

Optimizing Concentration, Mood & Health in Children

with **Dr. Nancy O'Hara,**
Integrative Pediatrician



- Discover why Functional Medicine is the best option for your family
- Discover how to identify and treat underlying causes for ADHD, aggression, allergies, Lyme Disease, anxiety, asthma, autism, depression, eating disorders and a range of brain-immuno-gut conditions

Did You **Know?**

- Gut bacteria negatively impact on concentration, mood and brain development
- Antibiotics, “the pill”, pesticides, refined foods and stress harm gut bacteria which carries from mother to child
- “Leaky gut” can drive ADHD, allergies, anxiety, asthma, depression, eczema
- Efforts to breed pest-resistant crops that provide greater yield has led to a decline in key dietary nutrients including magnesium, phosphorous, zinc, vitamins b-6 and E
- Nutritional deficiencies can cause ADHD, sleep and mood issues, learning delay, fatigue & chronic illness
- 1 in 3 children is overweight, 1 in 5 have a “mental health” condition, 1 in 8 have asthma, 1 in 10 have ADHD, 1 in 27 boys have autism

Get the **Answers**

- Making the Grade: ADHD Without Drugs
- Learn how to identify what foods, products and services support brain development and repair & which ones pose a risk
- Connect with local community that can provide support

\$65 Suggested
Donation