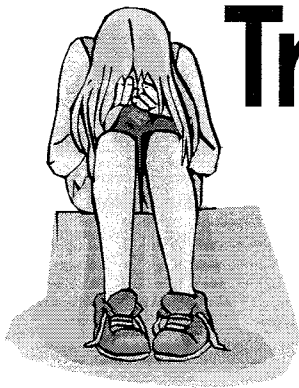


# Troubled Teens?



## Good Nutrition Makes A Difference

Our nation is facing a health crisis. Experts are saying that, for the first time in many generations, the youth growing up today will have a shorter life-span than their parents.

Diseases that were once considered diseases of old age are striking younger and younger people each year. Why is this so?

Well, it largely has to do with nutrition. Refined and processed foods have become the normal way of life for most Americans. Many people are too busy (or perhaps too lazy) to cook, which means that convenience foods and microwaved foods are increasingly common. To raise funds, many schools have soda pop and candy machines in the hallways.

These high glycemic foods raise blood sugar levels rapidly. This causes the body to secrete excess insulin which drives these sugars into storage, often as fat. Thus, obesity has become a serious problem among teenagers, which is also leading to the development of type 2 diabetes in teenagers. An estimated 2.7 million teens are pre-diabetic.

Unfortunately, the tendency of these foods to cause weight gain and the growing concerns about obesity have caused more and more teens to develop eating disorders like anorexia and bulimia in an effort to stay thin.

These empty calorie foods are also lacking in the essential nutrients needed to keep the body healthy. They contain food additives, pesticide residues and other chemicals which cause irritation and, ultimately, inflammation in tissues. The high insulin levels also contribute to more inflammation.

Because these foods lack essential vitamins, minerals and other nutrients, they also lead to numerous other health problems, including problems with the development of bones and teeth. Cavities, impacted wisdom teeth and the need for braces are all signs of poor nutrition, not inevitable consequences of growing up.

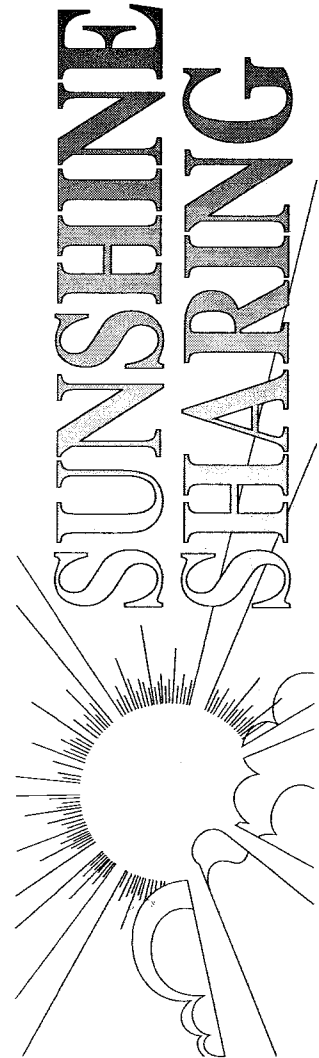
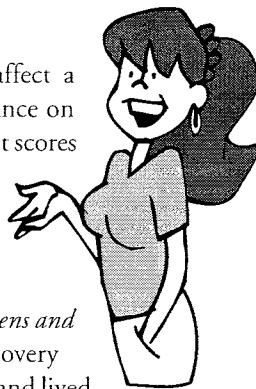
## Empty Calories Create Empty Heads

Blood sugar imbalances and nutritional deficiencies also affect a child's learning ability. American students rank last in performance on standardized tests among the top 18 industrialized nations and test scores have fallen since the 1960s. A more rigid educational system is not likely to solve this problem if we don't start nourishing our young people with healthier food.

Blood sugar problems also lead to greater emotional problems such as anxiety, depression and delinquency. In her book *Food, Teens and Behavior*, juvenile parole officer Barbara Reed reports on her discovery that most juvenile delinquents have serious blood sugar problems and lived on diets of junk food and alcohol. When put on a diet of fresh fruits and vegetables, whole grains and meat with no sugar, white flour, caffeine or alcohol, the delinquents she worked with never got into trouble with the law again.

With the social pressures from peers, TV and our "fast food" culture, helping teens get the nutrition they need to be healthy—physically, mentally and emotionally—can be tricky. But, it's worth the effort!

**Look inside to learn about helping teens get the nutrition they need...**



## Important Notice

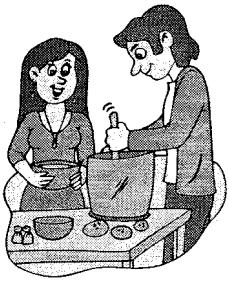
The information in *Sunshine Sharing* is for educational purposes only and should not be used to diagnose and treat diseases. If you have a health problem, we recommend you consult a competent health practitioner before embarking on any course of treatment.

