

DOES YOUR CHILD CHRONICALLY EXHIBIT ANY OF THE SYMPTOMS LISTED BELOW?

- One or two red cheeks after eating
- Red or hot ears after eating
- Chronic runny nose or cough
- Chronic mouth breathing
- Problems with swallowing, habitual gagging or choking while eating
- Storing food in cheeks
- Recurrent ear infections
- Chronic or recurrent sinus infections
- Chronic or recurrent strep infections
- Periodic Fever Syndrome
- Patches of red, dry, scaly skin (eczema) on face, hands, elbows, knees or other parts of the skin
- Frequent diaper rashes in babies, especially red rings around the anus or redness of the vaginal area
- Cradle cap or excessive scaling and dandruff on the scalp
- Thinning hair or hairloss
- Cavities and excessive tartar, or bad breath despite proper dental hygiene
- Frequent day-time accidents in an already potty-trained child
- Nighttime bedwetting well into the grade school years
- Nocturia, frequent waking to go to the bathroom
- Dark circles or bags surrounding the eyes, "droopy" eyes
- Excessive drooling in children too old to drool
- Colic, excessive crying or irritability in babies
- Frequent temper tantrums (multiple times a day)
- Frequent crying, sadness, anger (multiple times a day)
- Esophageal reflux, babies who chronically 'spit up' or regurgitate after eating
- White coating on the tongue
- Chronic thrush infections
- Unusual fingernail or toenail formation
- Frequent loose stools, diarrhea
- Undigested food found routinely in stools
- Blood in Stool
- Constipation, infrequent stooling, (only going once every few days, or straining with a bowel movement)
- Excessive gas, flatulence
- Chronically discolored stools: white, yellow, or black.
- Floating stools, or dry stools ("rabbit pellets")
- "Tummy aches"
- Distended "pot belly"
- Persistent toe-walking (always walking on tip-toes)
- Delays in crawling, walking, talking
- Significant speech impairments
- Large motor delays—difficulties completing age-appropriate physical tasks (e.g., jumping or climbing)
- Sideways glancing—looking out of the sides of the eyes instead of making direct eye contact
- Sensory-defensiveness: covering the ears from everyday sounds like vacuum cleaners or telephone rings; shielding the eyes from bright lights; sensitivity or revulsion to common smells; avoidance of certain textures like sand, wetness, certain fabrics; over sensitivity or emotional reaction to tags in clothing, seams in socks, hairbrushing; avoidance of kisses, hugs, or other forms of affection
- Sensory-seeking behaviors: always looking to "crash" into people, objects
- Pressure-seeking behavior: trying to push the belly against objects, the floor, tables
- Head-banging
- Tongue hanging out of the mouth
- Failure to thrive, growth delays
- Arm flapping
- Low muscle tone
- Extreme or abnormal fatigue
- Difficulty waking
- Excessive sweating (night or daytime) or inability to regulate temperature
- Excessive hyperactivity
- Chronically swollen lymph nodes
- Obsessive or compulsive type behaviors — constant hoarding of toys, possessions
- Lining up toys, or other repetitive behaviors
- Persistent aggressive behavior
- Persistent non-compliant or oppositional behavior
- Tics (verbal or physical) (including constant throat clearing, coughing, blinking)
- Anemia, pallor
- Recurrent urinary tract infections
- Chronic vaginal infections
- Chronic athlete's foot, ring worm or other fungal skin infections

IF SO, YOUR CHILD MAY BE ONE OF MILLIONS OF CHILDREN IN THIS COUNTRY AFFECTED BY AN EPIDEMIC OF CHRONIC ILLNESS.

This document is not a substitute for medical advice, treatment, diagnosis, or consultation with a medical professional. It is intended for general informational purposes only and should not be relied on to make determinations related to treatment of a medical condition. Epidemic Answers has not verified and does not guaranty the accuracy of the information provided in this document.

WHAT DO I DO IF I SUSPECT MY CHILD MIGHT BE AFFECTED BY THE EPIDEMIC OF CHRONIC ILLNESS?

- 1) **Find a practitioner** who can help find the *root cause* of your child's symptom(s). While there are many specialists who might be able to help your child's symptom(s) improve through therapy or medication (e.g., physical therapists, speech therapists, occupational therapists, allergists, gastroenterologists, etc.) you will want to consider talking to a healthcare practitioner who is experienced at uncovering the *root causes* of various chronic symptoms. Typically, this is an integrative or holistic physician, an integrative dietician, a naturopath, chiropractor, homeopath, or other providers trained in holistic, or integrative medicine. To find a practitioner in your area, visit EpidemicAnswers.org and click on "Find a Provider."
- 2) **Consider having a food allergy and/or sensitivity test done.** For the most part, conventional medicine does not yet accept food sensitivities as clinically meaningful or relevant to health and wellness. Conversely, most holistic practitioners know that food sensitivities are often directly related to any number of chronic symptoms, including eczema, bed-wetting, mood and behavior disorders, developmental delays, and many, many others. Countless parents have found that removing these foods (not necessarily forever!) from their children's diets can profoundly impact the intensity and frequency of symptoms. Most parents are not even aware that their children have these hidden food sensitivities—they are a hugely underrecognized problem. For more information, see Doris Rapp, MD's book *Is This Your Child?*
- 3) **Work with your holistic practitioner to get to the root of your child's symptom(s).**
Often times, practitioners will find that affected children have:
 - a. Intestinal dysbiosis, an imbalance in intestinal bacteria and microbes (not enough good germs and too many bad germs)
 - b. Nutritional deficiencies (such as low magnesium, iron, zinc, or essential fatty acids), even if they have a good diet
 - c. Evidence of oxidative stress (too many free radicals causing damage to cells and tissues)
 - d. Structural, sensory or other physiological abnormalities
- 4) **Start a healing and recovery journey.** What can I do today?
 - a. "Green" your child's environment. Evaluate your child's toxic exposures, including household cleaners, chemicals, personal care products, flame-resistant pj's, pesticides on produce, etc. Choose more natural alternatives—organic produce, natural personal care products and household cleaners. For more information, see www.ewg.org.
 - b. Consider making healthy diet changes. Minimize processed foods, sugary foods and opt for whole foods that are nutrient-dense and free of toxins (additives, colorings, preservatives, genetically-modified ingredients). For tips on how to make simple healthy diet changes visit www.epidemicanswers.org
 - c. Avoid medications like antibiotics unless absolutely necessary. Consult with your holistic healthcare practitioner to determine the best way to manage acute illnesses for your child.

For more information, visit our website at www.epidemicanswers.org

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