

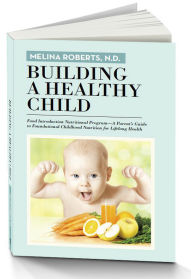
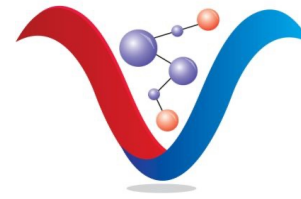
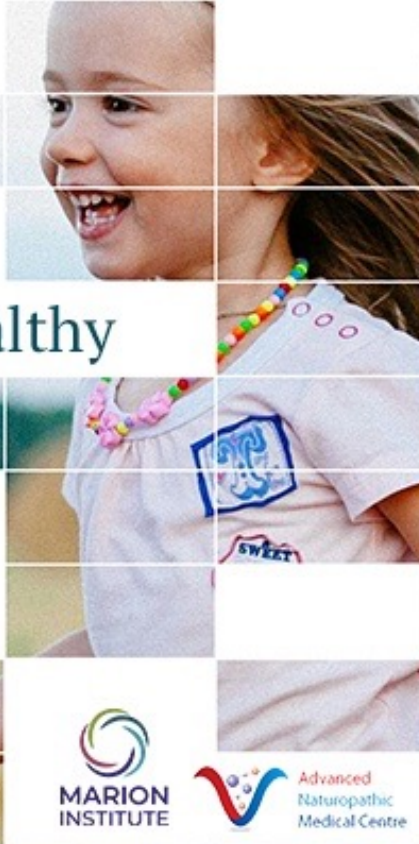
BioBites

a virtual house call for
your health and wellness

Building a Healthy Child

Tuesday, May 7th, 12 noon ET

with Dr. Melina Roberts, ND,
clinic director and founder,
Advanced Naturopathic Centre



BUILDING A HEALTHY CHILD: HOW TO TRULY PREVENT CHRONIC DISEASE

DR. MELINA ROBERTS

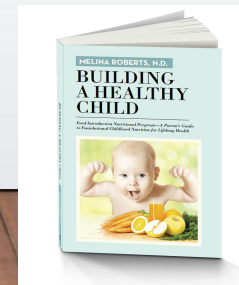
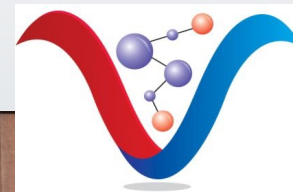
NATUROPATHIC DOCTOR

ADVANCED NATUROPATHIC MEDICAL CENTRE

WWW.ADVANCEDNATUROPATHIC.COM

DR. MELINA ROBERTS

- Graduate of University of Waterloo with a BSc (Hons) in Kinesiology Co-op
- Graduate of Canadian College of Naturopathic Medicine, Toronto (2004)
- Post-graduate training in European Biological Medicine through the Paracelsus Clinic in Switzerland
- Founder and Medical Director of Advanced Naturopathic Medical Centre in Calgary, Canada
- Author of *Building a Healthy Child: Food Introduction Nutritional Program-A Parent's Guide to Foundational Childhood Nutrition for Lifelong Health* (2016)
- TEDx speaker for 2021 at TEDxQueensVillage, New York
- Lead North American Lecturer for Paracelsus Academy
- Featured in **ABC, NBC, FOX, CW, CBS, Canada News Journal** and many more
- Recognized as a top naturopathic doctor by the International Association of Health Care Professionals (2012)
- Awarded Top 20 Naturopathy Podcast (ranked #6), Awarded Top 30 Naturopathy YouTube Channel (ranked #9)
- Awarded Consumer Choice Award in Naturopathic Medicine in Calgary (2017, 2018)
- Guest expert in Anti-Cancer Revolution, The Cancer Summit and NaturalHealth365
- Featured articles in Food Matters, Alive Magazine, Impact Magazine



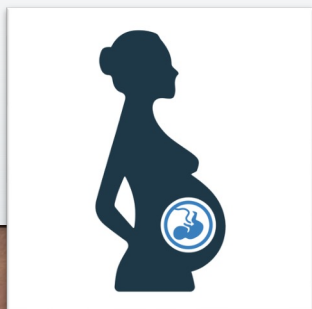
PERSONAL JOURNEY

When I was a child I suffered from bad allergies and eczema.

