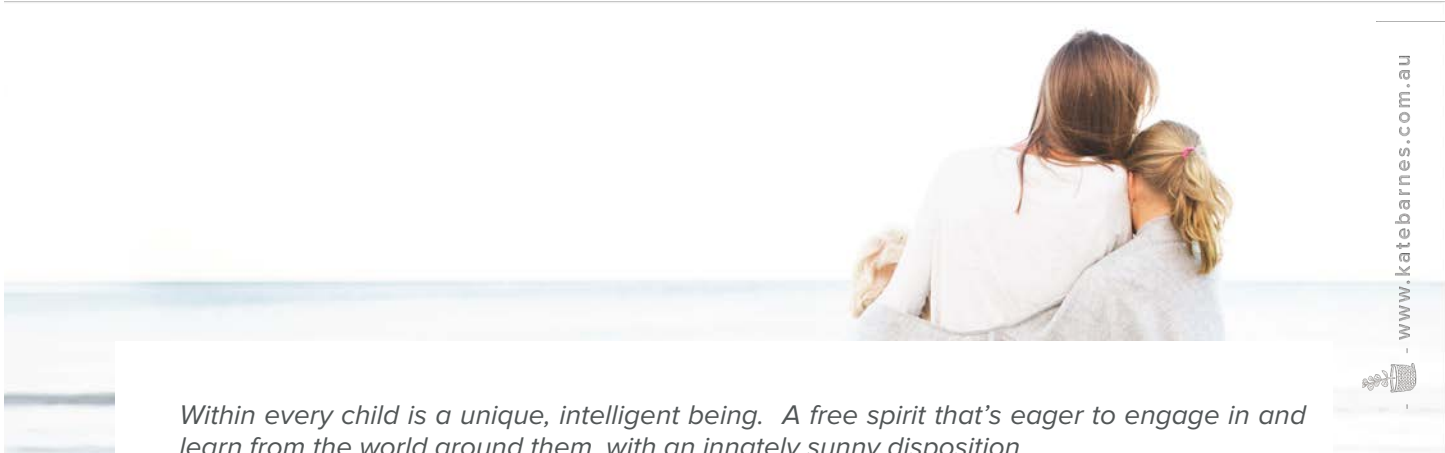




NUTRITION & TANTRUMS

Common foods in our homes, which extinguish tantrums and skyrocket children's health and common foods to avoid.





Within every child is a unique, intelligent being. A free spirit that's eager to engage in and learn from the world around them, with an innately sunny disposition.

OR DOES THIS SOUND LIKE A FANTASY?

Perhaps this sounds more familiar... a gorgeous, loving child whose behaviour is checkered with daily explosive outbursts and inconsolable temper tantrums, often in full public view in the playground, the classroom or the supermarket. It's behaviour that can paralyse us with embarrassment and deplete us emotionally within seconds and with nowhere to turn.

It doesn't need to be this way. Tantrums can be extinguished and become a thing of the past.

Behavioural issues in kids, especially intense temper tantrums, are a new and acceptable norm, but what's really going on for our children?

What are the real physical or emotional triggers for their behaviour?

In saying this, it is normal for young children to have occasional tantrums that last 10 or so minutes. Extra-long or aggressive tantrums that happen frequently aren't normal.

'The food you eat can either be the safest and most powerful form of medicine, or the slowest form of poison'. –Ann Wigmore

With our busy, modern day lives we feed our children some common, everyday foods that are touted as healthy, when in fact they aren't healthy at all. It's easy to dismiss our intuition and forget just how much food impacts mood.

If you haven't considered that food or lifestyle choices might actually be creating a monster in your home - it's time for a rethink.

I invite you to listen to your intuition and experiment with some of the following foods and lifestyle triggers that might be fueling your child's behaviour. And when their behaviour improves, you might also see them enjoy a greater variety of foods, sleep better, engage better with their siblings and importantly, their immunity improve.

Try a few of the following ideas first. You've nothing to lose and everything to gain – especially your sanity and a harmonious home.

If the behaviour doesn't improve then definitely consult with your health practitioner. I've provided a list of other services and resources that have helped us and will hopefully help you too.

Think of the following as a checklist. Try taking one food out of the diet at a time and experimenting with it.

