

**THE CORY HOLLY SERIES**



# Sports Nutrition For Kids

**NUTRITION & FITNESS ADVICE FOR CHILDREN & PARENTS**

**Book Eight**

Audio eBook Series

# The Cory Holly Series

## **Sports Nutrition For Kids (Book Eight)**

Nutrition & Fitness Advice For Children & Parents

by Tracy Kaye Holly

Also available in audio format (MP3)

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*Sports Nutrition  
For  
Kids*

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Nutrition & Fitness Advice  
For Children & Parents

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# Foreword



## **Lisa Holly**

Mortgage Agent

Eight years ago when I met Cory and Tracy I was a fast-food junkie. Although I had been a dancer for most of my life, I had never been taught the benefits or importance of proper nutrition. Since then thanks to them and the information that followed, I have learned to listen to my body and provide it with whole food and various natural health products.

Four years ago, my husband Robbie and I were blessed with the news we were pregnant with twins (2002). During that time Cory and Tracy were never more than a phone call away. Having practiced a whole food eating plan during my pregnancy, when they arrived, I gained only 35lbs and delivered them naturally full term at 6 and 5lbs respectively.

Only able to breastfeed minimally, I supplemented their diet with the goat's milk formula Cory had recommended from Dr. Paavo's classic Every Woman's Book, until the age of twelve months. Then I weaned them off milk entirely replacing it with a daily protein shake and a junior version of my whole food eating plan.

As they were able from then until the present time, they have learned to eat as I eat and have experienced very little illness or down time. We have also learned to treat any malady naturally with fresh juices, dietary supplements and herbal remedies.

Thanks to the advice of Cory and Tracy and their philosophy on nutrition, my entire family now enjoys a healthy and relatively pain free existence. Many of these ideas you will find to follow in this eBook. As you will discover these ideas are simple and very practical and if put into practice, you too can enjoy this same success as we are delighted to have.

As a parent dedicated to the health and welfare of my children, I believe that collectively all parents everywhere can make the world a healthier and happier place one child at a time.



# Introduction

## What is Sports Nutrition?

Sports nutrition is an art and a science. The art of sports nutrition consists of nourishing an active body with high quality food and natural health products in a skillful, safe and consistent manner. This pertains not only to what we eat, but also when, where and how.

Sports nutrition is the salvation of the world. Why is this you may ask? Because sports nutrition incorporates exercise and optimum nutrition, and without both, it is impossible to achieve wellness, remedy obesity or prevent degenerative disease that is all too prevalent in today's society. This is a scientific fact!

Sports nutrition is not a trend. It is nourishment for life...and the antidote for the poison of refined food and physical inactivity. At the centre of its core lies the discipline of training surrounded by the science of nutrition.

As a parent, the motivation to make better lifestyle choices is to help rear our kids to become strong and healthy adults with strong immune systems. The incentive to put in the time in now (which is work) is the belief that the action will indeed build a strong foundation of healthy habits and smart choices for years to come.

In this day and age, it is difficult to keep kids on track with good nutrition and an active lifestyle. All signs direct us to unhealthy, fast and convenient ways to save time and energy. But in the long run is it really saving time and energy? Think of all the trips to the doctors' office and time you have to take off work because of your child's illness.

Good health is a four letter word W-O-R-K. Spell it out...

## **WORK!**

Here's what the acronym of WORK really means.

W - Willing/Wanting

O - Order/Organization

R - Repeat/Repetition

K - Knowledge/Know How

Be willing to have order to repeat the knowledge. That is the work!

That is what health is all about. The work is the action required to achieve the goal of optimum health.

It's important to start right off the bat to introduce kids to healthy choices, but mom and dad must be good role models as well. The staples of food in the home must be sound. If you are reading this eBook you obviously have an interest in health and wellness.

The health of our children is a direct reflection of today's society. Although genetics do play an important role, this variable is often used as a scapegoat to cover up lifestyle mismanagement and poor nutrition choices.

Incomplete or toxic nutrition affects children in every way including mentally, emotionally and physically.

Without optimum amounts of essential micronutrients such as vitamins, minerals and enzymes, young people can and do become apathetic and lose enthusiasm.



Supplements at this age of particular importance include the essential fatty acids, water and fat-soluble antioxidants, minerals, protein shakes, garlic and friendly bacteria known as probiotics.

