

FROM CHAOS TO CALM

3 Strategies to Chill Out Your Child



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Hello, my name is Tina Horrell and I specialise in treating children who are displaying symptoms of Autism & Attention Deficient Hyperactive Disorder (ADHD).

As a registered Naturopath, Homeopath & Nutritionist, I have spent the past 27 years studying and working in a variety of clinics and health organisations in Australia, England and Asia.

This guidebook is a brief introduction to 3 common health problems associated with Autism & ADHD. It is for parents who are feeling exhausted, stressed & overwhelmed and whose children are experiencing at least one or more of the following issues:

- **frequent meltdowns**
- **hyperactive and have trouble sleeping**
- **suffer from stomach or toilet problems**
- **fussy eaters**
- **delayed learning**
- **anxious & shut down**

I know it's tough for parents with children who have Autism or ADHD because it impacts on all the family and can be heartbreaking to watch your child suffer and not know how to help them.

This guidebook will give you and your family some simple strategies to help your child to live a more balanced healthy life -and help you to be able to interact with your child in a stable, peaceful environment.



Sleep

Sleep plays a critical role in your child's health, protecting their brain and avoiding cognitive impairment.

A lack of sleep or bad sleeping routine can cause irritability, lowered moods, poor memory and attention deficit.

Tip: Establish a regular routine of going to bed and waking up. This regular pattern will set up a sleep-wake rhythm making it easier and faster for your child to fall asleep and stay asleep.

A 1997 study from Poland found that 95% of children with Autism were deficient in magnesium, and the levels of magnesium in their bodies correlated to the severity of their Autism symptoms.



Sleep

Tip: To increase magnesium levels, finish the day with an Epsom salt bath or rub magnesium oil onto the skin of your child 20-30 minutes before bed.

Melatonin is produced by the pineal gland and it's secreted to help us have a deep restful sleep. Studies show that melatonin production also helps to clear harmful neurotoxic metals such as lead and mercury, as well as bacteria and viruses from the brain.

Certain nutrients can be helpful in promoting sleep: magnesium, melatonin, tryptophan & 5-HTP are all nutritional supplements to consider. It's best that these are prescribed individually for your child by a health practitioner.

Tip: Turkey, eggs and bananas are all very good dietary sources of tryptophan.



Sugar and processed foods consumed throughout the day can cause out of control behaviour and hyperactivity in children, eventually sending them spiralling down into a heap on the floor, tired and irritable.

The children's behaviour, learning and concentration will be on a similar roller coaster ride, reflecting the fluctuating highs and lows of their blood sugar levels.

Tip: Where possible, replace sugar with Stevia, maple syrup, stewed apple or raw unheated honey. And use non-food rewards for good behaviour, such as stickers or their favourite activity rather than lollies, cakes or biscuits.





A study of 265 hyperactive children found that three-quarters had abnormal glucose tolerance making them much more susceptible to the influence of sugar and the disruption of blood sugar levels.

Tip: Cut out all soft drinks and sports drinks and replace with water. If your child is asking for a fizzy drink, give them sparkling mineral water with a splash of natural juice.



Screen time

Children get easily hyped up and overactive playing video games and spending hours on smart phones or tablets.

It has been shown that the more time children spend on technology tends to lead to less sleep.

Tip: Remove all electric magnetic radiation devices from the bedroom such as TVs, computers, smart phones and modems. Play relaxing music to help sleep.

Electric magnetic radiation on young developing brains can be dangerous and detrimental to your child's health.

Tip: Where possible, minimise your children's exposure. Turn off the wifi at night.

I hope you have found the information and ebook helpful. These are simple yet effective strategies and when used on a regular basis, will help to improve your child's behaviour.

I've found over the years that parents find it much easier to manage their children's Autism & ADHD in a supportive environment so I have put together a comprehensive program called "Piecing the Puzzle"

I'd like to invite you to have a complimentary chat with me about your child's problems and how my unique integrative health program "Piecing the Puzzle" can help to:

- **stabilise children's moods**
- **reduce disruptive behaviour**
- **improve learning & speech**
- **increase concentration**
- **enhance family life**

Simply click the link on my website to book a time on my calendar or drop me an email. I look forward to connecting with you soon.

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