

## **Digestive Wellness for Children** **By Elizabeth Lipski, PhD, CCN**

*“This book is a must-read for every parent who is interested in being proactive about their child’s health and wellness. Dr. Lipski artfully weaves the scientific information into an easy to read and extremely usable guide for parents. Digestive Wellness for Children will give you the confidence to try new options because they are based upon current scientific research.”*

*Ann Louise Gittleman, PhD, CNS*

### **CHILDHOOD ILLNESS ON THE RISE**

Our kids are in trouble. Overall, between 5 and 30 percent of American children have a chronic illness. Incidences of childhood asthma, depression, autism, attention deficit disorder, mental illness, and obesity are rising alarmingly. And "adult" illnesses such as type 2 diabetes and heart disease, formerly rare in childhood, are now appearing in children with frequency.

Could it be our diet and lifestyle? Elizabeth Lipski, PhD, CCN, author of the newly released *Digestive Wellness for Children* (Basic Health Publications, 2006) thinks so.

In it, she presents the most comprehensive, user-friendly, and practical information anywhere on what you can do to build your child’s immune system and prevent disease through healthy digestion. She gives practical tips on cleaning out your pantry to create healthier meals and snacks. She offers thorough explanations of common digestive illnesses and their symptoms from birth through the teenage years, and presents the latest research and information on a wide range of natural remedies.

Liz Lipski is a nationally renowned expert on integrative medicine; she conducts teleseminars and speaks to audiences throughout the U.S. You can find out more about her at [www.innovativehealing.com](http://www.innovativehealing.com)

She makes the subject of digestive wellness come alive for audiences regularly on radio and television with topics such as:

- We can focus on one or more childhood issues such as migraines, juvenile arthritis, obesity, attention deficit, skin issues, and more.
- Stocking a Health Conscious Kitchen
- Baby Blues: Natural Therapies for Common Problems in Babies
- Feed Your Kids so They’ll be Happy and You’ll be Happy
- Our Kids are Fat
- Does your Child have Food Sensitivities
- Against the Grain: Celiac and Gluten Intolerance

## **Focus on one or more Childhood Issues**

Dr. Lipski can be interviewed about any of these children's health issues:

Appendicitis	Diabetes	Irritable bowel syndrome
Asthma	Diarrhea	Juvenile Arthritis
Attention Deficit Disorder	Diaper Rash	Leaky gut syndrome
Autism	Down's Syndrome	Migraine headaches
Canker sores/Mouth ulcers	Ear Infections	Parasite infections
Celiac disease	Eczema	Projectile vomiting
Colic	Encopresis	Pruritis ani/Anal Itching
Constipation	Eosinophilic gastritis	Spitting up
Cradle Cap	Eosinophilic esophagitis	Teething
Crohn's disease	Gas/Flatulence	Thrush
Cystic Fibrosis	Gastric Reflux	Ulcerative Colitis
	Gluten intolerance	
	Influenza	

## **Stocking a health-Conscious kitchen**

Even though we want to eat right, parents are busy and rushed. We often depend on convenient and fast rather than healthful and wholesome. Dr. Lipski can explain how you can do both. Find out how to shop for and make foods that you'll feel great about and that your children will love to eat.

She is available for an interview, and would be delighted to discuss:

- Organic or not? Find out which foods are worth the cost, and which aren't.
- 5 classes of foods to toss (or donate to a food pantry) from your cupboards, refrigerator, and freezer
- 12 tips for restocking your kitchen healthfully
- Tricks and traps of healthy food shopping
- A shopping list for the health-conscious eater
- Worst foods to stock in your house, and healthy alternatives for these
- Learn to be a food sleuth. Read food labels like a pro (what those unpronounceable ingredients really mean)

## **Baby Blues: Natural therapies for common problems babies**

Information about safe remedies for babies including:

- Find out how probiotics can stop colic in 24 hours.
- Learn how a simple homeopathic remedy can stop teething fussiness.
- Understand how you can safely use probiotics and digestive enzymes in babies to alleviate current and prevent future health issues such as eczema, allergies, asthma, stomach pains and more.
- Find out a simple osteopathic adjustment can stop gastric reflux and vomiting in babies.
- Learn how to safely introduce foods into your baby's diet

## **Feed Your Kids So They'll Be Happy and You'll Be Happy**

- Realize that family meals are about way more than food.
- Learn about introducing solid foods to babies to prevent later problems.
- Create a food pantry for your preschooler to give them some food autonomy and make your life easier.
- Understand how food and eating patterns help keep your kid's moods stable.
- Learn healthful tips on feeding bigger kids and adolescents
- Teaching your children to cook.
- Stocking your kitchen for teens, who go through it like a tornado demolishing your week's worth of food.
- Understand more about how to best parent your children about food.

## **Our Kids Are Fat**

According to the Surgeon General's report on obesity, our children are in trouble. The percentage of overweight children has tripled in the last twenty years. Thirteen percent of children aged six to eleven years, and 14 percent of adolescents and teenagers are overweight.

- Find out how unhealthy eating patterns contribute to childhood obesity.
- Understand how television, video games, and computers contribute to lack of physical activity.
- Learn how stress impacts our children's health and weight
- Understand how soft drinks and sweetened beverages contribute to obesity, bone loss, diabetes, and heart disease in our children.
- Learn more about the role of a parent in their child's weight control.
- Understand how emotional overeating contributes to obesity
- Gain practical strategies for helping your child conquer his/her weight issue.

## **Does your child have food sensitivities?**

Often undiagnosed, food sensitivities can be responsible for a surprising host of symptoms: chronic runny noses, migraines/headaches, arthritis, auto-immune illnesses, rectal itching, autism, digestive issues, attention deficit disorder, eczema and other skin problems, behavior and learning difficulties, autism, mood swings, recurring ear infections, and more.

- Find out how to do a 2-week elimination diet to determine if your child's health issues are related to food sensitivities
- Learn that 2/3 of the immune system is located in the digestive system.
- Wheat, dairy products, eggs, citrus fruits, beef, soy, and corn are the biggest food culprits. Find out why and what to replace them with.
- Learn how glutamine, probiotic bacteria, and digestive enzymes can strengthen your child's immune and digestive system, resolving many health issues.
- Learn how to make pizza, tacos, and muffins without any grains.

- Find out how to work around your child's specific needs by being more creative with food.
- Learn about the tests you should demand from your doctor, and what to do once you identify the food culprits.

### **Against the Grain: Celiac and Gluten Intolerance**

One in 250 people has true celiac disease; the incidence of gluten intolerance is probably closer to one in 100. People with celiac disease cannot tolerate gluten containing grains, like wheat, rye, barley, and spelt. While we think of celiac as being a digestive disease, only about one person in 10-15 manifests it in the digestive system. Others experience it as depression, inability to focus, skin issues and more.

- Understand more about this disease and the problems it causes
- Learn how to test your child for gluten intolerance by a simple home test
- Find out where gluten is hidden in our foods
- Hear about creative recipes for pizza, muffins, breads, and more that don't contain any grains.
- Learn how to use other grains, such as quinoa, millet, buckwheat, wild rice and rice of all types.
- Find out how digestive enzymes can help your body become more tolerant to grains
- Learn what tests to ask your doctor to order to discover if your child has celiac.