Public school nutrition standards are outdated and do not reflect the current science of whole food nutrition. For example, Sports Day in both private and public sectors always includes a provision of the worst possible kind of food including sugar-rich pop, potato chips loaded with trans-fats, ice cream, hot dogs, doughnuts, pizza, French fries and candy. Need I say more!

Consuming empty sterile 'foodless' food causes massive depletion in organ reserve and reinforces the corporate deception that consuming such toxic imitation food is acceptable for kids and poses no down side. Is this in favor for our kids? I don't think so.

When is the last time you saw a spread of food served on Sports Day that featured organic greens, wild salmon, brown rice and green beans. Never, and if you don't think that what the kids eat at school doesn't affect the outcome of their life and health, you're dead wrong!

School is about education, so what kind of message are kids getting from the people responsible for serving the food? That we should scrim on food quality and ignore the science?

What about exercise and physical activity?

Forgive the analogy parents, but kids need to be walked and run just like your pet dog. Without physical activity, dogs get lazy and fat, and kids are no different. Today, children are 10 lbs. heavier at the age of 10 than they were 10 years ago. Obesity is a modern plague and the plague is spreading. Keeping kids lean, fit and well-nourished is a major accomplishment and any parent that promotes such a standard deserves a gold medal.

Children need exactly the same kinds of essential nutrients and biological response modifiers as adults. Natural biological response modifiers stimulate or restore the ability of the immune system to fight disease and infection.

The variance is not in the type, but in the amount, and in some cases, active children need even more nutrients than adults, especially sedentary adults.

If your child is a dedicated athlete, someone who loves sport and finds great fulfillment in being active, your responsibility as a parent is to provide them with emotional support and sound education, not the role model of a dictator. The latter approach simply doesn't work. It ultimately alienates children and backfires on the parent.

As a parent you need to set an example and build health into yourself before you can build health into your children. There are many decisions that we make as parents that will directly affect our children.

Children learn what they live and live what they learn. As a parent myself I can tell you that a child cannot apply something that they do not know. They might turn away from what they have learned for a while, but have faith, in time they will return.

## **Staples, Snacks and Treats**

**A Staple** is something that you eat every single day. Most of us have 8-10 basic dietary food items that are consumed on a daily basis. These staple items will make it or break it for you and your growing children.

As a parent you must fill your home with the most nutritious staples possible. For example instead of using white flour for baking use organic, whole grain flour, use unpasteurized honey instead of white sugar, or try large flake slow cooking oats instead of boxed cereals.

It may take awhile for your family to get used to these changes but if you have newborns they will never know the difference. Like my mother used to say *“start the way you intend to finish.”*

**A Snack** is a light meal that is eaten in-between three main meals. A snack should be nutritious and satisfy hunger. So instead of reaching for a high carbohydrate snack such as chips and dip or a candy bar... ‘stabilize your kids’ with a delicious protein shake, this will definitely pick them up from a slump and carry them through to dinner.

Protein shakes are safe and delicious. Cory and I raised our three children on protein shakes since they were born. Give a toddler a carrot or a celery stick to chew on instead of a white flour cracker and cheese. This won’t harm their teeth and gums.

**A Treat** is just that “a treat”, so don’t let your treats become your staples. For example if little Johnny is having a bowl of ice cream after dinner every night then this is not a treat any longer it becomes a staple.

A treat should be consumed about 1x per week and only if health is well. Avoid sugary treats when a child is not healthy. There is no reason why a treat can’t be healthy, nutritious and taste really good.

Shop in a health food store in your neighborhood and ask a health advisor for treat ideas with healthy ingredients. Always look at the ingredient panel when choosing foods that are canned and boxed. Be aware of hidden sugar, salt, additives and artificial colorings. Try to buy the cleanest products on the market.

Remember...it's your children you're feeding!  
Feed them well.



# Chapter One

## Clean Air

Like food, oxygen works to nourish the body and when the air that you breathe is clean and unpolluted, it purifies the blood and helps to build and regenerate the entire body.

Breathing polluted air damages your child's health and can cause undue stress whether it is indoors or outdoors. Running in a polluted city atmosphere may do more harm than good, due to the enormous amount of oxidizing toxic substances that flood the bloodstream.

At every age of your child's life it is important to make sure that the air in your home is clean and free of mold and mildew. Beware of carpets, cigarette smoke, gas stoves, fireplaces and gas or oil furnaces. Did you know that formaldehyde gas can escape from board products that include particleboard, fiberboard, chipboard, plywood and pressboard? Carpets carry a multitude of dust and bacteria. Hardwood floors are the best alternative.

