

brighton & hove life

JUNE 2005

YOUR CITY, YOUR LIFE

£2 WHERE SOLD



BRIGHTON
AND
HOVE
BUSINESS
AWARDS

**LATEST
DETAILS**

**DEALING WITH
EXAM STRESS**

**CELEBRATING
CHILDREN**

**SEEING
DOING
EATING
WEARING**

**CHILDREN'S
HEALTH**

**ADHD
ASTHMA
ALLERGIES**

PLUS

BAR WARS

THE FIRST HEAT

PROPERTY

15 PAGES

ARCHANT
LIFE





with
EMMA WELLS



and
SUSIE PERRY

A HUFF AND A PUFF

According to Asthma UK this condition is the UK's most common long-term childhood illness. Figures show that one in eight children is currently being treated for asthma, and believe it or not, the UK has the highest rate of severe wheeze in the world for children aged 13-14. Symptoms of wheezing and difficulty breathing are brought on by a muscular constriction of the airways that enter into the lungs. Triggers can range from sudden changes in air temperature to stress, a dust-mite allergy, mould spore allergy, a food intolerance or allergy, chemical sensitivities and living in an environment that is, literally, too clean.

Over the past 50 years there has been a drastic increase in the number of synthetic chemicals in our home, work and general environment. Starting to remove chemicals from your home can make a huge difference, often reducing dependency on steroid inhalers. When you shop, start to ask yourself is there a more natural alternative? Chemical-free paints, foods, and cleaning products need to feature on your shopping list along with specialist asthma products such as dust-mite- or allergy-free bedding and vacuum cleaners.

Visit Brighton's Villa Natura on Gloucester Street, the ideal shop for natural bio-degradable home cleaning products, gorgeous organic shampoos, conditioners and body lotions plus an amazing range of natural paints - bespoke colours can be mixed to meet your



specification. Make your home an asthma-free zone by switching products that contain chemical asthma triggers for natural alternatives that allow your kids to breathe with ease. For more information call Villa Natura on 01273 685800.

UK CHILDREN, SATURATED WITH FAT

How do you know your child is obese? You can see they're overweight but what's the limit? Obesity is identified using the BMI (Body Mass Index, a ratio between height and weight), and a healthy BMI is between 20 and 24. Anything over 30 is termed obese. government statistic show that obesity contributes to 30,000 deaths a year and our levels of childhood obesity are accelerating at an alarming rate. Figures from the Department of Health predict UK childhood obesity to have reached just over 25% - that's a staggering one in every four children.

Causes of rising obesity rates include a combination of several dietary- and lifestyle-related factors. The average child's daily food intake now appears to be heavily reliant on junk food and convenience meals, both of which are loaded with hidden synthetic additives, such as sugar, saturated fat and salt. Mix up all of these ingredients and you have the perfect recipe for weight gain and disruptive behaviour. Top this diet off with a general trend towards too little of exercise and sedentary hobbies and you are pretty much on track to deliver a nation full of overweight youngsters.

If your child is overweight or has been classed as being obese then it's time to shape up and fight the flab with a healthy eating plan and increased exercise routine. Another option is to

do nothing, sit back on the couch and watch your child pack on the pounds. If this lack of action is your inclination then be warned and take note of the facts: childhood obesity results in significant increased risk of developing early heart disease, diabetes, arthritis and cancer.

WHIZZ, BANG, POP

Hyperactivity or ADHD (Attention Deficit Hyperactivity Disorder) is without a doubt a 24-hour condition the symptoms of which can understandably push any parent close to the edge of exhaustion. It has been estimated that there are 1.6 million children in the UK that suffer from ADHD, and the condition is not just limited to children. Just over 5% of the adult population suffers from ADHD.

Medical intervention is not always a healthy option. Drugs such as Ritalin, which function to address neurotransmitter imbalances, are essentially low-dose amphetamines. These may work in the short term but are also highly addictive. If you choose the prescription route then expect a bad behavior period of withdrawal when the medication is discontinued.

With ADHD it is well worth exploring alternative options, and focusing your attention on your child's diet is a great place to start. Research has shown that ADHD can be fuelled by a brain allergy to artificial food additives and high intakes of caffeine and sugar. There is also a substantial amount of evidence which links ADHD to a diet deficiency of zinc and omega-3. Both these nutrients are important for brain function and neurotransmitter balance. Swap red meat for fish and replace crisps with pumpkin seeds to help increase your child's zinc intake. For local support contact Sussex Downs ADHD Support and Information Group on 01273 709663.

TACKLING ASTHMA, OBESITY AND HYPERACTIVITY

NUTRITIONAL THERAPIST SUSIE PERRY EXPLORES THE FACTS BEHIND THREE CHILDHOOD CONDITIONS THAT ARE CAPABLE OF DRIVING PARENTS AND DOCTORS TO DESPAIR

Brighton shop Villa Natura stocks natural cleaning products for asthma sufferers with chemical sensitivities

