

HEALTH FIRST QUICK GUIDE TO

# KIDS' HEALTH

A photograph of children playing in a field of autumn leaves. A girl in a red hoodie is in the center, looking down at the leaves. To her left, a girl in a yellow hoodie is also looking down. To her right, a boy in a blue denim jacket is smiling and holding a large pile of leaves. The background is a soft-focus outdoor setting with more trees and leaves.

**NEW TO THE WORLD  
OF NATURAL HEALTH?  
TRYING TO LIVE A  
HEALTHIER LIFE?**

**HEALTH  
FIRST**

Then the Health First Network series of quick guides is for you! In this issue we share some key health strategies to support the little ones in your life!

# A HEALTHY YEAR AHEAD

**IT'S THAT TIME AGAIN!  
FALL MEANS BACK  
TO SCHOOL, COOLER  
AIR AND MAJESTIC  
COLOURS...BUT COLD  
AND FLU SEASON IS  
LURKING!**



Prepare your kids for school and the colder months ahead by choosing nutritious dietary options and ensuring you all get plenty of rest as the days begin to ramp up again. Getting back into a routine can be as difficult for your little ones as for you, so try putting your new family schedule in place a couple of weeks ahead of September!



## **MEDITATION: NOT JUST FOR GROWNUPS!**

Meditation is being recognized as a powerful way to calm the mind and manage stress - so much so that it is even being taught in schools! It is particularly helpful for kids experiencing the start of school, new classmates and higher expectations as they move up a grade level. Breathing techniques can help kids cope with stress all year round - find a free app so you can share in this practice together!

## **THE MULTIVITAMIN: A BASIC HEALTH ESSENTIAL**

As the season changes and your schedule suddenly becomes busier, you may find yourself lacking time to adequately plan healthy, balanced meals despite your best efforts. Luckily, multivitamins are like workhorses in a pill form! They can provide your kids with the nutrients they may be lacking and the extra support they may need during this transitional period.



### PROBIOTICS: A GUT HEALTH ESSENTIAL

Probiotics are purveyors of good gut health, which is central to your kids' overall well-being. Especially after a summer without routine and maybe even a little overindulgence, fall is the perfect time to get their little digestive systems back in tip top shape! Promote their good bacteria by choosing a probiotic to support both digestion and immune health.

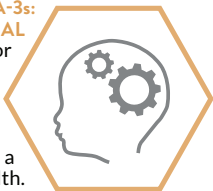


### FERMENTED SUPERFOODS: GUT HEALTH HEROES

Plants are naturally high in fibre and core phytonutrients for your kids, but fermenting them takes their benefits to a whole new level! We know that gut health is central to kids' well-being, and eating fermented foods adds a wealth of good bacteria to strengthen the gut microbiome. Kid-friendly fermented foods include dill pickles and (maybe even) sauerkraut!

### OMEGA-3s: A BRAIN HEALTH ESSENTIAL

Omega-3 fatty acids are especially important for kids as they support their brain, eye and nerve development. Naturally high amounts are found in fish, and it may surprise you that plant-based sources such as seaweed, walnuts and seeds all have good amounts of omega-3s as well! Giving kids a balanced combination is key to their overall health.



### IMMUNE SUPPORT: A NEW EVERYDAY ESSENTIAL

Nutrients for immune support have become our new, everyday essentials! Even if your kids eat lots of healthy food, they can sometimes use a little extra boost from herbs. Echinacea is a well-known and safe herb for supporting the immune systems of your little ones, while certain Chinese herbs, including astragalus and codonopsis, can serve as gentle immune tonics.

# PRODUCT INGREDIENTS

HEALTH  
FIRST®

5 billion probiotics with vitamins C and D to support immune and digestive health.

IFOS certified from small, non-farmed fish to support kids' brain health.

A liquid adaptogenic formula made just for kids to support their immune systems!

Great tasting vegan multi to bridge the nutritional gap for growing bodies.

Fermented superfood blend featuring 22 organic superfoods and prebiotics.



FIND THESE PRODUCTS AT YOUR LOCAL HEALTH FIRST MEMBER STORE!  
PLEASE VISIT [HEALTHFIRST.CA](http://HEALTHFIRST.CA) TO LOCATE THE STORE NEAREST YOU.