For starters keep your child's bedroom window open slightly at night so that when they sleep they are filling their lungs with fresh air. A poorly ventilated room is a common cause of throat infection and dehydration. Dehydration will increase the risk of sports injuries.

Take your child out for fresh air everyday, even if it's only 20 minutes. It will revitalize and strengthen their immune systems.



# Chapter Two

## Pure Water

Clean, pure water is essential to the health of every cell in your body. In the presence of fresh water, the body is able to effectively breathe, digest, eliminate and perspire. Even our glandular activities rely on the presence of water.

*“The solution to pollution is dilution”*

Many children suffer from sluggish digestive systems and constipation. This is definitely due to a lack of water and eating dehydrating foods; these are foods that do not contain water, for example donuts, pizza, boxed cereal, candy bars, chips, etc...

Have you ever noticed that your child has eaten a lot of food but still continues to want more? Maybe they aren't hungry, just thirsty. The foods they've eaten that day have caused dehydration because they contribute no water to the digestive process. Give them a big glass of clean, filtered water and just see what happens.

Invest in a filtered water station and make it easy to access. Don't buy any other liquids for the kids to drink such as canned juice, pop or milk. If water is all there is that is all they'll drink.

If your child is raised on filtered drinking water and truly understands the importance of a well hydrated body; water will become an essential staple in their diet for life. Toddlers can also benefit from a bottle filled with filtered water. It's never too early or too late to introduce this wonderful universal solvent.

# Chapter Three

## Fresh Juices

Fresh means new, untainted, not stale or preserved by any means. Fresh juices are considered vital, health enhancing liquids that contain a broad array of vitamins, minerals, proteins, carbohydrates, chlorophyll, enzymes, antioxidants and various cofactors that both enhance and compliment individual nutrients.

Fresh raw live juice is living and is the finest known tonic. It requires very little effort to digest. Fresh juices taste good, alkalize the system and are high in important minerals, such as potassium and magnesium.

Fresh juices should be consumed immediately after being pressed or squeezed as they lose their enzyme value quickly. The kids will enjoy watching and even participating in making the morning ritual juice. It should become a staple in your home.

If you have a citrus juicer, start with organic orange juice and dilute it with filtered water. If you have a vegetable juicer try carrot and green apple diluted with filtered water.

The sky is the limit for vegetable and fruit combinations, I know your children will love to experiment with the different flavors but parents make sure that you are juicing and drinking fresh juice everyday yourselves! What is good for the goose is good for the gander.



# Chapter Four

## Whole Foods

Pure, wholesome, organic food free of unnecessary chemicals, preservatives, contaminants and other harmful substances is vital to your child's health and wellbeing. A child eating a diet rich in a variety of whole, unrefined foods will ensure that the quality of their brain, bones, blood and entire body is secured. Do this and the favor will be paid back a hundred fold for the rest of their lives.

By whole I mean the skin with the potato or brown rice instead of polished white rice. Most of the food on your plate should be as close to its natural, edible state as possible. Introduce your kids to things like fresh greens, raw vegetables, organic fruit, homemade soups, fish and seafood, farm-fresh eggs, crude fibrous sprouted whole grains, wild game meat, raw nuts and seeds and lentils.

The food processing industry generally use heat, solvents, acidifying chemicals and dozens of fancy sterilizing techniques that destroy enzymes, heat-labile nutrients and the vitality or "life force" of food. The net effect is a massive increase in addictive, easy to overeat and non-nutritive empty calories.

Eating refined food as a staple will inevitably lead to health problems. Avoid commercial 'white' oils, white rice, pasteurized/homogenized cow's milk, white sugar, white flour and all the commercial products made with them. We call these imitation foods "*white death*." And above all stay away from white death food ingredients for treats!

I use whole foods for all my treats as outlined in my third book of this series, *The Athlete's Cookbook*.

# Chapter Five

## Natural Light

Exposure to the rays of full-spectrum natural light are necessary for general health and well-being. Photons of light energy penetrate the body through the eyes and skin, influencing hormonal and metabolic chemistry. When light enters the body through our eyes, millions of light and color-sensitive cells called photoreceptors convert this light into electrical impulses.

