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THE
BACK TO

SCHOOL
DIGITAL GUIDE



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

Virtual School, Home School, In School- so much debate right now.

Whatever your schooling choice is- here is your comprehensive **Back to School Guide** with the 5 essential pieces to keeping your children thriving, learning, and healthy.



HEALTHY IMMUNE FUNCTION FOR YOUR CHILD

I cannot think of another time when this category of health has been so critical- this really is the 6th vital sign.





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 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.



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

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.



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.



E L E C T R O N I C / W I F I E X P O S U R E

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 that 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.



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 weakens their immune system.



LEARN MORE ABOUT
IMMUNE SUPPORT WITH THE
*SUPPORTING YOUR IMMUNE
SYSTEM DIGITAL GUIDE*

[**DOWNLOAD HERE**](#)

IMMUNITY SUPPLEMENT Checklist

THE DEFENDER
(for children greater than 5 yrs.)
Astragalus, Zinc and Vitamin C
Ages 5-11 yrs- 1 capsule daily
Ages 12+- 2 capsules daily

PROBIOTICS
20-50 BILLION CFU

ELDERBERRY
250- 500 MG DAILY

GETTING PHYSICALLY FIT

Has your child gained weight in quarantine? Or maybe they were having an issue prior to the 2020 pandemic. They may not be alone. Cancelled sports, more electronic time add up to many children are now looking more “puffy” with new, unexpected weight gain.

Here are some tricks to get our children back in shape:





DAILY ACTIVITY

Aim for 3 -4 bursts of 30-40 minutes of activity per day. Jumping, trampolines, swimming- it does not matter- just get them off the couch and get moving.



CARDIOVASCULAR ENDURANCE

For children over 6 years of age, start working on cardiovascular endurance. Brisk walking, jogging and biking are ways for them to build endurance. Start with 10 minutes and help them work their way up to 15 and then 20 minutes.

I would also make sure your child has had their sports physical, to screen for heart murmurs, bone or joint issues.



W E I G H T M A N A G E M E N T

If your child has gained weight, begin eliminating sugar and processed foods. Move desserts to one to two nights per week and remove candy from the home. There is a trifecta of electronics, sugar, poor sleep and anxiety that has to be broken to avoid weight gain.

Children can have belly fat as well, which then worsens hormone balance and can trigger earlier puberty, inflammation, and immune dysfunction.

BRAIN SMARTS

I often wonder why the connection between learning and chemistry is often overlooked. Our children today have many learning issues, including ADHD, dyslexia, OCD and more. Poor gut health, nutritional deficiencies and genetic traits like MTHFR all impact learning, focus and memory. In practice, I have been fortunate to see and treat so many children with different learning issues and developmental difficulties or delays.

Here are some common connections I find between learning and the biochemistry of the body. Take a look below:



DEVELOPMENTAL CATEGORY/DELAY

GROSS MOTOR

Nutritional deficiencies- D, amino acids
Low carnitine, Mitochondrial Dysfunction- low
coq10, glutathione, alpha lipoic acid, leaky gut

FINE MOTOR

Fat Malabsorption, nutritional Deficiencies -
vitamins ADEK, food allergies/food intolerances,
leaky gut

SPEECH/LANGUAGE

Nutritional Deficiencies - Vitamins ADEK
Vitamin E Deficiency
Fat Malabsorption/Leaky Gut
Detoxification Pathways - assess Methylation

COGNITIVE

All of the above
Candida
Hormone influences - thyroid, high insulin
B vitamins, folate, fatty acids, zinc

