



DR. TAZ M
INTEGRATIVE MEDICINE

THE
HEALTHY
CHILD
DIGITAL GUIDE

I N T R O D U C T I O N

Keeping our children healthy is more important now than ever before. Our children, pre-pandemic, were already suffering from the impact of high sugar foods, food dyes, additives, electronic and blue light assault - along with an increasingly toxic environment.

All of these variables have led to a generation of children that struggle with the many disorders of inflammation; obesity, adhd, sensory processing disorders, pans/ pandas, asthma and allergies. More young adolescents and girls have PCOS or polycystic ovarian syndrome- also the result of inflammation and wreaking havoc on their skin, hair, mental health and menstrual cycles.

Where do we start when thinking through keeping children healthy in this time? It begins with a holistic approach to their health that encompasses nutrition, gut health, diminished exposure to toxins and blue light along with emotional support. Each of these individual factors play into how a child's immune system works- historically children have had excellent immune systems and strong T cell mediated immunity. The T cell arm of the immune system helps us fight viruses and other invaders and protects the body from going into cytokine storm- where the immune system triggers a flooding of inflammation and results in multi organ system damage.

The good news:

You can support your child's health and immune system and diminish the risk for inflammation, chronic infection and other autoimmune diseases. It begins with a strategic approach to your child's health.

A soft-focus photograph of a woman with long blonde hair holding a sleeping child. The woman is wearing a white long-sleeved top, and the child is wearing a white long-sleeved shirt and a red blanket. The scene is intimate and tender, with the woman's hands gently cradling the child's head and arms. The background is a neutral, light color.

**THE 5 WARNING
SIGNS THAT
YOUR CHILD MAY
HAVE CHRONIC
INFLAMMATION**



1

W E I G H T G A I N O R L O S S

Weight gain around the belly is becoming an issue for children as much as it is for adults. I am also seeing more boys accumulating weight around their pecs- all signs of storing too much fat which in turn affects the liver and insulin regulation - triggering inflammation.

At the same time, the child that is slow to gain weight or loses weight more easily, may have malabsorption, and in turn, nutritional deficiencies that affect overall energy. These are the kids that often tire quickly- I know, my son was one. He would get fatigued in sports or even with mental concentration.

Develop better habits: Utilize my [3-Day Food Journal](#) to track your child's dietary intake and observes areas for improvement



2

A D H D / I N A T T E N T I O N

Neuroinflammation is at the root of many common pediatric diagnosis today, including; adhd, dyslexia and general inattention. The research on the gut brain connection attests to this and the connection between food intolerances and the Microbiome which then regulates the neurotransmitters is staggering. While these children may need medication, what they really need is a comprehensive assessment of overall inflammation and immune reactivity.



3

A S T H M A / A L L E R G I E S

Asthma and allergies are conditions of immune hyper-reactivity and impaired T cell mediated immunity. They are also conditions of chronic inflammation. Understanding the root of these issues- most often by looking at digestive health, is critical.



4

A N X I E T Y / O C D / D E P R E S S I O N

An epidemic - and only worsening with social media, stress and the food quality, our children have today- these “psychiatric” conditions that are actually conditions of neuroinflammation or an imbalance in the gut brain connection which in turn affects our neurotransmitters. The serotonin and dopamine imbalance leads to the outward signs of mood disorders that historically, we have treated with medication.



5

A C N E / E C Z E M A

The skin is our largest organ with its own microbiome and any disruption is indication of some level of inflammation. Acne, another common sign of PCOS, and eczema are hallmarks of inflammation. A comprehensive approach to find the driver of these conditions is key.





**THE 5 KEY
ELEMENTS OF
HEALTHY IMMUNE
FUNCTION FOR
YOUR CHILD**



1

D I G E S T I V E H E A L T H

The role of food allergies, food intolerances and fat malabsorption all affect the immune function and overall health of your child. A healthy gut works to help us absorb nutrients, process minerals and provide all organ systems with what it needs. The bacteria in the gut or the microbiome, we now know regulate almost a million different pathways in the body.



2

NUTRITIONAL SUPPORT

Poor nutrition triggers immune dysfunction and inflammation. A deficiency of vitamin d, vitamin c, b vitamins and fats impact the gut, the brain, skin and overall immune health- lowering T cell mediated immunity.



3

S L E E P

Sleep is the body's opportunity to reboot and repair- many children today do not get the sleep they need. Younger children need closer to 12 hours while older children need 10 hours of consistent sleep. With so much over scheduling, electronic stimulation and anxiety in our society, many children are not getting the sleep they need- resulting in a poor or weak immune system and more susceptible to inflammation.



