

Wellness Plan – Paddy O’Keeffe – 16th September

Goals:

- **Get healthy – improve immune functioning**

Paddy is likely suffering some microbiome dysbiosis which is common after having large quantities of antibiotics. Dysbiosis means there is more of the bad bacteria in our gut rather than the good bacteria. A healthy microbiome ensures optimal immune functioning, digestion and nutrient absorption. We also will see benefits by supplementing some additional nutrients such as cod liver oil, vitamin D, vitamin A and zinc which are all essential for healthy immune functioning.

Prescription:

Metagenics Ultra Flora for kids

Dose: Children 0 - 12 years: $\frac{2}{3}$ metric teaspoon (2 g) daily mixed into cool or warm (not hot) liquids or food (take 2 hours away from antibiotics)

This product contains 3 strains of probiotics and one prebiotic which have been shown to be beneficial for healthy immune and digestive function

**The Inner Health for Kids has pretty much the same strains so you can opt to take this first then order this version when that runs out

Metagenics Cold Liver A & D for Kids

Children 0 - 12 years: 2 mL daily mixed with juice or in food (breakfast would be best)

Supports healthy immune functioning, as well as reduces inflammation, supports skin health and supports cognitive development

Bioceutical Zinc Drops

Children: 5 drops daily in water or juice (have with dinner if possible – best to take with food)

Supports healthy immune function and digestion, skin health and normal growth and development

Dietary Advice:

- Increase zinc rich foods where possible to help immune functioning – zinc rich foods include beef, seafood, lamb, eggs, chicken, pumpkin seeds, sunflower seeds, pine nuts, cashews and legumes
- Butter is a great source of vitamin A which is important for immune and gut health - please use this over margarine
- Increase foods containing Essential Fatty Acids to support immune functioning and cognitive development – foods to increase include fish such as mackerel, wild salmon, tuna, rainbow trout, flathead and salmon; grass feed animal products such as beef and eggs; flaxseed oil; walnuts and chia seeds
- Consider purchasing Nutra Organics Immune Hero or Vege Hero – great products which you can hide in so many things which will give Paddy a great nutrient boost which will only further support his immune system and reduce inflammation – I have added these to the Vital.ly script for you to have a look however I think you can also get them from the Go Vita in Grafton or Ballina

Other:

These are the ear drops that I mentioned which are really nice for some relief where there is some ear infections going on – I often use it at the first feelings of some discomfort and most of the time it will not progress into anything worse! You may be able to find the locally or cheaper – this was just so you knew what they were 😊 ***Equinox Botanicals Mullein Garlic Ear Oil***

<https://australianorganicproducts.com.au/products/equinox-botanicals-mullein-garlic-ear-oil-15ml>