PROCESSING SPEED

Deficiencies in B vitamins, folate, fatty acids,
zinc, iron, iodine

AUDITORY PROCESSING

Deficiencies in fatty acids, vitamin E, iron

VISUAL PROCESSING

Deficiencies in fatty acids, vitamin E, vitamin D,
antioxidant status

LOGIC AND REASONING

Deficiencies in B vitamins, folate, fatty acids,
zinc, iron, iodine

SHORT TERM MEMORY

Fat, choline, DHA/EPA, glutathione/antioxidants
deficiency

LONG TERM MEMORY

Fat, choline, DHA/EPA, glutathione/antioxidants
deficiency

SENSORY DISCRIMINATION

Fatty acids status, leaky gut, methylation
deficiency

SOCIAL/EMOTIONAL/ MOOD REGULATION

Neurotransmitter balance - serotonin,
dopamine, gaba, and poor sleep regulation,
internal control - cbt

Not sure how to identify your child's area of weakness? In my practice, centrespringmd.com, we conduct testing and evaluations to help you understand this connection.



NAVIGATING
FAMILY DYNAMICS
-
UNDERSTANDING
THE MOM CHILD
CONNECTION



You may have an “easy” child or a more difficult “child” or one of each. Regardless, the relationship and dynamics between a mom and her children set the tone for the family dynamic and stability in the home. We already know different children have different needs- but how do we as parents, figure this out?

In Eastern systems of medicine, the connection between a mother and a child was sacred and intertwined. So much so- that you did not treat the mom, without treating the child and vice versa- so clear in the Chinese and Ayurvedic Medical Model.

The MomChild connection is real and our energy and health affects our children directly- and can make or break the integrity of our family and the school and emotional success of your particular child.

Here are the steps to navigating family dynamics:

1.

Understand your child from a holistic perspective; the factors of temperament, physical health, intellect, body type can be combined to **find your child’s “powertype.”**

5 types of moms/ children

1. The Warrior - Wood
2. The Trailblazer- Fire
3. The Protector - Earth
4. The Chancellor- metal
5. The Virtuoso-water

2.

Understand your **powertype**- and your **momtype**; this way you have a better grasp on your emotional and physical strengths and weaknesses.

5 types of moms/ children

1. The Warrior - Wood
2. The Trailblazer- Fire
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3.

Tailor your and your children's schedule according to their type; best learning style, emotional strengths and weaknesses, and physical capacities.

4.

Watch the energy and interaction shift and change once you master these concepts.

TAKE THE QUIZZES TO
LEARN MORE :

[MOM TYPE QUIZ](#)

[POWERTYPE QUIZ](#)

[CHILD TYPE QUIZ](#)



COLLEGE
PREP



I know I will be facing that time all too soon- sending kids off to college and hoping that they are prepped for this next leg of their journey. As parents, we have a running list of things we hope we have done; ethics, workmanship, resilience, self esteem and academic prowess- we hope that we have helped them find their gifts and their centre- and given them the wings to soar.

It is easy to forget the gift of health and the importance of prepping and equipping your child with a full knowledge of their chemistry and what their bodies need. Some carry the genetics of addiction, while others don't realize that gluten or dairy are food issues, setting them up for a lifetime of health challenges. In fact, a recent study discussed how adolescent and early adulthood is a critical time for establishing future health. In the freedom of college, the choices are many, and our teens, like us need a plan- a roadmap for success.

Work with your high school or college teen to understand the following- if you are not sure of where to go with any of the below; consult your physician or schedule an appointment at [**centrespringmd.com**](http://centrespringmd.com). (Virtual appointments available as well)