4

ELECTRONIC / WIFI EXPOSURE

Electronics, blue light and constant WiFi exposure are inflammatory- many new studies now emerging showing the effects on neuroinflammation, sleep and mental health. This is a critical area for our children and this generation, and needs more discussion as many parents simply do not realize the long term impact of the many devices on their children's health and subsequently- their child's immune system.



5

EMOTIONAL SUPPORT / STRESS MANAGEMENT

Helping our children through their emotional ups and downs and creating an environment for them to learn emotional regulation is so important- and so hard (trust me - I know a little too well). But without the right support, our children stay in a state of chronic stress and adrenal dysfunction, which in turn, triggers inflammation.



A top-down view of various healthy ingredients arranged on a light-colored surface. In the center, there is a white bowl filled with mixed nuts and seeds. To the left, a white spoon holds a pile of dark seeds, and a small wooden bowl contains a yellow powder. Below the spoon, a pile of rolled oats is scattered. To the right, a white bowl is filled with fresh green spinach leaves. In the bottom right corner, a large piece of salmon is wrapped in brown paper, with several cherry tomatoes and a head of garlic nearby. In the bottom left, there are several raspberries and blueberries. The entire scene is overlaid with a large, semi-transparent white rectangle containing the title text and a checkmark icon.

THE HEALTHY KID IMMUNE ACTION PLAN



1

REDUCE INFLAMMATORY FOODS

It all starts with food and the conversation is no different here. Lowering gluten, dairy and sugar are the 3 musts of healthy immune function and keeping a healthy child thriving. Take a second to really evaluate your child's daily food- write it all down- I have a food journal attached below and start tracking the amounts of dairy, gluten and sugar your child is getting on any given day. Trust me, you will be shocked.

Eliminate food dyes, preservatives and additives where you can as these also trigger inflammation and affect immune, gut and brain function.



2

I N C R E A S E C O N S U M P T I O N O F H I G H A N T I O X I D A N T F O O D S

The more colorful, dark green or orange foods you can get in the diet, the better- these foods are high in Vitamin C, glutathione, Vitamin A- all essential for a healthy immune system. I am talking about leafy greens, sweet potatoes, carrots, berries, and other fruits and vegetables. Load them up - you can't over do it- (just watch the high sugar fruits) and this will help diminish inflammation, improve gut health and support the immune system.



3

I N C R E A S E H E A L T H Y F A T S

The fats are important for brain and immune health; Vitamin D for example is needed for both brain and immune function. Adding in healthy fats and making sure your child is absorbing these fats is an issue I am seeing in practice over and over again. Fatty fishes, fortified dairy, nuts, seeds and oils are all great examples of healthy fats for your child.



4

CREATE A SLEEP HEALTHY ENVIRONMENT

Your child's sleep is a fundamental of good health. Here's what you can do- remove electronic devices from their rooms after 9 pm, encourage them to read or journal prior to bed, and try a low dose of magnesium (50 mg) or gaba (100 mg) to help get them in the mindset for sleep. Essential oils like vetiver, sandalwood or chamomile are great for promoting sleep as well.



5

S U P P O R T N U T R I T I O N

It is often difficult for children to get all the nutrients they need from food- just as it is for adults. For immune support, add in vitamin D 500 IU, vitamin C 1 gram per day, and astragalus root 500 mg per day. I would get these levels checked by your doctor as well- as other deficiencies, including the B vitamins, fatty acid deficiency and iron deficiency may be affecting your child as well. Many children need probiotics for gut health as well.



6

MONITOR AND REGULATE ELECTRONIC EXPOSURE

Do your best- but limit phone use, iPad use, and TV time when you can. It seems that nowadays we have to force our kids outside or to play games- but they don't realize the impact it is having on them. I know our education models are liberal with these devices but we as parents have to start advocating for the damaging effects of excessive electronic use on the brain, gut, nervous system and immune system.



7

BALANCE STRESS AND MONITOR FOR STRESS OVERLOAD

Each of us and every child has differing levels of stress tolerance- understanding your child's emotional strengths and weaknesses is important for their health and vitality- we want them to thrive. Watch for signs of Kiddie stress; crying more, withdrawal, poor sleep, anxiety, and changes in grades or interest in activities.

It can be hard to know your child's inner workings -but you can use my test to get a window into the emotional strengths and weaknesses of your child and how it affects the mom-child connection and overall harmony in the home.



TAKE THE TEST - DO
YOU KNOW YOUR
CHILD'S POWER TYPE?

TAKE THE QUIZ



**LEARN MORE ABOUT THE MOM/CHILD
CONNECTION HERE**