



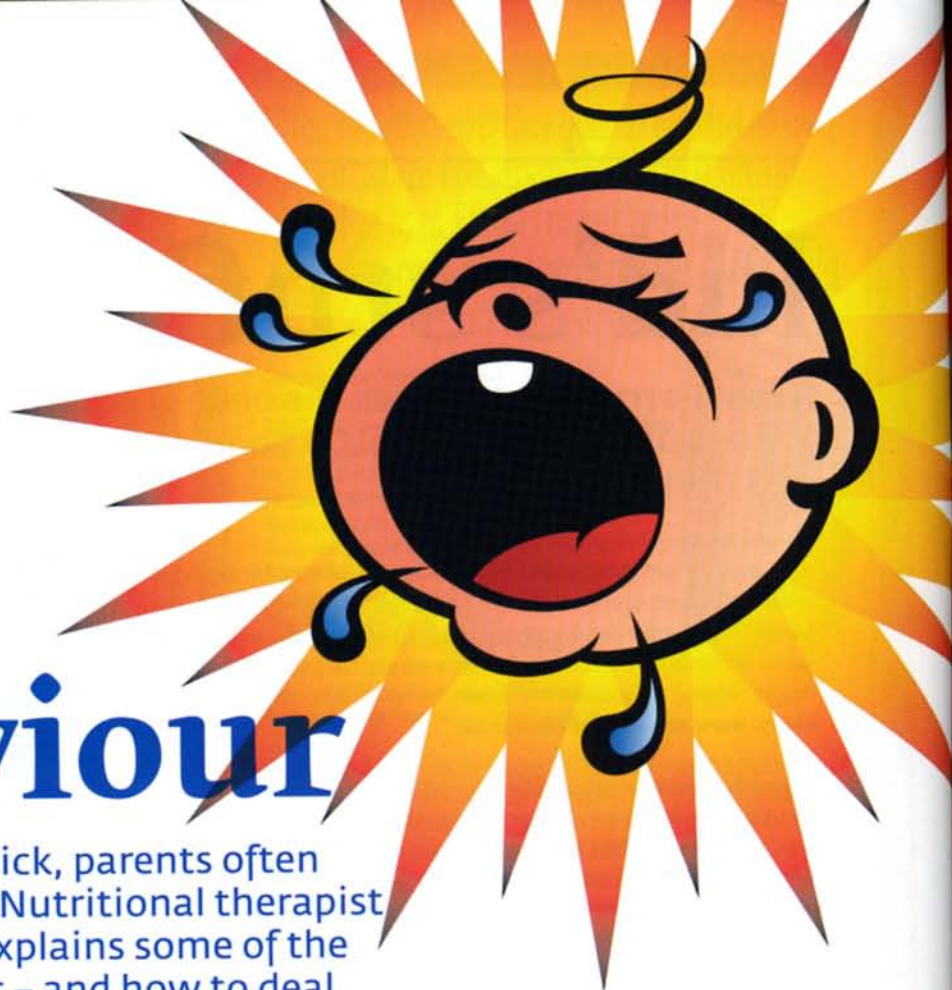
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THE FAMILY ISSUE

FAMILY VALUES UNDER THE MICROSCOPE

12 page-guide to family life in Brighton, including an interview with Omar Deghayes' brother, winter family days out, an A-Z of family life, plus kid's fashion, health, beauty and bedrooms.

PLUS: British Sea Power, Nia Căfă and La Cantina reviews, Brighton Philharmonic Orchestra, Zoe Rahman and the best music, theatre, comedy and art the city has to offer.



ill behaviour

When a baby becomes sick, parents often press the panic button. Nutritional therapist and mum **Susie Perry** explains some of the more common ailments – and how to deal with them.

Colic

A very distressing condition for both baby and parents. Uncomfortable baby that cries in pain from trapped wind after each feed, which reaches an all time high in the evenings. Get your baby to a cranial osteopath who has experience dealing with newborns. During birth, the baby's head can get a little squashed, this effects the way they can use their jaw, making it difficult to get a good latch on to the nipple. They can end up taking in too much air when feeding causing painful colic. Cranial osteopathy works by aligning baby's cranial bones settling baby down and allow air-free feeding. Phew! Happy baby and more sleep for mum and dad!

Eczema

Patches of dry skin which can start from newborn onwards. Often gets worse over winter when patches become sore, cracking and weeping due to changes in temperature. Solution: there is a strong link between eczema and dairy intolerance. This means swapping milk for soya, rice or oat milk and swapping cheese for hommus plus yoghurt for soya yoghurt. Follow this for at least four weeks; if the eczema is still bad, then consider a food intolerance blood test. Topical creams can ease the itch and soreness. I find that my clients react really well to the Barefoot Doctor SOS skin cream.

Hyperactivity

An umbrella term used for overactive children that exhibit disruptive behaviour and an inability to focus or concentrate. The main problem with this condition is that it seriously affects the child's ability to learn. The condition isn't as unfixable as the medics often imply. Research has shown that children often suffer from a combination of

three factors: zinc deficiency, omega-3 deficiency and chemical sensitivity. The first two are pretty easy to correct through nutritional supplementation. The chemical sensitivity is a little more interesting. These children experience a change in brain chemistry when exposed to certain chemicals, the most common culprits being artificial food colourings and additives. So check labels and start to eliminate these chemical nasties from your child's diet, my clients are often amazed at the result.

Childhood obesity

Statistics for childhood obesity in the UK are on the increase and it's now estimated that 1 in 4 children are clinically obese. These figures don't include the numbers of children that just fit into the 'overweight' pre-obesity category. I am certainly seeing an increasing number of children in my clinic for weight loss. Many of these have been referred by their GP to a dietician but their parents have been unhappy with the progress and have chosen to take more of an active role themselves.

Getting advice from a nutritional therapist is of real value here. They can create a realistic diet that won't put your child at risk of any long term nutrient deficiencies. They can help you understand how to get your child's metabolism fired up to burn calories by achieving blood sugar balance alongside a low saturated fat diet. Fat free is not good for children because it's important that they still get plenty of omega-3 and 6 oils for healthy development.

Alongside diet you need to encourage activity. Make it fun, make it interactive, make it a group or family event so your children are more likely to stick at it and, best of all, enjoy it.

Susie Perry specialises in weight loss and female health. For advice, email Susie@smartnutrition.co.uk