



Quintessential Health Care

An Integrated Health Resource

How to Increase Your Children's Focus, Attention, and Peace Naturally

Greetings!

This back-to-school issue is all about *the* BIG issue parents and children wrestle with: attention and focus.

Though many children simply need to move more and eat less sugar, the truth is there are other causal factors at play.

As any parent who has been told their child needs medication to learn knows, this topic is not an easy or simple one...which is why you can't afford to miss the information in this month's issue.

Enjoy and best wishes for a healthy and joyful school year.

-Milly and the QHC Team

Message from Milly

As our topic today focuses on parenting and children, I wish to approach it in the spirit of utmost respect, compassion, and care.

That said, I have to be blunt about a few things to get these crucial points across. Know it comes from a place of love.

The first thing is: this issue is not getting better. After 30+ years specializing in children's health I can tell you, children's



In This Issue

[Message from Milly...](#)

[Heal Thyself and Never Stop Learning](#)

[Ancient Wisdom Modern Medicine](#)

Heal Thyself and Never Stop Learning



The **TRUTH** *About*
VACCINES™

Must-See Docu-Series:
["The Truth About Vaccines"](#)

The Truth About Cancer host and health advocate Ty Bollinger is back with a game-changing docuseries: *The Truth About Vaccines*.

If you have ever questioned the safety of vaccines, or just wondered what all the recent controversy is about, Ty's series covers it all.

[Click here to watch the first episode free](#), and get the facts you need to make the most informed decision about vaccinations.

attention, focus, and behavior is getting worse.

I have observed this in the increased number of children I see with multiple "spectrum like" issues including all types of learning disabilities with many suffering from "Oppositional Defiant Disorder (ODD)".

In addition, over the last 3-10 years I have seen a steady decline in children's' ability to "self-regulate" their behavior..

So what is causing all of this?

EAV screenings continue to reveal an energetic resonance with the following:

- Vaccines
- Aluminum
- Candida/gut health issues
- Nutritional deficiencies related to genetic issues and our modern food supply such as B12, folate, zinc, essential fatty acids, and magnesium
- MTHFR genetic mutation
- Neurotransmitter imbalances (this often correlates with gut health issues)
- And food sensitivities, the most prominent being wheat (sprouted and organic are sometime okay), dairy, soy, and processed sugars

The other causal factors...

Believe it or not, summer is often when these health issues are exacerbated, or take root.

For example, kids who attend camp for weeks on end where they consume sub-optimal foods, often wind up with gut health and digestive issues.

Then there is the elephant in the room: screens and technology.

Since I am not a parent myself, I will reference the incredible attention and behavioral differences I witness in those children who either do not engage with screens at all, or who have very limited access.

These kids can sit for a whole hour, they



A Helpful Article: "Have Smartphones Destroyed a Generation?"

This article is must-read for parents, grandparents, etc. of children born between 1995 and 2012.

Coined as the "iGen" generation by author and psychology professor Jean M Twenge, it sheds a brutal truth on how Smartphones are shaping a generation's mental and emotional well-being for the worse.

Make no mistake, this article will be hard to read. But it is essential reading if we wish to protect our children's mental, social, and emotional health.

We found this quote particularly powerful:

"It's not an exaggeration to describe iGen as being on the brink of the worst mental-health crisis in decades. Much of this deterioration can be traced to their phones."

And the Statistical Portrait of the Smartphone Generation is nothing less than eye-opening, so be sure to scroll down to view it.

[Click here to read the full article](#)

don't complain, they listen, they engage respectfully with adults, their attention span is normal (or in these days would be considered "remarkable"), and they are far less—dare I say it?—entitled.

In other words: they don't need instant gratification but are able to respect time and space.

I bring this up not to pass judgement on anyone—heaven knows caring for children and providing balance is a tall order in today's world—but to illustrate just how damaging excessive screen time is to a child's attention, focus, and overall cognitive development.

A recent article we mention in the "Heal Thyself" section entitled: "Have Smartphones Destroyed a Generation" speaks volumes to this with ample scientific evidence to back up concerns surrounding the effects of screen time on attention, focus, socialization, depression and overall mental health in our children.

What You Can Do NOW to Help Save A Generation's Attention and Focus

Firstly, wean them off those screens. Just do it. And model that screen-free behavior.

Secondly, teach them how to REST. School schedules can become a huge source of stress for kids, especially those involved in sports.

Therefore, parents must find ways of providing balance in this regard. Make sure they are getting 10-12 hours of sleep a night, sit down and eat dinner together, and encourage them to take some quiet, screen-free down-time every day.

See "Heal Thyself" for information on an easy way to teach kids to meditate.

Finally, certain dietary changes and remedies can be of great benefit.

Though I encourage individual screenings for best results, most children will benefit from removal of wheat, sugar, dairy, and soy from their diets.



Quick and Easy Meditation for Kids with Headspace

We have discussed the cognitive and mental health benefits of meditation for adults, but what about kids?

The answer is: yes! Kids can absolutely benefit from daily meditation to find peace, increase focus and concentration, and sleep better.

To make it easy, we recommend the Headspace app for kids (best used as a download to prevent distractions and more screen time).

Children are guided through a step-by-step meditation based on their age group or a category such as appreciation, balance, sleep, etc.

Plus their adult meditation packs are ideal for the whole family.

Learn more at:
www.headspace.com

*Ancient Wisdom Modern
Medicine
Top Client Picks for Attention
and Focus*

In addition, supplementation with a probiotic can go a long way in resetting gut health, while magnesium can help them relax and get the sleep they need to focus the next day.

Additional recommendations can be found in the "Ancient Wisdom Modern Medicine" section.

There is much more to say on this topic, so read on for more tips and tools.

In closing, you are your child's best advocate and most intuitive healer.

If your child's school tries to place a label on them and demand they be medicated for not concentrating, do what you have to do to find a better solution.

Children are such a joy to work with in that they are so open to change and healing.

Keep that in mind as you navigate the school year and help steward them towards a focused and healthy future.

In deep appreciation for all parents and children,
-Milly



Neurotransmitter imbalances are common in children who struggle with attention and focus.

Though we recommend every child have a BioEnergetic Assessment to determine an appropriate remedy regime, the following nutritional supplements are QHC client favorites:

Setro Trex---contains neurotransmitter precursor nutrients that support balanced serotonin levels. Serotonin is associated with mood and sleep. L-theanine and glutamine support calmness and a healthy stress response.

GABA Trex—provides nutritional support for balanced GABA levels which creates a sense of peace and helps ease anxiousness.

For more information or to schedule a BioEnergetic Assessment call: 770-446-1140, [email us](#), or [stop by](#).

Quintessential Health Care || info@quintessentialhealth.net |
<http://www.quintessentialhealth.net>
5672 Peachtree Parkway
Suite H
Norcross, GA 30092

Quintessential Health Care

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