COMMON FOODS THAT CAN TRIGGER TANTRUMS:

- Gluten, wheat products
- Dairy
- Refined/packaged foods e.g. breakfast cereals and snacks (due to the refined foods such as sugar and gluten found in these foods)
- Preservatives
- Artificial colours
- MSG
- Refined sugars
- Increasingly children are also becoming sensitive to salicylates and oxalates (fruit, leafy greens, tomato etc...)

These foods can trigger behavioural issues, as they can be extremely hard for an immature, digestive system to digest or absorb efficiently. Other triggers such as MSG, found in many packaged foods, are neurotoxic i.e. poisonous to the brain.

The gut and the brain are intimately connected and hence what we eat directly affects our behaviour.

Note: not all children's behaviour is affected by these foods and the effect may not be immediate, it may even be a day later, depending on how their body metabolises the food.

Yet it doesn't take long for change to happen. Children can be very responsive. For many of my clients adopting these changes they witness improvement in behaviour within weeks.

A photograph showing the lower half of a person sitting on a beach. They are wearing a grey sweater, blue jeans, and a striped blanket. A brown and white dog is sitting next to them, looking towards the person. The background is a sandy beach with some seaweed.

TRANSITIONING

It can be very hard to transition some of these foods out of our diet. Personally we chose to be gluten free a few years ago. We also have very little processed sugar (if any). We certainly have meltdowns but they rarely last longer than a minute or two and I can count the number of times the kids have been to the Doctor on one hand. It's worth it.

SOME TIPS

- *Try to be patient*
- *Take it one food, meal or snack at a time*
- *Upgrade the same foods with real, whole foods. I have loads of recipes on my website at www.katebarnes.com.au*
- *Get the whole household and family involved and supporting your choices. You can all benefit from the new choices*
- *Celebrate the smallest wins. It's important*
- *Surround yourself with a support team e.g. others making similar choices, community or a health coach*
- *Be kind on yourself, you're doing an awesome job, one step back, two steps forward, keep going*
- *You will get there and the life long rewards are worth it*
- *Keep reading for more suggestions*

FOODS THAT SATIATE, NOURISH AND EXTINGUISH TANTRUMS

The above foods need to be replaced or upgraded with real, whole foods that will:

- *Deeply nourish growing bodies and feed their brains*
- *Stabilise blood sugars and moods*
- *Be 'read' by the body, used efficiently and absorbed, fuelling deeper sleep and happier moods*

There are 3 foods in particular to focus on. The 3 macronutrients. Nutrients we need in large amounts.

THEY ARE PROTEIN, FATS AND CARBOHYDRATE.

It may sound like common sense, however most diets in children (and all of us) today are carbohydrate loaded e.g. cereal for breakfast, a sandwich for lunch and rice or pasta for dinner, with fruit or a sweet snack in between, leaving out vital nutrients.

PROTEIN

is the building blocks of our cells. Found in good quality (preferably organic) animal meats, eggs, legumes, dairy, nuts and leafy greens.

Proteins are essential nutrients for our bodies. They are one of the building blocks of body tissue, and can also serve as fuel. It's needed for growth & maintenance and importantly to fend off hunger, irritability and for peak performance in the playground.

Note: too much protein can convert to sugar in the body & may contribute to unstable blood sugar swings.

CELL LOVING CARBOHYDRATES:

Carbohydrates are a common source of energy; however, no carbohydrate is an essential nutrient. An essential nutrient is a nutrient required for normal body functioning that either; cannot be created by the body at all, or in amounts adequate for good health and thus must be obtained from a dietary source. Carbohydrates can be synthesized from amino acids (proteins) and fatty acids (fats).

Our aim should be to encourage children to eat food that maintains steady blood sugar levels, doesn't send them flying up & then crashing down, leaves their energy levels stable, doesn't spike intense hunger or headaches or other signs of unstable blood sugars. The form of carbs that do this for us are those in their whole & natural form i.e. fruits and vegetables.

FUNDAMENTAL FATS e.g. avocado, coconut, olives, organic eggs, cheese, butter, oily fish including sardines, mackerel and herring.

Our children's brains and our brains, our hormones and immune systems all need a full range of dietary fats including saturated and unsaturated fats (as listed above).

At least 60 - 70% of our brain is comprised of fat. Fat is vital, especially in children whose brains are still developing.

