

# THE CHILDREN'S PROGRAM







## LET'S GET STARTED

This program is designed to help a wide range of children maximize their potential by providing them with the resources they need to be healthy and successful in life. Ultimately, all of our recommendations boil down to one main initiative – we want to improve your child's gut health because it's so foundational for every other aspect of their physical and mental health.

Whether you realize it or not, the bacterial cells in your gut outnumber the human cells in your body. This might seem outrageous, but it's true! The trillions of microorganisms in the gut play an essential role in human health, and, when their delicate balance is disrupted, can play an integral role in disease. This relatively new discovery has led to a shift in our understanding of how important it is to care for our beneficial gut bacteria.

Beyond the role that our bacteria play in our overall health, they also play a role in the powerful biochemical signals that are sent from the gut to the brain. This is why poor digestive health is associated with a higher incidence of depression, anxiety, and other disorders of the mind. Ultimately, if you want to give your child the best chance in life – both physically and mentally – you'll need to think about how diet and lifestyle choices are impacting their gut.

## WHO WILL BENEFIT FROM THIS PROGRAM?

This program is designed for both neurotypical children and children with special needs. In either case, this program is designed to give your child the resources they need to grow up healthy and strong. If your child does have an autism spectrum disorder (ASD), attention-deficit disorder (ADD), attention-deficit hyperactivity disorder (ADHD), cerebral palsy, or any number of other health conditions, this program can make a dramatic difference in their quality of life.

Though this program is designed for kids, your entire family can benefit from our food and lifestyle guidelines. This program won't just change your child's life – if you follow along, it can make a pretty big difference for you, too!

# SOLUTIONS4 SUPPLEMENT PROTOCOL

On this program, you'll administer the following supplements to your child on a daily basis:

Liquid Calcium	1 daily
Multivitamin/Multimineral	1 daily
Probiotic Blend	2 am and 2 pm
Digestive Enzyme	1 per meal
Vitamin D	2 daily
Antioxidant	3 daily
Thyroid/Adrenal Support	2 daily
Flax Seed Oil	1 daily
Body Purifier	2 daily
Tissue Cleanse	2 daily
Appetite Appeaser	2 daily
Intestinal Cleanser	2 daily
Fiber Blend	4 daily
Nutritional Shake	

Once the initial 12 weeks of this program are over, we'll recommend a lower maintenance dosage of select supplements to help your child maintain optimal health for a lifetime.



# EATING GUIDELINES

On this program, we want to help your child eat a nutritiously dense diet while avoiding fast food and junk food. If you only do one thing, we strongly recommend that you avoid all sources of refined sugar. If you're willing to take this program a little further, we also recommend that you avoid artificial food colorings/dyes, refined grains, gluten-containing grains, and dairy. Though these foods are relatively easy to eliminate – especially with our guidance – your child will see big benefits for years to come.

## Foods to Avoid

Refined sugar (cane sugar, corn syrup, high fructose corn syrup, fructose, sucrose, etc.)  
Artificial food colorings and dyes (blue #1, red #40, yellow #5, etc.)  
Refined grains (anything containing nutrient-stripped flours)  
Gluten-containing grains (wheat, barley, spelt, kamut, triticale, rye, etc.)  
Dairy (milk, cheese, etc.)

Though it's important to clean up your child's diet by removing the most problematic foods, it's also important to add in beneficial nutrients. You can do this by adding more of these types of foods to your child's diet:

## Foods to Enjoy

All vegetables  
All fruits  
Most whole grains and legumes (except gluten-containing)  
Lean meats (poultry and fish)  
Olive and coconut oil  
Natural sweeteners (pure maple syrup, honey, etc.)

Beyond these basic categories, there are "grey areas" that you don't have to avoid altogether, but may want to limit. These foods include:

## Grey Areas (Eat Sparingly)

Potatoes  
Fruit juice (from concentrate)  
Refined vegetable oils (canola, soy, peanut, etc.)  
Red meat



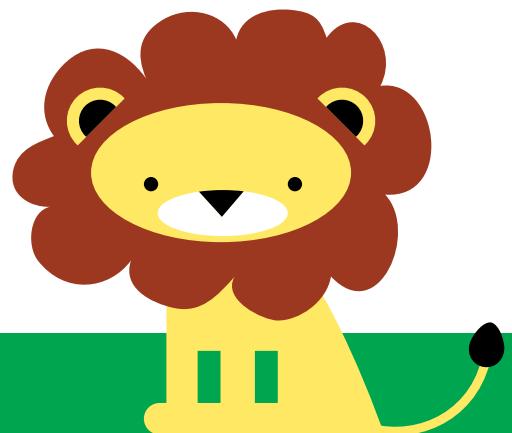
**Foods that contain refined sugar:** Many parents don't realize just how prevalent refined sugars can be! You can find added sugars in dessert foods, most breakfast cereals, granola bars, and snack foods. You can even find them in pasta sauces, breads, and other savory foods! Though it might seem like a hassle to check everything for sugar, it's actually really easy to spot once you get the hang of it.