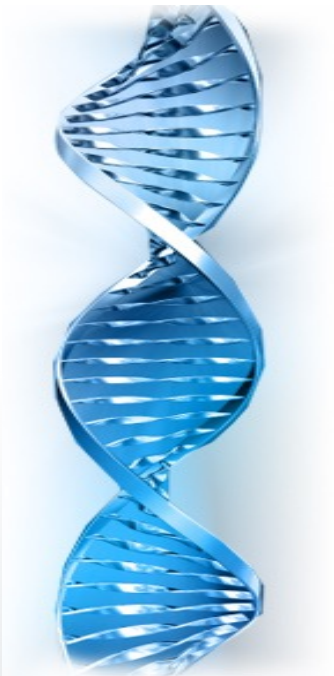
When I became a mother, I wanted to figure out a way to ensure that my daughter didn't have to go through the same health challenges that I had to go through.

In my practice I have come across many parents who want to prevent food allergies, food sensitivities, digestive discomfort, illnesses in their children but didn't know how to do that.

My research led me to putting together this plan which has helped build my daughter's health from the ground up, as well as helped many of my patients over the years to build their children's health.



WHAT IS BIOLOGICAL MEDICINE?



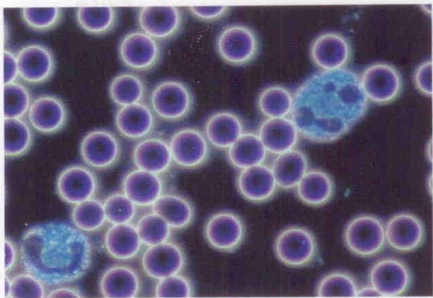
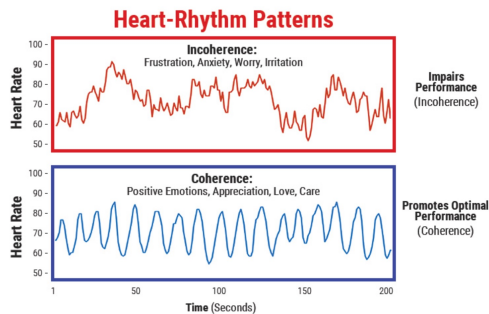
The body has an innate ability heal itself when in the proper environment

We want to get the whole organism functioning properly

- Identify and Removing Stressors
- Improving organ/system Function



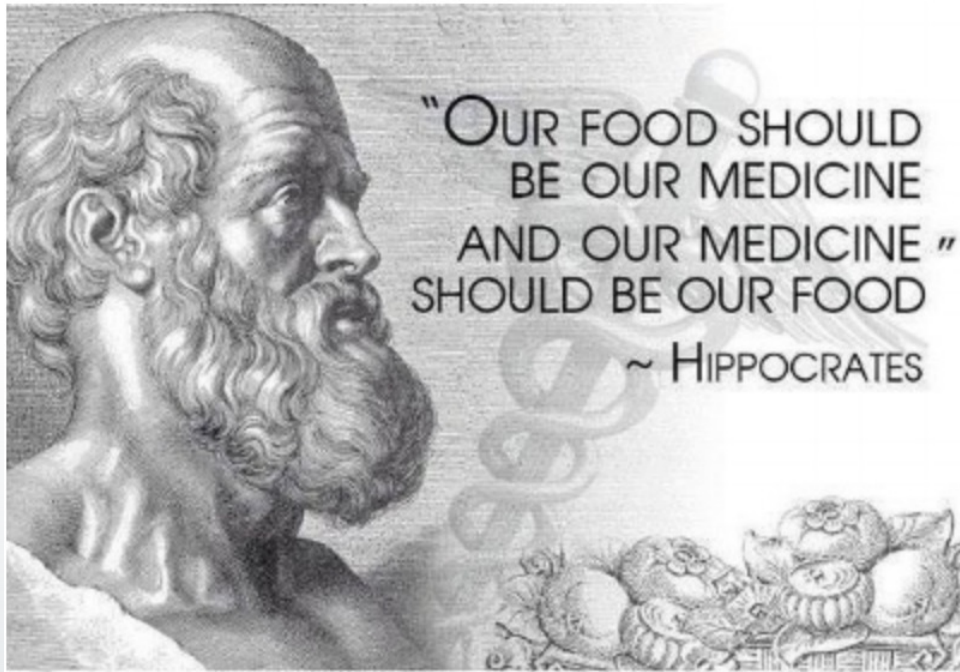
TWO MAJORS TENETS OF BIOLOGICAL MEDICINE?



