep kids busy** with activities that are 'good' for them and which will help them to **retain the skills necessary to succeed in the classroom!**

Finally, **remember that parents need a break, too** - particularly parents with children who have special needs! During the school year, things can become hectic, and **parents are often stressed by multiple**

[PureCalm™](#) is a 100% safe, non-

demands and by trying to keep up with children who may try them to their limit!

As your child's primary caregivers, **you play a major role in the management of [ADD/ADHD](#)**. Taking care of yourself will also help your child. Being the parent of a child with ADD/ADHD can be tiring and trying. This can test the limits of even the best parents! **Take time out for yourself to recharge your batteries**. Learn stress-management techniques to help you respond calmly to your child. Try and **maintain healthy eating and sleeping patterns**. Begin a hobby or even a yoga class. All your efforts will be rewarded by more patience, better energy reserves and superior coping skills - which **will benefit both you and your children!**

And lastly - remember that you are not alone! As always, **Native Remedies is here to help with advice, support and the best natural remedies** for you and your family!

addictive herbal remedy to support the brain and nervous system to maintain soothed nerves and balanced mood



[Learn more about PureCalm](#)

Related Products for Kids:

[BrightSpark™](#) - Support concentration, mental focus, and balanced mood in children.

[Focus Formula™](#) - Support concentration and attention, while maintaining normal energy levels in children and adults

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

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

[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.™](#) - Supports 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.

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

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

Related Products for Parents:

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

[Triple Complex Nerve Tonic™](#) - Promotes nervous system health, maintains balanced mood and a worry-free mind.

[Triple Complex Mood Tonic™](#) - Optimizes nervous system health and promotes balanced mood and peacefulness.

[The Calm Within CD™](#) - Offers professional relaxation, visualization and affirmation techniques for self-help and stress relief.

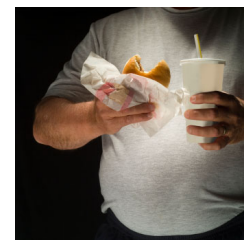
*"When my son was in 2nd grade, we were told he had great difficulty paying attention in class. We looked for a natural alternative to the sedative-like drugs used to calm kids. We tried **Focus Formula™** on him. The results are amazing. There are still moments when we have to make him sit and focus on what he is doing, but no more running around in class, kicking the next kid in their desk, blurting out answers. We love this formula and have several friends who have also put their children on it from seeing the improvement in our child. Thanks from the whole family." —**Danette Alario***

*"The teachers complained that my daughter wouldn't wait her turn at school and she bullied the other kids and started to scream whenever she wanted a toy. How terrible is that for a mother to hear? Even my neighbor complained about the screaming every day and she has five kids!! Since she has been taking **Tula Tantrum Tamer™** there is such a big improvement. It feels so good to be able to be proud of my child when I pick her up from school!" — **Rose W.***

"We were told that my six year old son had a problem controlling his behavior... My six year old is now taking Triple Complex **Mood Tonic™** and **MindSoothe Jr.™** He is a pleasure to be with, always smiling and so inquisitive of everything around him - Thank you!" - Maryann, NJ, USA

Insomnia and Obesity... Can Reducing Stress Address Them Both?

With obesity rates and stress levels in America climbing to all-time highs, it is no wonder that people are having such a hard time sleeping. Recently, **a connection between insomnia and obesity has been discovered** within the region of the brain that controls sleep and waking known as the hypothalamus... which may help explain why **insomnia seems so prevalent in obese individuals**.



Researchers observed that hypocretin neurons (which play an essential role in both arousal and appetite) are not able to filter "noise" from brain signals. They also found that the neurons rapidly re-organize and **become more excitable as a response to stressors** such as food deprivation.

They observed that **when these neurons are continuously over-activated** by environmental or mental stress, they may learn to support sustained arousal—thus **triggering sleeplessness and over-eating**. They also established that the more stress an individual has, the easier it becomes for hypocretin neurons to become excited.

Another conclusion reached was that people suffering from obesity and insomnia would benefit greatly from **learning stress management techniques** and reducing stressors in everyday life. The general belief is that this would improve their conditions in more meaningful ways than dieting or **addressing symptoms of insomnia** alone.

Relaxation techniques such as yoga, meditation, and deep breathing offer an individual a moment of peace in today's hectic world. Practicing everyday to the point where **relaxation becomes a part of daily routine is ideal**—aim for taking time for relaxation twice a day. Depending on schedule and lifestyle, taking just a few minutes in the morning or the end of the day for this purpose can help.