**Foods that contain artificial food colorings and dyes:** Artificial colorings and dyes are usually listed as a color with a number (like yellow #5). This makes them easy to spot! We recommend cutting these ingredients from your child's diet because they have been implicated in the development of ADHD and other behavioral problems.

**Foods that contain refined grains:** If you want to avoid refined grains, you'll need to steer clear of unhealthy options like white bread, goldfish crackers, cookies, and many typical breakfast cereals (which also contain a lot of sugar). Fortunately, it's pretty easy to find healthy alternatives at your local health food store. And, they taste just as good! If you're feeling adventurous, you can also find thousands of healthy recipes online.

**Foods that contain gluten:** Many children – especially children with special needs – are sensitive to gluten. Though sensitivity can vary from child to child, it can be helpful to cut these foods out, at least for a period of time, to see if your child feels better on a gluten-free diet.

**Foods that contain dairy:** When it comes to dairy, the main foods that you'll want to watch out for are conventional milk and cheese. These foods are difficult to digest and often contaminated with the growth hormones used to make cows grow bigger. Though you may have better luck with raw, grass-fed dairy or naturally fermented products (like greek yogurt or kefir), we recommend that you avoid dairy to the extent that is possible for your family. To get started, try replacing your regular milk with almond milk or another healthy alternative.



# LIFESTYLE GUIDELINES

**Sleep:** If your child has difficult falling asleep, or is restless throughout the night, they'll struggle to manage stress and maintain a normal appetite throughout their waking hours. If sleep is a problem, we recommend two Solutions4 products – "Sleep" and "Herbal Stress Relief" – along with Self-Mastery Technology (SMT) sessions for insomnia.

**Stress:** If your child is experiencing too much stress, take advantage of Solutions4 products (like the "Herbal Stress Relief") and in-clinic treatments. A simple 20 minute SMT session can make a world of difference! Working up a sweat in the sauna can also be helpful, and is absolutely kid-friendly.

**Exercise:** When it comes to exercise, the most important thing is that your child work up a sweat on a daily basis. To do this, your child will need to have an elevated heart rate (at 50% of their cardiovascular range) for 15-30 minutes a day. Though this may not seem like much, this moderately intense exercise can actually have dramatic effects on your child's developing brain. For children with special needs, consider investing in an in-clinic exercise program.



## TIPS FOR SUCCESS

**Don't Skimp on Veggies.** Though many children may not think they like vegetables, there are a lot of creative ways to make them seem more exciting. To get started, try involving your child in meal planning, shopping trips, and cooking. This can help them feel personally invested and excited about each of their meals. If you're still having trouble expanding your child's palate, there are dozens of creative ways to hide veggies in other foods (hiding spinach in a chocolate Nutritional Shake, hiding cauliflower puree in soup, hiding beets in a strawberry smoothie, etc.).

**Don't Forget Protein.** Depending on age and gender, children need between 10 and 50 grams of protein per day. Based on your child's needs, this might mean serving the Solutions4 Nutritional Shake once a day (at 20 grams of protein per serving) or including a healthy meat choice with one or two meals each day.

**Consider "Dinner for Breakfast."** On the whole, traditional American breakfast options are about as unhealthy as it gets. Most breakfasts – sugary breakfast cereals, pop tarts, pastries, pancakes, waffles, toast slices, etc. – do far more harm than good. To break free from this array of poor choices, consider making "dinner for breakfast" a few times each week. Typically, dinners are far healthier and include more veggies than any other meal of the day. If "dinner for breakfast" doesn't sound fun, you can always whip up a healthy smoothie or an egg and vegetable scramble.



# WHERE TO GO FROM HERE

When you're done with this 12-week program, you won't face any major changes. Because this isn't a "diet," your child can keep following these healthy guidelines indefinitely. As far as supplementation goes, however, your child won't need to continue taking the same high doses forever. Once the 12 weeks of this program are over, you can reduce their supplementation to a lower "maintenance" dosage designed to facilitate a lifetime of optimal health!

The maintenance dosage looks like this:

Body Purifier	2 daily
Appetite Appeaser	2 daily
Intestinal Cleanser	2 daily
Probiotic Blend	2 daily
Flax Seed Oil	1 daily

