

Back to school nutrition

Guest Columnist

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Your kids are getting ready to go back to school and we as parents are preparing to get back into our “normal” routines. You are planning out your after-school snacks (healthy ones of course) and homework, family meals around the table WITHOUT smart phones, iPads, etc., saying grace before your meal, and taking your multi vitamins again.

We all want what’s best for our kids, and so we all make sure our children receive a professional grade multi vitamin, right? Too often the answer is “Well, I used to...”, or worse yet,

“Professional grade? What’s that?”

No problem, let’s start from scratch. Only this time, let’s do more than just grab something off the shelf as we whiz down the aisle at a discount mega-store.

Kids’ nutrition is so important. They are growing physically and mentally. It can affect kids’ growth, their performance in school, and even their behavior. These days the nationwide range of percentages of kids taking drugs for ADD/ADHD is from 2% in Nevada up to 10.4% in Louisiana!! It makes

you wonder what is going on in Louisiana, and what Nevada is doing right!!

The sad thing is there are known nutritional deficiencies that can affect ADD/ADHD and no one is testing kids for these. Did you know that supplementing with zinc can lower the dosage of Ritalin required to obtain good results? And that zinc alone was sometimes enough to produce results? Perhaps we should be trying that before the drugs!

DHA, which is one of the omega-3 fatty acids found in fish oil, can also affect kids’ school per-

formance dramatically. Research has shown that school age kids supplemented with DHA scored better in visual and verbal testing. They also showed improvement in mood and relaxation levels!! These factors are too important to just be throwing cheap kids vitamins at them, some of which have been shown to have unsafe levels of lead (I won’t say which one, but if your kid starts yelling “yabba-dabba-doo,” you will know why).

Another product that can help kids attain their best nutrition, especially if they have a hard time taking pills, is Dynamic Greens. Mixed with fruit juice or milk, these create a tasty way to get vitamins, phytonutrients, and probiotics all at one time. Sometimes creativity is essential

to getting kids to take their vitamins, but the results make it all worth it.

For kids who have digestive disorders, quite often a high quality probiotic can bring about significant changes. Many kids’ vitamins these days are in the form of high-sugar and additive “gummy worm” type products. There are professional grade versions of these things available through doctor’s offices, and we do carry those as well.

At Burtis Chiropractic, we make sure that every supplement available on our shelves is professional grade and from a reliable company that has third party testing. Remember that not too long ago the Attorney General of New York had to order Walgreens, Walmart, GNC, and Target to stop selling

supplements because so many of the brands they were selling contained little or no actual product!!

While this happened in New York, they continue to sell supplements in every other state! If your kids’ health is important to you, stop shopping for cheap vitamins at a discount store, and start buying professional grade supplements at a facility that includes expert advice.

So think of it this way: when your kids get their first report cards this year, they will, in effect, be grading your children’s nutritional health as well. We know you love your kids and you want what’s best for them. Give your kids a chance to do and be their best. Now you know how to do just that.