



Kate Barnes

WHY KIDS GET SICK.

An introduction to a 'Strong immunity & happy tummies'



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WHY KIDS GET SICK. AN OVERVIEW.
Includes recipes and remedies.

Hello! I invite you to use this short e-book;

1. To explore the vital link between our digestive system and our immune system.
2. To know what the 8 signs are that your child's immune system and/or digestive system is functioning well and,
3. As a summary checklist to know how strong their immunity really is?

BACKGROUND

Immunity and the gut are closely linked with 70 – 80% of our immune tissue situated in the digestive tract. If immunity is low, it's likely the gut (digestive system) requires rest and repair.

Our digestive system affects not only our immune system, it is the terrain that nourishes our whole body.

This is demonstrated with two important statistics:

- 90% of our serotonin (happy hormone) is made in the gut.
 - 400x more melatonin (sleep hormone) lies in the gut than in the brain..
- Source <https://www.ncbi.nlm.nih.gov/pmc/articles>

If our digestive system isn't functioning efficiently, it's not only our immune system that's affected. Our mood, quality of sleep and so much more can be impacted. Every part and system of our body is intimately connected. It's difficult to treat one area or part of the body without affecting other areas or indeed, the whole body.

In 460 – 370 B.C. Hippocrates famously said,

'All disease begins in the gut'. However - what predisposes the gut to be susceptible to disease in the first place?

The food we eat. Actually, it's the food we absorb, and what our gut and our microbiome is exposed to.

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OUR MICROBIOME TO THE RESCUE.

The microbiome is our personal army of microbes (bugs). Over time, as we have evolved, our bodies have enjoyed a perfect symbiotic (mutually beneficial) relationship with these bugs. When we have a healthy army of good bugs, we metabolise food better, detox toxins better, we enjoy stronger immune system and much more. It's instrumental for strong digestive and immune function.

A healthy microbiome (gut flora):

- Eliminates toxins (detoxification and elimination)
- Helps digest food and supports colon and gut health
- Supports our immunity
- Has an anti-inflammatory function
- Supports brain health (nervous and neurological)
- Supports metabolic health (metabolism, blood sugars, weight)

8 CLUES OUR GUT AND DIGESTION ARE FUNCTIONING WELL.

Good digestion i.e. regular bowel movements every day, ideally after an hour on waking, 1 – 3 times a day, no bloating, gas or belching. Plus;

1. Good oral health i.e. no fillings, well formed teeth and oral cavity.
2. Steady stable energy all day. No blood sugar swings or crashes.
3. Good weight.
4. Good mood. Not irritable, moody, anxious. Joyful and calm.
5. Clear skin.
6. Clear eyes.
7. Deep, restful sleep. Waking up fresh and energised for the day.
8. Strong immunity.





CLUES TO AN UNHEALTHY DIGESTION OR MALABSORPTION CONCERNS THAT TRIGGER LOW IMMUNITY, STRESS & MORE.

If you or a family member suffer from any one of these concerns, then gut health needs to be addressed;

- Digestive issues e.g. bloating, constipation, irritable bowel, gas, diarrhea, cramping etc. low stomach acid.
- Nutritional deficiencies e.g. low iron, low b vitamins, vitamin d, zinc or magnesium.
- Poor immunity e.g. sick two or three times a year, depending on the age. Seems to catch everything going around.
- Neurological concerns e.g. Headaches, brain fog, lethargy, poor memory, inability to concentrate, disorientation, lack of focus, ADD, ADHD.
- Low (or unusually high) energy.
- Hormonal imbalances e.g. thyroid or hashimotos.
- Autoimmune disease e.g. allergies, asthma, hay fever, eczema etc.
- Mood issues e.g. anxiety, moody, irritable, tantrums or depressive.
- Skin issues, itching, acne, red cheeks, rosacea, fungal infections, athlete's foot or toenail fungus.
- Food allergies, sensitivities or intolerance.
- Sugar and refined carbohydrate cravings.
- Poor oral health.
- Sensitivities to chemicals and perfumes.
- Muscle and joint pain.
- A nasal drip.
- Under or overweight. Unable to attain an ideal weight.

Think of these symptoms as 'clues' that with the right tools and fuels can be repaired and restored. Simply. Naturally.

SUMMARY.

Our children are growing up in a new normal of health. But what is considered normal today was not normal 50, even 10 years ago. It's not normal and it's not okay.

“60% of the world suffers from a chronic illness & 30% of children in the USA”, (MINDD conference 2019).

Yet as parents and carers there is so much we can do. Their health is in our hands. It's simple, it's natural and it's worth it. We just need to know HOW.

3 FAVOURITE PROTOCOLS TO ADD TO THE RECIPES & REMEDIES FOLLOWING.

1. A PROTOCOL FOR EAR INFECTIONS

- Use a saline spray e.g. Fess regularly e.g. every 2 – 3 hours. It will also hopefully relieve the pain. Try to stop crying if you can, it will make it worse unfortunately.
- Make an immune building smoothie to sip on through the day.
- Use garlic ear oil 2 – 3x a day and as soon as there is a hint of discomfort or symptoms show.
- Take out dairy, bananas, oranges and mango (fruits high in sugar) and all sugar that can be mucous generating.
- Use essential oils for the infection and fever e.g. melaleuca / tea tree and peppermint for the fever.
- Fermented foods and/or a good quality probiotic.
- Lots and lots of water.