These fats are extremely satiating and provide children with sustaining energy that doesn't dramatically influence their blood sugar levels, as do simple carbs such as cereals, bread and pasta. They are an integral component to maintaining stable moods and extinguishing tantrums.

If you're not already, add in a nourishing fat at each meal and snack and watch your children's mood plateau. Some of my clients and our families favourite simple recipes and snack ideas follow.

*'Strive for progress not perfection'. –
Unknown*



OTHER TANTRUM EXTINGUISHING FOODS ARE THOSE THAT ARE RICH IN NUTRIENTS AND MINERALS:

- Bone broths
- Fermented foods. Try applekraut. A small amount of sauerkraut with apple grated into it. Or try grated apple with the juice of sauerkraut mixed in to get kids used to the 'sour' flavour
- Spices e.g. fresh garlic, lemon, turmeric, ginger, vanilla powder and cinnamon
- Fresh Herbs e.g. coriander (cilantro), parsley, oregano, basil etc. include in dips, smoothies and sauces.
- Sea vegetables e.g. dulse, wakame, kombu and nori

I have lots of gluten free, dairy free, mineral rich and low sugar recipes on my website using many of these ingredients if you need some inspiration visit <http://www.katebarnes.com.au>

The recipes included at the end of this document can be used as lunch, dinner, snacks or even breakfast. Make double or triple the quantity so you've got lots for leftovers or for freezing and when you get short on time.

OTHER TRIGGERS THAT ARE MORE FAMILIAR AND TO BE AWARE OF:

- Tiredness. Lack of sleep
- Hunger. Low blood sugars
- Feeling misunderstood. Tantrums and crying can be a release for frustration and anger. Allow them to cry and be frustrated and releasing it, rather than 'bottling it up' until there's no option but to explode!
- A distracted parent.
- Overscheduled.
- Electro magnetic field (EMF) exposure
- Nature deficit.
- Inflammation in the gut
- Nutrient deficiencies
- Stress e.g. the arrival of a newborn and many more...

You know your child better than anyone. Trust your intuition to understand what's really going on for them.

SIMPLE STRATEGIES TO EXPERIMENT WITH:

- *Slow down and adopt the pace of your child. If we allow ourselves we can learn a lot from our children and what they're reflecting back to us*
- *Take a deep breath and a moment to look objectively at what is actually going on.*
- *Try to view things from their perspective.*
- *Before things escalate, if you can, distract them. Kids generally have short attention spans. Music, another activity, some change in direction with their thoughts can help diffuse a potential outburst or meltdown.*
- *Enlist your support crew. We cannot do it all. We need help. Gather your tribe. They'll be so glad you did.*
- *Take care of you first and foremost.*
- *Spend time outside.*
- *There is an inner child in all of us, and our children give us the chance to reconnect with them and bring them back into our lives. Embrace your inner child, their sense of fun and curiosity.*
- *At the end of the day, parenting is the toughest gig on the planet. It's also the most rewarding AND the most important. Whatever you're doing, it IS enough and without a doubt, you are doing a brilliant job.*
- *Take it one day at a time or one new choice at a time.*

If you don't get the results you're looking for, other practitioners that might be able to help;

- *Energy Healers*
- *Health Coach or*
- *Chiropractor*
- *Naturopath*
- *Kinesiologist*

It's not easy, but there is a reason for our children's behaviour and no one knows our children better than we do, their parents. Trust your intuition and follow it.

For more information and recipes please check out my website at <http://katebarnes.com.au>.

And if you're interested in learning more about how Kate can guide you in improving your children's behaviour, fussy eating, sleep habits and so much more you will find her services at <http://katebarnes.com.au/work-with-me/>

'The bond between mothers and their children is a spiritual force that can never be broken.

Mothers know their children better than anyone else can or ever will... A mother's gut instinct overrides all clinical systems set in place to diagnose children'. –Anthony William



7 OF OUR FAVOURITE RECIPES FOR FUELING HAPPINESS'

Oven-Roasted Kale Chips

PREPARATION: 5 minutes **Baking time:** 10 – 15 minutes or until golden in colour



What

- 2 Bunches Kale
- 2 Tbsp. melted coconut oil or olive oil
- 2 to 3 Minced Garlic Cloves (optional)
- Sea Salt

How

Preheat oven to 165 Degrees.

