

DIVING DEEPER WITH DR. DEAN

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Back to School Edition Kid Essentials

For most, school has just begun or is right around the corner. That bitter-sweet time of the year.

I am excited to get back into a regular routine again! My kids thrive in a structured environment, although it can also come with its challenges.

In this edition, I'd like to highlight some things we can do to support our kiddos; to make that transition a little smoother.

Emotional Support

New teachers, new schools and classrooms can all be sources of stressors for our kiddos. (Even adults can struggle with these big changes!)

First off, let's highlight that the summer can get away from us and we need to make sure our kids are getting adequate sleep!

When we sleep, the body has time to build and repair which contributes to a healthy immune system.

Another favorite of mine is the Rescue remedy in pastille form. These help to calm, soothe the nerves during times of stress and trauma.

Then let's boost the confidence level with looking at some KidPower (KidScents by young living). This helps to balance those emotions and provide a sense of confidence. Geneyus is another kid specific blend to assist in creating a focused, productive environment.

Flower essences are also amazing! Contact me to create a custom blend!

Top 5 Must-haves -

1. Five Flower Rescue Remedy
2. Healthy fat filled diet
3. Kid Power Essential Oil
4. Thieves Roll On
5. Sleep! Zzzz



Ways to Mineralize & nourish your kiddos

Lets also not forget that the body can only function as well as the nutrition that fuels it! Providing these kids with nourishment will also assist for better function.

1. Good Healthy fats - Runny farm fresh egg yolks, real butter, avocado, nuts & seeds (nut butters too!), fish oil, coconut oil, avocado oil, olive oil... their brains probably can not get enough of these!
2. Cell Salts - these are minerals on a cellular level to nourish the body! Consider giving your kiddos the cell salt of the month (Aug/Sept is Kali Sulph #7)
3. CT-Minerals by CellCore - this is a liquid dropper of trace minerals including fulvic acid that you can add to your water bottle... tasteless but adding in those vital minerals!
4. Probiotics - rule of thumb is to swap these every 3 months to get a variety of different good bacteria in (acidophilus is a good one to start with)
5. Get them outside and barefoot! Kids are pretty hardy and enjoy exploring the outdoors. When barefoot, they are able to pick up good bacteria from the earth as well as re-balance their circadian rhythm. Even better... get them outside in the sunshine before noon and they'll sleep better at night!
6. Nervine Herbs - these are a great addition to support the nervous system. Things like passionflower, chamomile, skullcap & valerian all have effects on calming the nerves down.



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Nourishing Lemonade Recipe

1 or 2 juiced lemons
20 drops CT-Minerals
Pinch of sea salt
1 drop Lemon Essential Oil
1 Tbsp Pure Maple Syrup (or more depending on desired sweetness)
1/2 cup coconut water
3-4 frozen strawberries
Place all ingredients into a quart mason jar. Fill remainder with water. Taste & adjust for desired sweetness.

*Or take the same ingredients, place in a blender, add 3/4 cup of frozen strawberries and enough water to desired slush-like consistency.