These impulses travel along the optic nerve to the brain, where they trigger the hypothalamus to release messengers called neurotransmitters. These neurotransmitters lift us up and help counter the effects of seasonal affective disorder (SAD) and mental depression. Many health experts are convinced that daily sunbathing is beneficial to the body's immune system and that exposure to fluorescent indoor lighting is harmful.

Have you ever heard someone say that sunshine is absolutely essential to their health and mental wellbeing? Is it because the brain undergoes physiochemical changes resulting in a greater sense of wellbeing? Without a doubt, the sun nurtures, relaxes, soothes and energizes your child's entire body. Besides helping to kill germs and bacteria on the skin, natural light assists in the transport and assimilation of calcium, Nature's tranquilizer.

With kids today sitting in front of the computer on MSN, computer games and the like, for hours on end, it is obvious that they are not getting outdoors and taking in natural light. This is one of the reasons kids today are lacking the lust for life. Don't underestimate the power of natural light. It is the source of all life on the planet.



# Chapter Six

## Physical Exercise

Sitting has become this generation of kids' national pastime, whether eating, reading, watching TV, playing games on the computer or communicating with their friends online, their posterior region spends far too much time parallel to the floor.

Sedentary living adds to a child's burden of stress. Storing energy without release spawns apathy and accelerates decay. Prolonged inactivity destroys a child's immune system, robs their little bodies of vital capacity and generally reduces their motivation.

Exercise is no less important than breathing, eating, eliminating waste and sleeping. The consciousness of physical fitness, sport and exercise, outside of its enjoyment and pleasure, must be hardwired into our belief system as an absolute prerequisite to health and wellness and survival. Anyone engaged in fitness as a lifestyle can attest to this fact.

The function of respiration, digestion, elimination and sleep all improve as a consequence of achieving optimum fitness.

The function of exercise is to develop muscle strength, muscle endurance, aerobic capacity and flexibility, the outcome of which, when combined with an optimum diet and dietary supplements, is an ideal body composition, greater tolerance for stress, and improved resistance to disease and infection. Don't you want this for your child?

Remember, inactivity is the #1 stress of this modern age. Exercise increases the excretion of waste, improves the absorption of nutrients, improves insulin sensitivity, and helps prepare our bodies so we can

endure stress with far less damage as we age. Exercise is not an option, so if you desire optimum health it should be planned, structured, repetitive and purposeful.

As a parent or caregiver of children you need to understand this, you absolutely need to share this information with children so they too will understand the importance of being physically active. We should never underestimate the intelligence of our children.

Exercise and sport should be fun, fun, fun! Many professional athletes have admitted that what started out as an experience motivated by pleasure and personal enjoyment, changed into a lifestyle contaminated by politics, business and greed.

Introduce your children to as many sports as possible when they are young. Give them a variety and see where their interests lie and always support their choices. There are two categories to sports; team sports and individual sports. It's a good idea to try both to find out which they prefer.

Individual sports for example include skating, dancing, gymnastics or track and field. Team sports for example include soccer, football, hockey, baseball or Lacrosse. Children are usually drawn to one or the other or sometimes both. I know what sports I prefer, do you?

One of the biggest mistakes made by parents is that they do not listen to their children or they force their children to play a sport that the child does not enjoy. Whose sport is it anyway?

I believe that children should be made aware of the time commitment and cost of the sport they are intending to participate in. Start out with a 4-10 week program with gear that is second hand and if they show progression and interest then go ahead and buy all the necessary equipment they need to really get the most from the sport.

But let them know what the costs are that are incurred. Make them responsible for the choices that they make.

Exercise and sport teach mind and body discipline, coordination and the importance of being a team player. Moods and mischievous behavior are often nothing more than displaced energy. Remember the saying... "Idle hands are a devils workshop".

And finally the very best character or element of sport is the manner in which it is played, not whether you win or lose. Remember, sports does not build character, it reveals it!



# Chapter Seven

## Personal Hygiene

Personal hygiene is both internally and externally vital to a child's health. Avoid deodorants, mouthwash, toothpaste, bubble bath, hair care products and soaps that are chemically abrasive. The wrong products can irritate the natural detoxification, excretion of waste and cleansing process of the body.

Certain mainstream products may cause dryness to the skin, skin rashes, and pimples or irritate the eyes. If you shop at a health food store ask the health advisor to assist you in choosing the highest quality ingredients designed especially for the child's needs.

After a bowel movement I suggest the use of baby wipes to clean their little bottoms. Actually this is a really good practice for the whole family no matter what age. It ensures that the area is left clean, moist and fresh.