1. *Make sure kale is dry. Discard the thick ribs and tear the kale into pieces. Toss with olive oil, garlic, salt, and pepper in a large bowl.*
2. *Spread on rimmed baking sheet; it does not have to be in a single layer; the volume of the kale will diminish.*
3. *Bake for 10 – 12 Minutes, stirring every 5 Minutes or so, until leaves are just tender, crisp on the edges, and slightly brown.*

Savoury Breakfast Muffins

PREPARATION: 10 minutes **Baking time:** 20 minutes or until golden in colour **Serves:** 6 – 8



What

- 100g (1 cup) almond meal or use sunflower seed meal for nut free or a cheaper alternative
- 1 tsp gluten free baking powder
- 1/2 tsp celtic sea salt or himalayan salt
- 1/2 tsp freshly cracked pepper
- 70g (1/4 cup) natural full fat yoghurt
- 2 Tbsp butter, melted, plus extra for greasing
- 3 eggs
- 80g (1/2 cup) chopped finely, preservative free ham or 2 – 3 bacon rashers
- 3/4 – 1 cup grated parmesan or cheddar cheese
- 70g (1/2 cup), approximately 10cm length, grated zucchini with moisture squeezed out using a tea towel or muslin cloth.
- 1 tsp finely chopped chives (optional)

How

1. Preheat the oven to 175 degrees celsius (345 degrees Fahrenheit) and grease 8 hole muffin tin.
2. Combine all the ingredients together into 1 bowl
3. Mix thoroughly
4. Spoon evenly into the muffin tin.
5. Bake for 20 minutes or until golden.
6. Cool in the tin for 10 minutes then turn out onto a wire rack to cool fully.
7. Serve warm with organic butter.

Notes

- Use whole almonds or sunflower seeds and mill in a high speed blender to make your own meal.
- Add 1/2 finely chopped onion, sautéed (with the bacon if using) and add to the mix.
- For nut free, replace the almond meal with sunflower seed meal. Or do a mix of both almond and sunflower seed meal.

Easy Oven Baked Herb Rissoles (Meatballs)

PREPARATION: 10-15 minutes **Quantity:** approx. 10 – 12 medium sized rissoles



What

- 500g mince of choice (I use lamb or beef)
- 1 brown or red onion, diced finely
- 2 cloves of garlic crushed
- 1 tbsp fresh sage or other herbs you've got growing e.g. parsley or lemon thyme chopped finely
- 1 egg
- 2 tbsp tomato puree
- 1/4 cup tomato passata
- 1/2 tsp Himalayan or Celtic sea salt
- ground black pepper (optional)
- 1 tbsp dulse flakes (optional)
- 1 large tbsp fresh rosemary chopped finely

Feeling adventurous? Try adding 1/4 cup chopped liver to the mince (or up the amount if you like liver. This is optional & see the note below.

How

1. Preheat oven to 180 degrees or 350 fahrenheit.
2. in a large bowl (or blender), combine all the ingredients
3. form into your preferred meatball or rissole sized ball and arrange on a baking pan
4. depending on the size you've made, bake for about 20 minutes or until they're cooked through. Enjoy!

Notes

- If your meal is being prepared for children, presentation helps, make the rissoles smaller in size e.g about the size of a walnut, then once cooked find some toothpicks or kebab skewers cut down to size and get creative as in the photo!
- For a more mediterranean flavour add some sliced olives through the mix add whatever flavours or other vegetables you enjoy e.g. grated carrot, zucchini and/ or mushrooms. Precook the vegetables first to help remove excess liquid.
- For more nutrient, cell loving goodness, add a percentage of organ meat to your mince. Either do this yourself or ask your butcher if he can mix it into the mince for you when he prepares it ahead of time. Start with about 10% if you're new to this.

Easy Gluten Free Egg Pies

PREPARATION: 5 minutes **BAKING:** 15 minutes **SERVES:** 4



What

- 8 eggs (more if you need leftovers. Use approx. 2 eggs per person)
- 1/4 cup cheese of choice e.g. parmesan, goats feta or haloumi
- pinch of himalayan or sea salt
- 1 tsp of dulse flakes (optional and see below for a few more ideas)
- 1 tsp fresh lemon thyme

How

1. preheat the oven to 180 degrees celcius and grease a muffin tin
2. mix all the ingredients together (except the cheese)
3. pour the mix into the tin & top with the fresh thyme and bake in the oven for about 20 minutes or until cooked through and just turning golden brown.