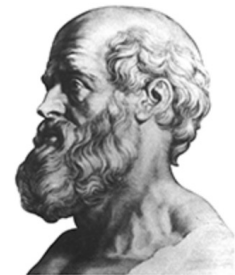
1. **Adaptability.** The ability of the body to be able to adapt to stressors in our environment. These stressors can be internal or external. Every system of the body should be able to express this healthy adaptation or self-healing or self-regulating mechanism in order for us to be healthy.
2. **Terrain**
 - The terrain – the extracellular matrix – is what guides the body’s self-regulating ability
 - In order for your cells to be healthy, they need to be in a healthy environment.
 - Nurturing the terrain in the key to biological medicine



HEALTH BEGINS IN THE DIGESTIVE TRACT

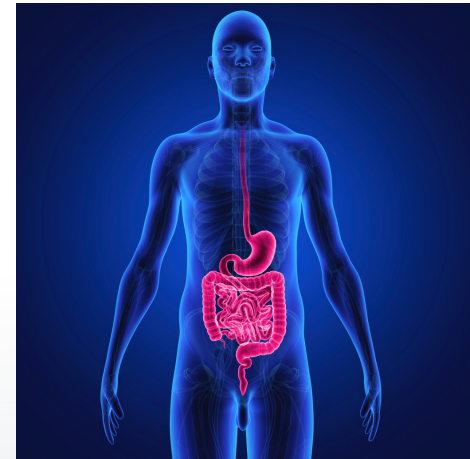


"All Disease Begins
In The **Gut.**"
- Hippocrates



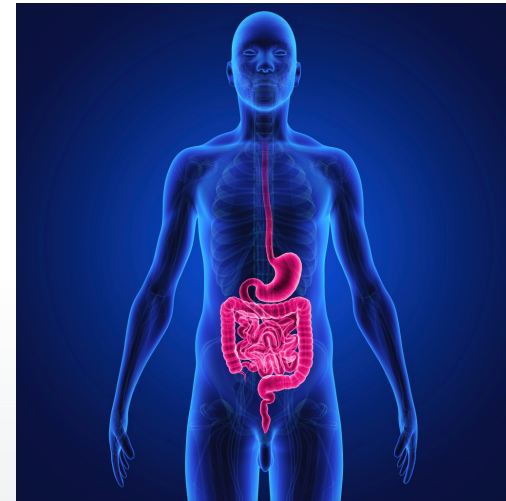
DIGESTIVE HEALTH IS KEY TO LONG-TERM HEALTH

- In my practice I see a lot of patients with chronic disease and have come to understand that healing the digestive tract is the key to long-term health.
- We literally are what we eat and our body can absorb.
- Our bodies are able to convert the foods we eat into every cell, tissue and organ in our body.
- What we eat becomes every cell in our body, so what we eat and how well our digestive tracts absorb the nutrients from the foods we eat dictate the health of our body. The better shape our digestive tract is in, the better health we are in.



IMPORTANCE OF THE DIGESTIVE TRACT

1. Absorption
2. Elimination
3. Barrier
4. Immunity



STATISTICS

- 40% of children have at least one chronic health condition
- Food allergies are on the rise
- Asthma is the most common cause of emergency room visits in Canada. In Canada, 12% of children have asthma

CDC Healthy Schools

CDC > CDC Healthy Schools > Managing Health Conditions

 CDC Healthy Schools

About CDC Healthy Schools +

Health and Academics +

Improving School Health +

Assessing School +

Managing Chronic Health Conditions

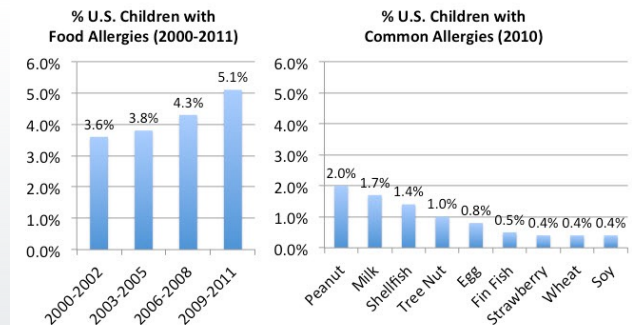
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In the United States, more than 40% of school-aged children and adolescents have at least one chronic health condition,¹ such as asthma, obesity, other physical conditions, and behavior/learning problems. The healthcare needs of children with chronic illness can be complex and continuous and includes both daily management and addressing potential emergencies.

