



# Quintessential Health Care

*An Integrated Health Resource*

## The Back to School (sort of) Edition

### Message from Milly

Greetings to all!

I'd like to start by acknowledging how amazed I am by the dedication, thoughtfulness, and creativity of all you parents, grandparents, teachers, childcare providers, etc. in the wake of this uncertain back-to-school year.

It's no small thing to have to make the decisions and sacrifices you've been faced with---with a brave face nonetheless---and continue providing care and support for a family. Very well done.

No matter what schooling arrangement your family has chosen, I'm sure we can all agree that we want to do everything possible to keep our kids healthy and happy this school year.

Now, I must be clear: the information in this newsletter is not specific to COVID...because I'd get in trouble if I did that!

Rather, the advice and tips focus on universal natural health solution to help fortify and support your child's natural defenses.

Whether you're homeschooling, hybrid schooling, or sending your kiddos back full-time Godspeed...and enjoy the tips!

Blessings to all,

*-Milly*



### Tip #1: More outdoor time equals stronger children, physically, mentally, and emotionally

If you want to give your children an edge when it comes to their brain development and immunity, trade in some structured activities for more outdoor time!

Countless studies[1] have shown that the more time children spend in nature and green space the happier, healthier, stronger, and smarter they become.

While there are many reasons for this phenomenon---

from increased vitamin D levels due to sun exposure, to the natural phytoncides[2] (immune-boosting oils) emitted by trees---the biggest reason outdoor time is so beneficial is it reduces stress and awakens the senses, thereby fostering easier learning and creativity[3].

While no expert can say for sure how much outdoor time children need, they all agree it needs to happen regularly.

Follow your intuition on this, but aim for at least an hour a day...and more if you can swing it.

*References:*

1:[https://www.researchgate.net/publication/315974047\\_The\\_importance\\_of\\_outdoor\\_play\\_for\\_young\\_children's\\_healthy\\_development](https://www.researchgate.net/publication/315974047_The_importance_of_outdoor_play_for_young_children's_healthy_development)

2: <https://pubmed.ncbi.nlm.nih.gov/16873099/>

3:<https://www.gov.uk/government/news/englands-largest-outdoor-learning-project-reveals-children-more-motivated-to-learn-when-outside>

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## Tip 2: Flower remedies for common back-to-school challenges

Back Flower remedies are one of my favorite ways to help clients of all ages overcome emotional challenges.

When it comes to back to school it's only natural that children may experience nervousness, trouble focusing, self esteem issues, etc.

Thankfully, parents can often help their little ones move through these issues quickly with these safe, doctor-created homeopathic remedies:

- Trouble retaining information: Chestnut Bud
- Nervousness/Worry: For known worries: Mimulus.  
For worries they can't explain: Aspen
- Lack of focus: Impatience or Elm for overwhelm
- Lack of confidence/low self esteem: Larch
- Home sickness: Honeysuckle

You can either purchase single remedies from your local natural foods store, or [call us](#) to order Fields of Flowers, which contains all 37 Bach Flower Essences in one bottle.

[Click here to learn more about the fascinating story behind the Bach Flower Essences and their founder, Dr. Edward Bach.](#)





*As always, the information in this newsletter is provided for educational purposes only and is not meant to replace the advice or care of your medical provider.*

### Tip 3: Gentle, natural ways to encourage easy and restful sleep

It is not uncommon for children to experience acute episodes of sleeplessness, especially when their routines are changed or they go through a developmental shift. These challenges usually resolve themselves within a few days to a couple weeks.

However, if your child experiences persistent trouble sleeping it may be time to do some detective work.

The first course of action is to remove anything that may be inadvertently influencing their sleep patterns.

Common culprits include:

- Blue light---emitted from personal devices, television, and alarm clocks[1]. Aim to shut these off at least 2 hours before bed
- Electromagnetic fields---these can disrupt sleep in sensitive people and come from things like clock radios, devices, air purifiers, smart meters, and electrical outlets
- Food sensitivities---certain foods, such as gluten, dairy, and corn can cause tummy trouble that keeps kids up
- Food additives---MSG, dyes, and other excitotoxins amp up the brain and make bedtime a chore[2]. Keep in mind even products with the term "natural flavors" on the label can fall into this category
- Lack of exercise during the day---children who play physically hard, preferably outdoors, tend to sleep hard
- Worries---see the previous section on Bach Flower Essences
- Not enough outdoor time---nothing wears kids out like fresh air! If you can get them outside first thing in the morning, the bright morning light can help reset their sleep cycle.
- Not enough darkness---darkness stimulates the body to produce melatonin which induces sleep. If you child needs a nightlight, make sure to use an incandescent bulb to avoid the stimulation of LEDs or blue light
- Synthetic fragrances---believe it or not, fragrances found in laundry soap, plug-ins, etc. emit dangerous levels of toxic VOCs that can cause a variety of health issues which impact sleep[3]. Look for fragrance-free, 100% natural laundry and cleaning products and use only 100% pure essential oils to freshen the air
- Hunger---a small, protein-rich snack can be just the ticket to a good night's sleep!

If you can't quite pin point the issue via this process of elimination, we can use [BioEnergetic Assessment](#) to help you uncover other causal factors.

Sleep tight!

#### References:

1: <https://www.sleepfoundation.org/articles/how-blue-light-affects-kids-sleep>

2:

<https://pediatrics.aappublications.org/content/142/2/e20181408>

3:<https://www.epa.gov/indoor-air-quality-iaq/volatile->