Time saving tip

add all the ingredients together i.e including the cheese or onion (if you're using), before pouring into the muffin tin, mix together well and pour into the muffin tin and one less thing to do!

Notes

- saute 1/2 an onion and/or bacon chopped finely and add this into the egg mix before pouring into the muffin tin.
- before pouring the mix into the tin, wrap a rasher of bacon around the inside of each individual muffin and on the base to form a 'casing' to pour the mix into and for added nourishment!
- add chopped tomato or avocado on top of the mix before baking

Home Made Jubes (Squashies)

PREPARATION: 5-10 minutes **SERVES:** approx. 15 jubes



What

- 1/3 cup of strained juice (freshly squeezed lemons or apple or pear juice, blueberries, beetroot, orange)
- 1 – 3 tbsp sweetener of choice (maple syrup, brown rice syrup, coconut nectar)
- 1 1/2 Tbsp of powdered gelatin, (grass fed)
- optional: for colour 1 tsp beetroot powder (or 1/4 tsp turmeric powder if using lemon juice as juice).

How

1. Place all ingredients into a saucepan. Cook on low – medium heat, stir constantly until mixture is smooth and all lumps have disappeared (about 5 minutes).
2. Place immediately into ice cube trays, or chocolate molds and place in the freezer for about fifteen minutes or the fridge for about an hour
3. Once they've set remove them from the molds and place in a jar for storage in the fridge.

Notes

- They will keep for a few weeks at room temperature (if they last)! Enjoy
- For a special occasion or great to have on hand to substitute for lollies, little kids and big kids alike

Inspiration for this recipe came from <http://www.nourish-ed.com>

A Persian Love Bar (Muesli Bar)

PREPARATION: 10 minutes **BAKING:** 20 minutes **REST:** 1-2 hours



What

- 1/2 cup honey or brown rice malt syrup
- 3/4 cup raw organic almonds, roughly chopped
- 3/4 cup pistachio kernels, roughly chopped
- 1 cup of sunflower seeds
- 3/4 cup shredded coconut
- 1 tsp ground cardamom
- 1 tsp ground cinnamon
- 1/2 tsp ground nutmeg
- 1/2 tsp salt
- finely grated zest of 1 orange
- pinch saffron threads (optional)
- 4-5 drops of therapeutic grade, wild orange essential oil (optional)
- 1 tsp rosewater or orange blossom water (optional)

How

1. Preheat the oven to 180°C and line a 21 cm × 17 cm baking tin with baking paper.
2. Gently heat the honey and the saffron threads in a small saucepan until just warmed.
3. In a separate bowl mix the almonds, pistachios, sunflower seeds and shredded coconut, orange zest, spices i.e. cardamom, nutmeg, cinnamon, salt and stir to mix thoroughly.
4. Stir the honey mix into the nut and seed mixture and add the essential oil and rosewater if using. Stir well until all the ingredients are coated well with the honey.
5. Place the mixture into the lined baking tin, spreading it evenly, then press firmly to create a compact layer, approx. 1cm thick or as you prefer.
6. Place in the oven and bake for 20 minutes or until golden brown.
7. Leave to cool completely in the baking tin, about 1 – 2 hours.
8. Cut into 7 cm × 4 cm bars and serve or place in a tin for later. It will last up to a week.

Chocolate Crackles

PREPARATION: 5 minutes **Fridge time:** about 30 minutes to set **Quantity:** approximately 15



What

- 2 cups base: eg puffed rice or almonds (or a mix)
- 1/4 cup cacao powder
- 1/4 cup desiccated coconut (optional)
- 100ml melted coconut oil
- 1 big tbsp honey

How

1. if using almonds, roughly chop them or place in a food processor to roughly chop. keep an eye on it so it's not overprocessed.
2. place the rest of the ingredients in a bowl and mix together well. (if the mix is sloppy, with liquid at the bottom of the bowl, add more of the base)
3. once mixed, place in the freezer for about 5 minutes or until the oil sets a bit.
4. then stir again to ensure the nuts or puffed rice is covered well
5. place into patty pans
6. store in the fridge

Notes

- The puffed rice is great for school or nut allergies. If taking to school remember to include an ice pack to keep it cool as the coconut oil will melt.
- If the coconut oil is hard, place in bowl of warm water for 5 minutes to melt.
- Boost the nutritional value and add in: goji berries, pepitas, sunflower seeds, cacao nibs, or a couple of drops of peppermint oil or whatever you've got on hand. All these will work a treat and give an extra yumminess and nutritional nudge!to Health & Vitality'.