In the morning, focus on **positive thinking for the upcoming day**, and reflect on an empowering mantra to face the day with a positive attitude. At the end of the day, focus should remain on **letting go of the day's stressors**. This can be achieved through rhythmic deep breathing (which

[Triple Complex Slimmer's Assist™](#) can help support a healthy weight management program and maintain vitality



[Learn more about Triple Complex Slimmer's Assist](#)

[Serenite-LT™](#) can be used to: maintain ongoing healthy sleep patterns to support

will ensure delivery of oxygen-rich blood to the brain and all major organs) and help **promote a state of relaxation** to prepare for restful sleep.

Limiting the amount of stimulants consumed-- including soda, coffee, and tea-- is also important. Try to **eat a balanced diet and limit processed and fatty foods**. Exercise can be tailored to individual lifestyles, but must include at least 3 hours of activity per week, such as walking, jogging, swimming, or running. *Always consult your doctor before starting a new exercise routine.*

Nature's herbal remedies have played a vital role in supporting health and vitality, and have been used for many years to promote overall health and well-being. Chamomile, mint, and the extracts of valerian and St. John's Wort can be used to **support nervous system well-being** as well as **facilitate regular sleep patterns**. Ginger also **soothes nervous tension and facilitates digestion** after meals.

Finally, allow room for a healthy dose of fresh air and warm sunshine. These simple steps can help promote restful sleep patterns, which can therefore address weight issues... and **support well-being for a happy and healthy start to the summer!**

emotional well-being



[Learn more about Serenite-LT](#)

Related Products

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

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

[Nerve Tonic](#)[™] Supports nervous system health, maintains balanced mood and a worry-free mind.

[Mood Tonic](#)[™] Optimize nervous system health and support balanced mood and peacefulness.

[The Calm Within CD](#)[™] Visualization and affirmation techniques for self-help and stress relief.

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

[Serenite-LT](#)[™] Naturally support healthy sleep patterns and restful, satisfying sleep.

[ImmunityPlus](#)[™] Support the natural ability of the immune system to maintain energy levels and fight fatigue.

[Triple Complex Digestion Tonic](#)[™] Support health and functioning of the digestive.

[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.

[EcoSlim™](#) Maintain healthy weight and balanced metabolism

[TeenSlim™](#) Support a balanced metabolism, healthy weight & systemic cleansing in teen

[Slimmer's Assist™](#) Supports a healthy weight and balanced metabolism and digestion.

*"I tend to get a little nervous and jittery, but after purchasing the **Pure Calm™**, I felt like I had help - finally! I will recommend these products to all my friends and family."*

—Heidi, PA, USA

*"I love your **Calm Within CD**- when I am too busy to get to my yoga class (which is often), I listen to this at home and it really makes me feel human again. The minute I hear the words Close your eyes, take a deep breath and relax... I can just feel every muscle in my body melting and only have to think of these words to feel myself totally relaxing. After listening to this CD I feel relaxed and ready to face the world with a clear head. I don't know how I ever lived without it!"* —Carine V.

"I am not as active as before, although I try and walk a little with the dogs every day! I have been very pleased with the results of your remedy, which relaxes and helps me. Thank you for answering all my questions!" —George, B.C.

Drink To Your Health

Learn how to address thirst

With the heat of summer around the corner, many of us begin to wonder—**how much water is really necessary?** Experts agree on one thing—it's not the same amount for everyone.

Diet and lifestyle are two important considerations. Vegetarians, for example, obtain a lot of water from fruits and vegetables and won't have the same needs as an athlete who thrives on a high-protein diet and trains many hours a day. **Climate is another factor** to account for when **calculating daily water needs.** People living in dry climates will dehydrate much sooner than those living in more humid environments.



Below are some helpful tips to **determine if you're drinking enough water**:

- Frequent headaches can be caused by dehydration. Before taking aspirin, drink water and see if the headache goes away. It is estimated that 90% of all headaches are caused by dehydration.
- When you are dehydrated, urine takes on a dark yellow color. This is one of the most recognizable signs that you need to drink more water.
- Skin elasticity diminishes greatly when you are dehydrated. Dehydration is most noticeable on the delicate skin around your eyes.
- Dry or sticky mucous inside and around the corners of the mouth are a clear sign of dehydration.

Symptoms of moderate to severe dehydration that require immediate medical attention include:

- Low blood pressure
- Dizziness and fainting
- Painful muscle contractions in the arms, legs, stomach, and back
- Convulsions
- Bloating stomach
- Heart palpitations
- Sunken dry eyes, with few or no tears
- Wrinkled skin with no elasticity or firmness
- Rapid and deep breathing
- Fast, weak pulse



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