More U.S. Children Have Food Allergies

Prevalence of food allergies has been rapidly increasing

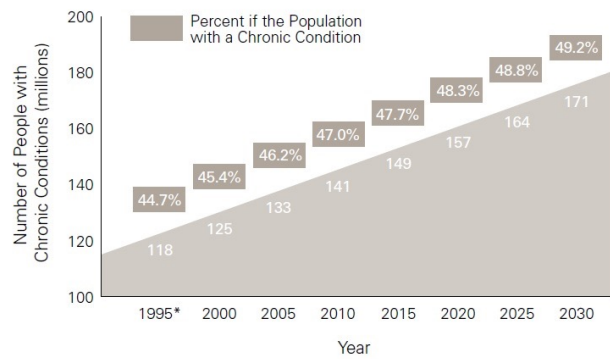


Sources: Centers for Disease Control and Prevention, American Academy of Pediatrics



STATISTICS

Chart 1: The Number of People with Chronic Conditions is Rapidly Increasing



Source: Wu, Shin-Yi, and Green, Anthony. *Projection of Chronic Illness Prevalence and Cost Inflation*. RAND Corporation, October 2000.

- **Chronic disease is on the rise; diabetes, heart disease, cancer**



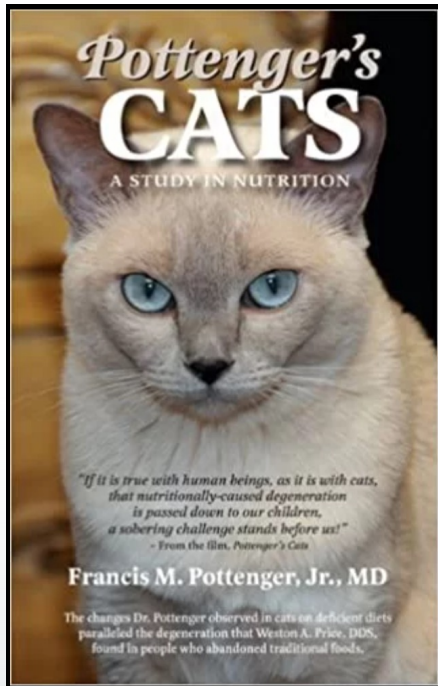
ABILITY TO CHANGE THESE STATISTICS



- prevent common digestive disturbances such as colic, abdominal bloating, gas, constipation, diarrhea.
- prevent common childhood health issues such as skin rashes, allergies, eczema, ear infections, asthma, mood swings, irritability, and behavioral problems
- We can prevent chronic disease in adults by starting with how we feed our children
- Build a solid foundation for long-term health



ALLERGY PREVENTION



- Pottenger cat study (2009)
 - Cats were given a diet that was not ideal for their digestive tracts. These cats developed all kinds of allergies. If this diet was continued, the second generation had greater incidence of allergies. By the third generation the incidence of allergies was close to 100%.
- Human studies
 - Three main areas of reducing the incidence of allergies were: 1) being breastfed exclusively for the first four months, 2) early diet of fruits and vegetables and healthy fats and 3) taking probiotics.



FOOD INTRODUCTION PROGRAM



BASED ON THREE PRINCIPLES:

- Build a healthy microbiome
- Supports proper child development by introducing foods in line with organ maturation
- Eating real, nutrient-dense foods while avoiding processed, chemically-laden foods

NO OTHER FOOD INTRODUCTION PROGRAM THAT TAKES ALL OF THESE CONCEPTS
INTO CONSIDERATION



DEVELOPING MICROBIOME

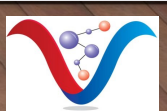


- Microbiome is the ecosystem of microbes, colonies of bacteria and fungi that live in our digestive tracts
- Microbiome is essential for processing nutrients, proper immune function and preventing disease progression
- Diversity in the microbiome can determine our overall health and longevity
- Colonization of bacteria in the digestive tract begins at birth: vaginal births, breastfeeding
- We have acquired our own unique foundation of microbes in our digestive tracts that will affect our future health by age three; window of opportunity



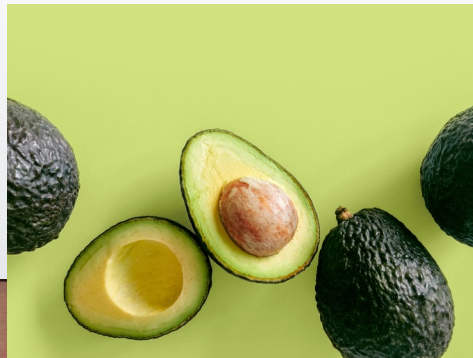
ONTOGENETICS

- the study of human development from embryo to adulthood
- Our organs begin to develop in the womb, then reach full maturation at different stages outside the womb. To support proper growth and development we need to introduce foods in line with how our organs are maturing
- Infants have hyperpermeable digestive tracts. This means their digestive tracts absorb materials much more easily than those of adults; therefore we have to be very cautious what we put into their digestive tracts.
- The blood brain barrier is not fully developed until about twelve months of age.
- Our pancreas does not reach full maturation until approximately age two, so we should not be introducing grains until age two.
- Liver reaches full maturation at around four or five years of age.
- The immune system reaches full maturation around age seven.