TESTIMONIALS



“You have provided me with the resources and tools to ensure rock solid nutrition for my family and I am thrilled that we are already reaping the benefits of our sessions with you. For that, I am eternally grateful.” – Kelly Parsons



“When my 6 month old was getting ready to start solids, my Family Doctor recommended Kate as the one person who could guide us into a nourishing nutrition and great foundations. After our first consult, I was hooked. Kate’s concepts were completely different to everything I was being told by the mainstream about an infants nutrition yet it made so much sense to my mother’s intuition. Her lovely and encouraging nature accompanied me every step of the way!

Since then, my son has had a steady, healthy and thriving journey and our relationship to food as family has flourished into a really conscious one. Kate’s teachings have empowered me on how to feed my family and how to understand nutrition and healing in a holistic way. This is an incredible gift for any new mum. I adore Kate and she has become the first point of contact for anything health related in our family. I wish every new mum could have a Kate in the beginning of their journey....” – Cristina Londono, Creative Director, Walnut Studio, Mother.

TESTIMONIALS



“Thanks to my consults with Kate, our family is on a new path to good health and nutrition. This was especially beneficial for my young daughter who suffered from reoccurring chest infections and illness due to a diagnosed low immune system.

Kate helped me focus on nutritional meals, supplements and eliminating processed and commercial foods. The improvement was almost immediate, and over the winter the improvement was drastic for the whole family. My daughter is no longer a ‘picky’ eater; her immune system is so much stronger as is my 2 year old sons. At the same time my stress and anxiety levels as a concerned mother have greatly reduced! Thank you Kate for your help, motivation & being an ongoing support to us too! – Kathryn, IT Professional.



“I found Kate’s wealth of knowledge incredible and an education in itself. I feel completely invigorated with cooking for our family and have loved seeing our children (and my husband) enjoy our new healthy diet.

Kate’s approach is extremely thorough, professional and inspiring. Thankyou Kate for setting us on a lifelong path of fantastic healthy eating! ” – Yolande, Mother of 2 children (9 & 6) & Finance Director, March 2011



“I first contacted Kate for some simple nutrition advice and tips but what I got from Kate was so much more. Kate not only looked at my diet but all aspects of my life approaching it in a holistic manner making me realise that balance was an absolute necessity which is what I was lacking but didn’t realise. Together we made a plan and Kate has given me motivation and inspiration and a few realisations as well which have been invaluable.

My work with Kate has been worth every cent and I would highly recommend her services. Kate is not only inspirational and informative but is a lovely person who is an absolute pleasure to work with. ” – Lisa, Designer & Stylist



About Kate

After working as an executive in professional services, Kate started her global business as a Certified Holistic Health Coach. She has a Bachelor of Science and a Post Graduate Diploma in Business

Kate has taken her extensive experience to develop a comprehensive coaching philosophy that will transform your health – for life - literally. ‘Being healthy is your natural state’ is Kate’s ethos. Simple, life changing & fun’.

“Eating nourishing foods, making empowered choices, not only changes the mind but your body too. Prevention is the cure and that our health is in our own hands - it’s our choice.”

Kate Barnes



HOW YOU CAN WORK WITH KATE:

- *one on one coaching*
- *her signature online e-courses, 'A gentle cleanse with Kate' and 'Replenish with Kate' leading nutrition and detoxification programs for busy women.*
- *Enriched Living membership with regular webinars and workshops*
- *cooking demonstrations*
- *pantry overhauls and*
- *guest speaking*

Kate loves sharing her message of taking our health back into our own hands, and that prevention really is the cure, increasing awareness about the best nutritional choices and clearing the many confusing messages, she motivates and inspires people to take action and live their best lives.



NUTRITION & TANTRUMS

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