

## A Healthy Gut In Expecting Mothers Is Vital For Healthy Kids



**The gut as being central to the treatment of illness, was a topic highlighted by the recent MINDD (Metabolic, Immunologic, Neurologic, Digestive Disorders) International Forum on children in Sydney.**

Queensland based Nutritionist Cyndi O'Meara says the difference between treating a child's (or any person's) illness versus treating the cause, can be likened to a 'mechanistic' rather than 'vitalistic' approach to the body. According to Cyndi, **the body has an innate intuitiveness and intelligence and if you provide it with the right resources it will look after itself.**

**But how helpful is this approach to parents of children with chronic health issues?**

**A keynote speaker at the MINDD conference, Dr Natasha Campbell-McBride, a UK based neurologist, believes that 85% of immunity comes from the gut and that gut problems are responsible for the current epidemics of children in autism, attention deficit disorder (ADD), attention deficit hyperactivity disorder (ADHD), asthma, allergies, dyslexia, dyspraxia, learning disorders and social problems. According to recently released figures, the rate of ADHD in our nation's children is 7% and one in every 120 child suffers from autism. The huge growth in both cases has lead doctors to describing them in epidemic proportions.**

**Dr Campbell McBride says that the gut is the underlying common problem to a host of disorders, from autism to multiple sclerosis. This can start with gut dysbiosis in the mother and includes up to 60% of women having children as a result of over-use of antibiotics, use of the contraceptive pill and too many over-refined carbohydrates in the diet. The result is insufficient beneficial microbes with an over-abundance of pathogenic microbes in the gut which is passed onto their baby. When the gut flora is out of balance, large proteins such as gluten in wheat become difficult to digest and these substances are absorbed as chemical structure which causes significant behavioural and attention issues.**

## **A healthy gut in expecting mothers is vital for health kids**

**In all cases (for mother and child) quality of food is of paramount importance. Once the cells are fed adequately through the diet (including supplementation as individually required), with a particularly emphasis on promoting healthy gut flora, toxic load is reduced so organ systems can begin to work at optimum level. This consequently reduces oxidative stress and inflammation which are key contributing factors to disease.**

**While chronic illness is not necessarily a quick-fix scenario, these discussion offer insight for parents in regard to 'where to start' for a vitalistic treatment of their child's health. As the centre of our body, playing a crucial part in absorption of nutrients, influencing immunity, hormones and other biological processes, the role of a 'good gut' cannot be underestimated.**

**If you need support or further information on how to optimise your own gut health, or to ascertain if any existing pathogenic biofilm disruptors are impacting your wellness, book in to see me. These efforts will have far-reaching benefits, particularly if you are planning to conceive.**

### **reference**

Burton R. 'Food as Medicine', NOVA:volume 14,No.5, 26-30

by Julie O'Connell Seamer  
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