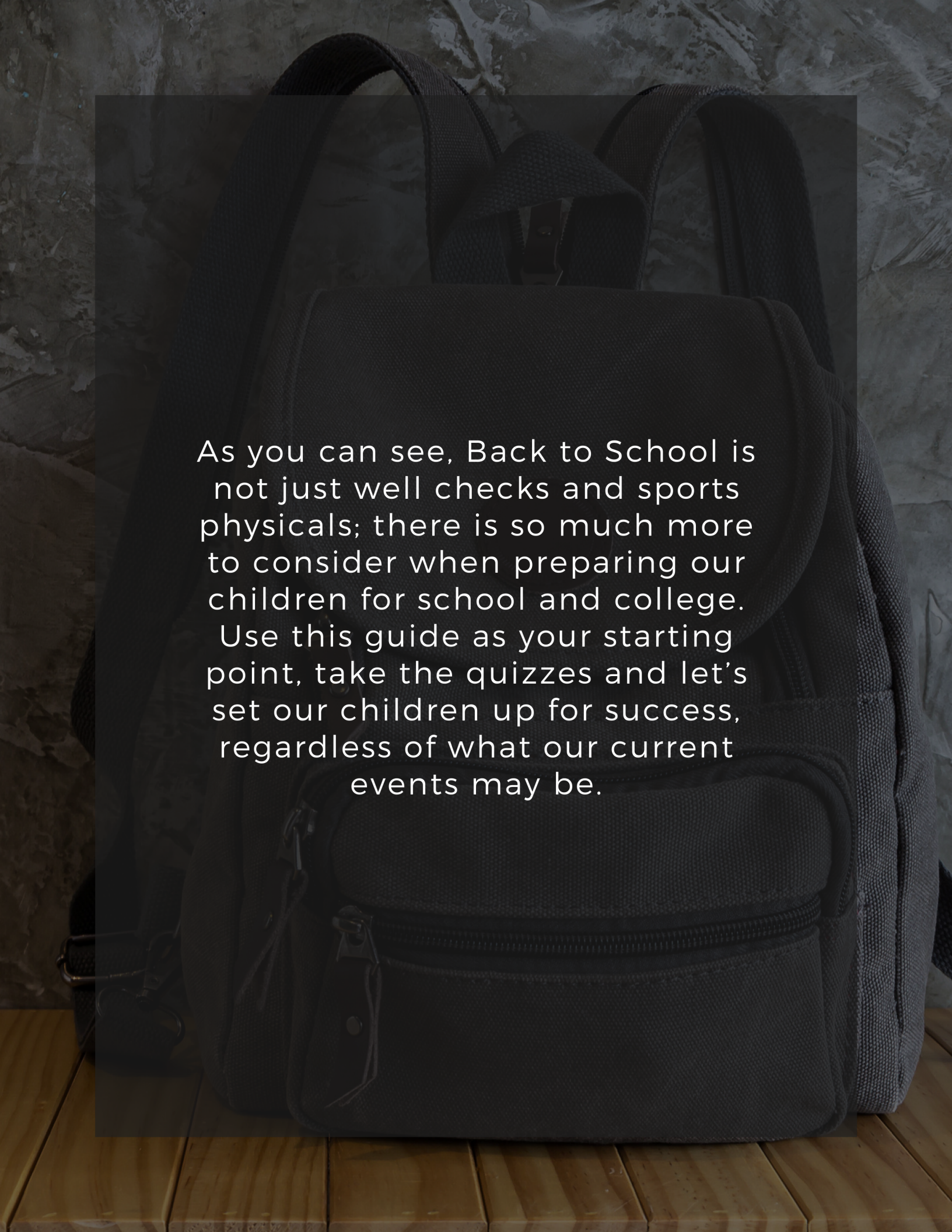
1. The 3 Diet Rules for Success
2. 3 Health Weaknesses (i.e. Gut, Liver, Hormones, Mood)
3. Genetic Status - MTHFR, VDR, COMT
4. Risk of Addiction, Depression, Suicide
5. Support Team in Place (doctors, counselors, therapists, friends, peers)

VACCINATIONS/ MEDICATIONS



Talking through necessary and recommended vaccines is another important element of your back to school checklist. This should be a conversation with your provider with attention to the overall energy and health needs of your child. Updating medications, allergies and supplements should also be a part of your back to school plan- so that you can start the school year organized and prepared (as much as we can prepare in this day and time.)





As you can see, Back to School is not just well checks and sports physicals; there is so much more to consider when preparing our children for school and college. Use this guide as your starting point, take the quizzes and let's set our children up for success, regardless of what our current events may be.