And let's not forget about hand washing, the #1 most reliable habit for the prevention of infection. Frequent hand washing helps maintain a healthy immune system and nips those nasty bacteria and virus bugs in the bud. It's never too early to start your child with this essential hygiene habit.

I teach kids to sing "*Happy Birthday*" while they're soaping up their hands; it makes it fun and guarantees that they've done the job right.

Happy Birthday to You  
Happy Birthday to You  
Happy Birthday Dear Tracy  
Happy Birthday to You



And it guarantees they've done the job right. Make sure that you not only wash their hands but thoroughly dry them too.

A warm bubble bath is not only fun but it's a great way to get in those hard to clean areas like the ears and in-between those toes. Use a natural bubble bath that has a relaxing aromatherapy scent such as Lavender.

This sets the stage for a good nights sleep. Use a dry clean towel each time you bathe your child as bacteria can form if the towel hasn't been dried completely. Make sure to dry underneath the arms and in-between those toes!

Athletic boys and girls especially need to protect their hands and feet from fungus and bacteria.



# Chapter Eight

## Periodic Cleansing

Are you aware that right now your child could unknowingly be suffering from serious malnutrition and autointoxication because of the accumulation of hardened mucoid fecal matter? In other words poop that has built up over time in their intestinal tract!

All animals fast when ill, yet as a human collective, we tend to gorge and continue to eat, “to keep up our strength” for fear that we will starve to death.

Periodic cleansing includes fasting not only from junk food, sugar and white flour, but also from negative people, destructive play environments, and pretty much anything that causes harm.

How do you know if your child is suffering from serious malnutrition or autointoxication? Here’s a few tell tale signs: loss of appetite, bloating, nausea and indigestion. Suspect a build-up of internal waste if they have chronic signs such as gas, burping and hiccups. Watch for dark circles under the eyes, headaches, bad breath and skin problems.

When a child or anyone for that matter is constipated they will have trouble eliminating waste, this can lead to straining at stool and the formation of painful hemorrhoids. What a crying shame! No one should have to suffer with this painful condition, especially young people!

Periodic cleansing with plenty of fresh squeezed juices and filtered water, raw vegetables and homemade soups will aid in recovery. When the diet is wholesome and the body is active constipation will never be a problem.

# Chapter Nine

## Adequate Rest and Sleep

Sleep and rest are the great healers. At rest a child assimilates nutrients and eliminates toxins. A good, undisturbed sleep each night with the bedroom window open if possible, is one of the best things that we can do for our child's health, recovery and complete regeneration of the nervous system.

Did you know that deep sleep provides a stimulus for Growth Hormone release? GH is secreted from the pituitary gland. This gland is no larger than a pea and is located at the base of the brain. Growth Hormone promotes growth in virtually all body tissue including bone, muscle and organ. It also improves the use of fat as an energy source.

Adequate sleep minimizes the muscle wasting effects of cortisol. Cortisol is a hormone released from the adrenal glands and when we sleep the adrenals are at rest.

Sleep deprivation increases free radical activity, increases the risk of infection and illness, and is associated with premature biological aging, fatigue and muddled thinking.

Your child will repair, strengthen and grow only when their brain switches from a conscious state into the mysterious realm of unconsciousness during sleep.

Melatonin is a naturally occurring hormone produced by the pineal gland in the brain. Melatonin regulates the body's internal clock, which governs the ability to fall asleep.

Melatonin is released in the absence of light; if possible have your child sleep in complete darkness. Remember, start the way you intent to finish.

Most children need at least 10-12 hours of sleep each night. A bedtime routine is essential to their security and wellbeing. Keep bedtime at the same time if possible each night. Embrace sleep; help them to understand the importance of a good night's rest.

Believe it or not they will eventually want to go to bed all on their own without provoking the situation. The outcome will be a child waking up naturally feeling refreshed and alive and ready for the new day ahead with a healthy sparkle in their eye.

Try to have a winding down bedtime routine which can include an aromatherapy bath, light snack, and a pleasant bedtime story or song and a comfortable inviting bed. This will provide a calm and serene environment to ease them off into bedtime bliss. I think all parents know that if we have a cranky child with dark circles under their eyes that it's probably because they are tired. After all how do we feel if we haven't had enough sleep or rest?

As for rest, I am a strong advocate of midday naps, my daughter had a nap everyday until she started kindergarten. I planned my day around her nap and was grateful to have the time to nap myself, watch my favorite program on television or catch up on my work, hobbies or workouts.