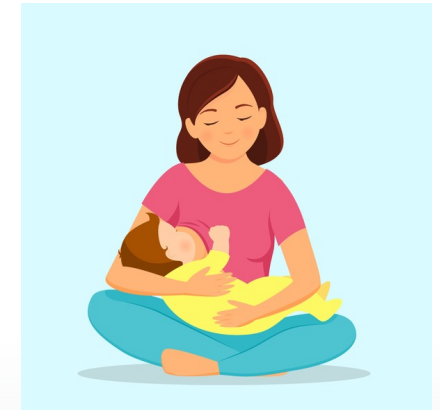
HARDWIRED TO EAT REAL FOOD

- Processed foods (packaged foods) means these foods have been stripped of their nutritional value, and often fortified with nutrients due to the lack of nutrients in them
- Our food supply is infiltrated with chemicals including pesticides, herbicides, insecticides, antibiotics, synthetic hormones, preservatives, food additives and dyes.
- When our foods have been manipulated and changed through genetically modified organisms or microwaving our foods, our bodies have a challenging time breaking them down and properly metabolizing them
- We need to feed our children foods that their bodies can recognize and turn into useful fuel



BREASTFEEDING

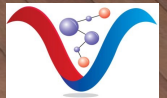
- For a delicate, immature digestive tract, the only source of nutrition should be breast milk, the perfect food for an infant
- Infants receives its innate immune system, as well as nutrients, hormones, enzymes and healthy bacteria they need to grow and develop, from the mother's breast milk
- I recommend exclusive breastfeed for at least six months and breastfeeding for at least one year.
- Children who were exposed to cow's milk before four months of age had a 50-60 percent increased risk of developing type I diabetes
- Breastfed children had an 8.3 point higher IQ than formula fed children
- Breastfed children had reduced risk of asthma and overall lung function



MOTHER'S DIET DURING BREASTFEEDING



- Mom's diet while breastfeeding is important! Anything that mom eats moves into the breast milk.
- If breastfed baby experiences any of the following symptoms, this can often be treated by eliminating allergenic foods from the mother's diet.
 - Rashes, wheezing, eczema, colic, spitting up, vomiting, painful gas, constipation, diarrhea – these are all indications that the baby is trying to eliminate a substance that does not agree with their system
- Breastfeeding mothers should avoid:
 - Alcoholic beverages, cow's dairy, wheat, corn, white refined sugar
- Breastfeeding mothers should limit:
 - Eggs, pork, soy, coffee



FIRST FOODS

- An infant's small intestines are hyperpermeable, meaning they have higher absorption capabilities in comparison to an adult.
- Intestines have limited digestive capacity due to lack of development of all the necessary digestive enzymes.
- Therefore, an infant's digestive tract can absorb incompletely digested proteins, which can lead to reactions as the infant's immature immune system may identify these proteins as potentially harmful, leading to common symptoms such as colic, abdominal bloating, gas, constipation, diarrhea, skin rashes, eczema, ear infections, mood swings, irritability, behavioral problems.



FIRST FOODS



MELINA ROBERTS, N.D.

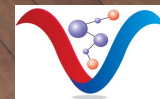
BUILDING A HEALTHY CHILD

Food Introduction Nutritional Program - A Parent's Guide to Foundational Childhood Nutrition for Lifelong Health

FOOD INTRODUCTION CHART

AGE	CATEGORY	EXAMPLES
Birth to 6 Months	Breastfed only	
6 Months	Hypoallergenic, cooked vegetables	Acorn squash, asparagus, artichoke, avocado, broccoli, carrots, cauliflower, green peas, sprouts, squash, string beans, sweet potatoes, yams, zucchini
8 Months	Cooked fruits	Apple sauce, apricots, bananas, beets, blackberries, blueberries, cherries, grapes, kiwis, nectarines, papaya, peaches, pears, plums, prunes
10 Months	Proteins and tougher vegetables	Beef, cabbage, chicken, egg yolks, fish, lamb, parsnips, spinach, Swiss chard, turkey
12 Months	Goat's milk, acidic fruits and vegetables	Goat's milk, oranges, pineapple, tomatoes
18 Months	Complex carbohydrates, shellfish	Beans, legumes, nuts (except peanuts), rice, seeds, shellfish, split pea soup, quinoa
24 Months	Grains, cow's dairy, hyperallergenic foods	Amaranth, barley, buckwheat, corn, cow's dairy, eggs, millet, oatmeal, soy, spelt, wheat
3 Years	Peanuts	