2. INCESSANT COUGHING

- STEAM STEAM STEAM
- Lots of garlic and lemon and the foods mentioned above.
- Fresh thyme or thyme tea (fresh thyme steeped in warm water) or the teas shared in this book.
- Therapeutic grade essential oils e.g. peppermint, melaleuca and/or respiratory blend. Use in a steam bath, depending on the age or how you prefer to use the oils. If using a steam bath, test it yourself first to ensure the vapour is not too strong.

3. CLEANLINESS

- When washing hands use soap and water or essential oils NOT antibacterial soaps.
- Around the home opt for low chemical, natural alternatives and essential oils rather than toxic chemical products.

NEXT STEPS. IF YOU SUSPECT YOUR CHILDRENS IMMUNITY IS COMPROMISED:

1. Schedule early nights.
2. Fuel them up with the immune boosting foods, recipes and remedies in this book.
3. Remove inflammatory, processed and refined foods.
4. Boost them with a supplement or essential oils as needed.
5. Grab the full version of this e-book, including recipes at <https://www.katebarnes.com.au/shop/>
6. Seek guidance. No-one has all the answers. It helps to have support. Please contact your health care professional, invest in Kate's invaluable ['No more sick kids' workshops](#) or contact her directly for a short [30 minute consultation here](#) or at kate@katebarnes.com.au. She'd love to hear from you.



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The Recipes & Remedies – A Taste



Avocado, Ginger Or Garlic Dip With Lemon.



This is a great way to get children eating raw garlic, a potent immune booster. Or for upset tummies add in a small amount of grated ginger or if everyone is up for it use both the garlic and the ginger. The lemon is also great for immunity and helps disguise the garlic and ginger flavour (a bit). Give it a go!

Ingredients:

- 1 large peeled avocado
- 1 small garlic clove crushed and / or small wedge of ginger finely grated
- squeeze of lemon juice, not too strong (enough to disguise garlic or ginger)
- pinch of celtic sea salt or himalayan salt

Directions:

- Add all the ingredients into a blender or bowl and mix thoroughly.
- Add sea salt and fresh black pepper to taste or if using.
- Serve as a snack with mixed raw vegetables, rice cakes or as a side with meals

Notes:

- When storing in the fridge, place the pip of the avocado in with the dip to prevent the dip 'browning'.

Applekraut

The tart flavours of fermented foods can be unusual for children to try. To help them get used to the taste, mix grated apple or grated carrot, (carrotkraut), into the sauerkraut for a sweeter and more familiar taste.

Ingredients:

- 1 serving of sauerkraut e.g. 1 Tbsp to a $\frac{1}{4}$ of a cup, depending on what your family will enjoy.
- $\frac{1}{2}$ an apple and/or carrot grated

Directions:

- Mix the 2 together. Taste to check it's palatable for your family. If need be add more apple or sauerkraut.
- Serve as applekraut



Garlic Ear Oil

Garlic is a powerful natural medicine. For centuries, it's been used for its antibiotic, anti-fungal, and antiviral properties. Garlic ear oil is an ancient Ayurvedic medicine that's easily made on our stove tops. I first came across it in a talk I listened to by Dr John Dulliard, an Ayurvedic Doctor and Teacher.

It's worth taking the 5 minutes to gather the garlic and oil and let them simmer away together for 20 minutes or so to create this traditional elixir. Use the oil for prevention as well as medicinal.

PREPARATION: 5 minutes,
Simmering: 20 minutes

Ingredients:

- 1-2 bulbs of peeled garlic, slightly crushed with the palm of your hand or the blade of a knife (about 8-10 medium sized cloves)
- 1/2 cup of sesame oil
- A small bottle & dropper



Directions:

1. In a saucepan, add the oil and the garlic cloves. Bring to a simmer, and allow to bubble and spit for approximately 20 minutes. (Don't let the garlic burn). At the end of the 20 minutes the garlic was slightly caramelised (which you can then eat)!
2. Remove the pan from heat and allow to cool.
3. Slowly pour just the oil into the bottle, and store at room temperature.
4. To use the oil, lay head on a pillow (covered with a towel).
5. Tilt the head to the side and gently squeeze 3 – 5 drops of warm oil into the ear. Allow it to rest for about 5 to 10 minutes.
6. Drain the oil onto a tissue and repeat in the other ear.
7. For prevention try the oil once a day or if trying to combat a cold or flu symptoms try the oil twice a day e.g. morning and night.

The inspiration for this recipe comes from Dr John Douillard at <http://lifesp.com>

The information in this book is just one part of a balanced lifestyle that covers a wide range of health fields and professional advice. If you are ill or sick with a treatable medical illness then continue to see a conventional medical practitioner. Ultimately health is about discovering the choices that work for you and your family as individuals and taking ownership of those unique requirements.



About Kate

After working as an executive in professional services, Kate started her global business as a Certified Holistic Health Coach over 13 years ago. She has a Bachelor of Science and a Post Graduate Diploma in Business.

With over 7 years experience working specifically with families and their health challenges including allergies, mental health concerns, fussy eating, weight management and so on, Kate has successfully enriched the lives of countless families.

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. Our health is in our own hands - it’s our choice.”

Kate Barnes

How you can work with Kate:

- one on one transformative coaching and mentoring.
- her signature online e-courses, ‘A gentle cleanse with Kate’ her leading nutrition and detoxification programs for busy women. And ‘Our Happy Children’ her ground breaking nutrition and education program for lifelong healthy families.
- Live workshops.
- pantry overhauls and
- guest speaking engagements.

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.



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