If you're a working parent I totally understand that it might be difficult to regulate naps, but make the best possible effort to maintain a healthy routine.



The language that we use to stimulate sleep is also very important. As I mentioned before, you as a parent, need to embrace nap time and bedtime. Let your child know from the “get go” what the day has in store for them. They need a plan and that plan needs to be executed.

I had a little song that I used to sing to my daughter before naptime or bedtime. It was called Time To Go To Bed.

“Time to go to bed, time to go to bed”.

And I’d sing this song and she would jump up and down, she knew it was time to go to bed. You’re so lucky to have a big sleep, you’ll grow to be strong and healthy and when you wake up we will have a delicious nutritious snack.

Sounds a little corny but I tell you, it worked!!



# Chapter Ten

## Nutritional Supplements

A supplement is something you add to remedy a deficiency or use to enhance, improve or compliment an object, state or cause.

Combining supplements with whole food will provide resistance against infection, disease and stress better than whole food alone.

It's not one or the other, it's both!

The concept of eating three square meals a day from four basic food groups without distinguishing food quality or biochemical compatibility is simply out of touch with what is presently known in science.

How many times have you heard someone say, "My children get everything they need from the food they eat" Wrong! Their diet, no matter how natural, how organic or how fresh, does not, will not, and cannot supply them with everything they "need" unless your definition of need is based entirely on what the body needs to prevent death from the classic vitamin deficiency diseases, such as beriberi, scurvy or pellagra.

Micronutrients are vitamin, mineral and enzyme supplements. Macronutrients are protein, carbohydrates and fat. Special emphasis is placed on high quality non-denatured protein and essential fats that heal.

None of us as men, women or children can live without protein and many people, especially women and children, either don't consume enough high quality protein or consume too much heat damaged protein.

Protein is a component of muscle, collagen, elastin, keratin, bone, connective tissue and cartilage. You can't even think without protein. Protein counters the muscle wasting effects of disease, by helping to maintain a positive nitrogen balance. It strengthens the immune system response which collapses in disease. Let's just say 'it's muscle food.'

The most effective way to get protein into a child's body is through a protein shake. I suggest whey protein isolate which is suitable for the whole family, young and old, toddler to teenager. It's extracted without heat; it's extremely soluble and tastes great.

When combined with a tablespoon of an omega-3 rich oil, whey, pea, rice, soy or hemp protein can be mixed with water in a blender with fresh or frozen berries to create a delicious drink that provides essential amino acids, essential fatty acids and low glycemic carbohydrates. The berries also provide enzymes, fiber and antioxidants.

As I mentioned earlier this is an easy way to get protein in and shakes taste delicious. Mark my words...your kids will ask for a protein shake and want to include their friends to join them in a shake that they even prepare themselves.

EFA's or essential fatty acids are called 'essential' because we cannot produce them ourselves and thus have to obtain them from our diets or in supplement form.

EFA's mediate energy between tissue and organ systems throughout the body, they are essential for circulation, hemoglobin production and skin function. EFA's assist in recovery from fatigue, hormonal synthesis, cell division, brain development, immune function and reduce inflammation caused by sport and physical activity. EFA's are definitely fats that heal!

Adding at least one shake a day to your kids' diet helps to stabilize their blood sugar, modify insulin levels and maintain a positive nitrogen balance for the preservation of muscle and lean mass.

Vitamin C is the world's most underrated lifesaver! Be sure to add this to the list. Vitamin C reinforces collagen production, strengthens the adaptive capacity to physical and mental stress, detoxifies the blood and lymph and supports adrenal function.

Vitamin C prevents easy bleeding and bruising, reinforces wound healing and most of all fights infection. Vitamin C also helps the blood to absorb other nutrients, especially iron.

A multi-mineral is essential to the human body. Most children do not get enough minerals in their diet. Minerals provide structure to their skeletal system and ensure healthy nerve system function.

The minerals calcium, chlorine, magnesium, phosphorus, potassium, sodium and sulfur are required in abundance in the body. While these are all essential, chlorine, sodium and phosphorus are abundantly available in food and water.

Other minerals are needed in trace amounts such as boron, chromium, copper, fluorine, manganese, selenium, silicon, vanadium and zinc. Iodine is needed by the thyroid to regulate the body's metabolism and iron is responsible for carrying oxygen in the red blood cells. Both are vital and often undersupplied.