- Six Months – hypoallergenic vegetables that are easy to digest such as squash, broccoli, carrots, cauliflower, green peas, sweet potatoes, yam, zucchini
- Eight Months – fruits such as apple sauce, apricots, bananas, berries, peaches, pears, plums, prunes
- Ten Months – proteins and tougher to metabolize vegetables such as beef, chicken, lamb, turkey, fish, egg yolks, cabbage, parsnips, spinach
- Twelve Months – goat's milk, more acidic fruits and vegetables such as oranges, pineapple and tomatoes
- Eighteen Months – easy to metabolize complex carbohydrates, such as beans, legumes, rice, seeds, shellfish, quinoa
- Twenty-four Months – pancreas reaches full maturation therefore able to properly digest grains. At this stage digestive tract is better developed, microbiome is more established and immune system is stronger, therefore a good time to introduce hyper-allergenic foods.
 - Grains, cow's dairy, eggs, soy, nuts
- Three years old – waiting longer to introduce hyperallergenic foods gives the digestive tract and immune system time to develop and mature. Therefore recommend introducing peanuts at age three.



FOOD INTRODUCTION TIPS



- Introduce new foods in small amounts in the morning then wait 4 days until introducing another new food. During those four days you are watching for any type of reaction including sneezing, runny nose, rash, redness around mouth/anus/urethra, change in stools, changes in personality.
- For premature babies, introduce foods according to their adjusted age
- Consuming organic, non-GMO foods to reduce the toxic load on their liver as their livers can easily and quickly be overloaded by toxins as their capacity to handle toxins is lower and the liver does not reach full maturation until age four.



CASE STUDIES

CASE ONE

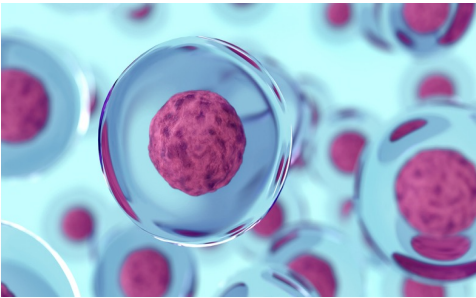
- Followed plan exactly
- Son has no allergies, no eczema, no ear infections, never been on antibiotics

CASE TWO

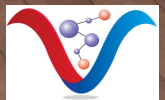
- Mother was unable to breastfeed.
- First child has commercial formula – spitting up all the time, not sitting up, always seemed uncomfortable – we changed to homemade formula at 8mths and spitting up stopped, reached her developmental milestones and healthy and happy. Had to heal up gut afterwards from damage from formula but now healthy and happy girl.
- Second child started with homemade formula. No allergies, no eczema, no ear infections, never been on antibiotics



BUILDING HEALTH

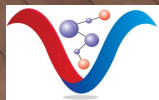


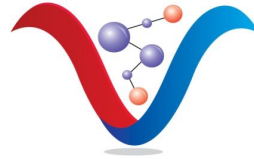
- It's easier to build the body up right from the beginning but if you didn't follow this plan, there's still hope, it just takes more work.
- Body is a dynamic system that is constantly breaking down and building back up.
- New cells replace old cells constantly in the body.
- Colon cells are replaced every 4 days, skin cells are replaced every 2-3 weeks, red blood cells live for 120 days, white blood cells live for about 1 year.
- We have an entire new body every 7 years.
- This means, in children and adults who didn't follow this food introduction plan, if we create the correct environment in the body and give it the correct building blocks then we have an opportunity to rebuild a healthy intestinal system



SIX FOODS TO AVOID

- **Wheat**
- **Cow's dairy**
- **Soy**
- **Corn**
- **White Refined Sugar**
- **Industrial Oils (corn, canola, cottonseed, soybean, sunflower, safflower)**





THANK YOU!



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AdvancedNaturopathic



youtube.com/user/drmelinaroberts

Thank you for attending!!



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