Vitamins are divided into two groups, fat-soluble and water-soluble, depending on how they are absorbed. The fat-soluble vitamins, A, D, E and K require the presence of fat carriers to be absorbed and are therefore not assimilated or transported in the blood in the same manner as water-soluble vitamins.

Water-soluble vitamins include vitamin C, bioflavonoids, and the B vitamins, including inositol and choline. Since excess vitamins are eliminated through the urine, these nutrients required constant replenishment.

Probiotics (or friendly bacteria) are another component that should be added to the list of dietary supplements for your children. Friendly intestinal bacteria exist in the digestive tract to maintain a healthy intestinal flora necessary for the proper digestion and assimilation of food. A healthy intestinal flora also prevents the growth of undesirable microorganisms, including Candida yeast overgrowth and bacteria that cause disease in the body.

Deficiency of these friendly bacteria are not uncommon due to sickness and bad eating habits and antibiotic use. Fermented foods such as yogurt and cheese provide some of these friendly bacteria but probiotic supplements contain much higher amounts.

For this reason supplements are preferred to ensure adequate repopulation of friendly bacteria before, during and after antibiotics typically prescribed to treat childhood infection.

Garlic is recommended for the whole family as an immune system booster. In addition to having antibiotic properties, garlic also helps to reduce fevers, assists in expelling parasites, promotes sweating and can work as a diuretic boosting the excretion of fluids. So try to include garlic in your everyday staples.

Time after time I've seen kids start school and bring home little bugs and bacteria that cause pink eye, colds, flu, warts and rashes, especially kids in daycare, preschool and kindergarten. It is extremely important as a parent to make sure that your own immune system is in top shape as you too can fall prey to these diseases.

I suggest you seek out a reputable health food store in your area and ask the health advisor there to assist you in your journey.

Read books on the topics, attend lectures and use your own intuition to guide you into making the right choices.

Remember that your children are the future of this world. Keep them well and the rewards will come back to you tenfold.



# Afterword

Our children mean everything to us and there are few things in life more stressful or fearful to a parent than dealing with a sick child.

Optimum nutrition and exercise are the most powerful and reliable medicines known. Feed your children well, teach them how to exercise and explain why they need to be active.

Encourage them to embrace the science of nutrition and health as they grow into young adults. Treat them with love and respect and above all, encourage them to accept themselves as being worthy of self-love and an abundance of self-respect.

This book is the eighth in a series of many to follow, each forming a link in the [Cory Holly Series](#). I invite you to join us on this journey of self-discovery and in the meantime, please move on to book nine in our series titled Sports Nutrition for Masters Athletes.

[Sports Nutrition for Masters Athletes](#) is dedicated to men and women throughout the world 40 and over who love sport, exercise and physical conditioning.

It examines the specific nutritional requirements required by Masters Athletes and teaches a science based strategy that helps protect the body from oxidative damage, inflammation and various sports injuries.

Sports nutrition for Masters Athletes will inspire all those who qualify as masters athletes to participate in sport and exercise with passion and a strong commitment to the pursuit of mental and physical excellence.

Remember, to stay well and live long with vibrant health, we must make exercise a top priority and nourish our bodies with the best possible food and natural health products we can find.

This is Tracy Kaye Holly wishing you all the very best of health and wellness for life!





### **About the Author**

Tracy Kaye Holly CSNA Master is the Executive Director and Public Relations Officer for the Cory Holly Institute. She is a health & fitness activist and is a great believer in alternative natural medicine.

In addition to being a whole food cook, mother and grandparent, Tracy works as an emcee and coordinates national health & fitness symposiums including the annual CHI Conference & Trade Show and Camp Hawaii. Tracy also manages student administration for all CSNA students and graduates.

Tracy is the author of *The Athlete's Cookbook* and lectures to women's groups, children groups and at trade shows on topics related to sports nutrition, health, wellness and fitness. She also assists Cory in the organization and editing of all CHI published courses, books and articles.

Tracy writes for several national health & fitness magazines. She narrates the *He-Said-She-Said* segment of *Sports Nutrition Update (SNU)*, teaches Latin, Ballroom & Bollywood dancing as a professional and both judges and competes from time to time in Masters' level Ms. Fitness and natural bodybuilding.

Tracy is also gifted in the area of dance choreography. She works with athletes to improve their rhythm through dance and designs posing routines for competitive natural bodybuilders.