*Sunshine Sharing* is an independent educational publication and receives no financial support from any herb or health product manufacturer. Your comments, questions and personal experiences are welcome. Send them to *Sunshine Sharing*, P.O. Box 911239, St. George, UT 84791-1239 or [comments@treelite.com](mailto:comments@treelite.com).

Copyright © 2008 by Tree of Light Publishing (a division of Kether-One, Inc.). Photocopying this publication for distribution is strictly forbidden. If you receive a photocopy of this publication, the distributor of said photocopies is in violation of copyright law.

Managing Editor/Writer: Steven Horne  
Research/Writing: Paula Perretty  
Additional Research: Kimberly Balas  
Associate Editors: Carolyn & Hugh Hughes, Sharon Grimes

# Helping Young Adults Get the Nutrition They Need



When seeking a way to help teenagers eat healthy foods it's good to remember a story from the life of Ghandi. A woman came to Ghandi and told him that she was afraid for her son's health. He was eating far too much sugar and would not listen to anyone who told him that this was not healthy. She implored him to tell her son to eat less sugar. Ghandi said that he could not do so that day, but asked the woman to return in two weeks.

The woman and her son returned to Ghandi two weeks later. Ghandi told the boy that sugar was a great risk for his health and advised him to stop eating it. The young man was moved by the great man's words and promised to follow his advice. As the mother and son were leaving the mother stayed behind for a moment to ask, "Why did you have us wait two weeks before you offered this charge to my son?" Ghandi smiled and replied, "Well, two weeks ago, I had not given up eating sugar."

The best way to help our young people develop better food habits is by setting a good example. What kind of foods do they see other people eating? Teenagers are entering a stage of life where they are no longer children. They are young adults with a growing need for independence. Lecturing seldom works because it typically engenders rebellion. So, start by cleaning all the junk food out of your pantry and refrigerator and replacing it with healthier versions of familiar foods.

## A Good Breakfast is Essential

Take time to make a healthy breakfast for yourself and your kids. Most Americans tend to eat their biggest meal in the evening, but the best advice for good health is to eat breakfast like a king, lunch like a prince and dinner like a pauper. This is because breakfast helps set a person's metabolism for the day.

Studies showed that kids who were fed high glycemic carbohydrates (i.e., simple carbohydrates such as processed breakfast cereals, pastries, white bread, etc.) for breakfast performed worse in school than kids who skipped breakfast all together. This is not a reason to let your kids skip breakfast, however, because kids who were fed proteins for breakfast performed the best in school.

The reason is simple. Eating simple carbohydrates for breakfast sets the body on a blood-sugar roller coaster for the rest of the day. Blood sugar and insulin levels spike, and then drop, resulting in low blood sugar or hypoglycemia. Hypoglycemia causes difficulty with concentration, moodiness and irritability, as well as cravings for more sugar. When more sugar is eaten, blood sugar levels spike once again and the process starts all over. This blood sugar roller coaster typically ends in a mid-afternoon energy slump.

Providing high quality proteins and healthy fats for breakfast, along with some *complex* carbohydrates (fresh fruits, whole grains, etc.) helps to stabilize blood sugar levels, which in turn reduces sugar cravings and overeating later in the day. Eggs, preferably free range and organic, are a traditional breakfast food that contains all of the essential amino acids the body needs as well as vitamin A,

the B vitamins (thiamin, riboflavin, and niacin), and vitamin D with only 11% fat. Egg fat is a good fat as it is unsaturated oleic acid, which is also found in nuts and avocados.

Whole grain porridge (oatmeal, grits, etc.) is a good breakfast food, especially if you put the grain into the water the night before and let it soak overnight before cooking it. Add some butter or cream from grass-fed cows or some flax seed oil, hemp seed oil or coconut oil to the porridge as this slows the absorption of the carbohydrates and lowers the glycemic index of the food. This keeps blood sugar levels more stable.

If you're in too much of a hurry to make breakfast some mornings, a good option is to make breakfast shakes. Most teenagers will actually enjoy these shakes and they are quick and simple to make. Take some fresh or frozen fruit (peaches, bananas, strawberries, blueberries, raspberries and blackberries are all good choices) and put them in the blender with some protein powder (such as **SynerProtein** or **Nutri-Burn**) and perhaps a little yoghurt. **Xylitol** can be added as a sweetener, if necessary. Blend this mixture and drink it for a quick, but healthy breakfast.

Making your teens lunch or helping them make their lunch the night before will help insure they are getting the healthy nutrients to keep them going throughout the day. Encourage the school they attend to provide healthy choices in vending machines. Check the school lunch menu and learn if it consists of mostly healthy foods or if it is full of unhealthy foods that are fried, heavily processed or are full of sugar. Many schools are in the process of offering healthy choices for their students; you can help by getting involved.

## Basic Supplements for Teenagers

Like adults, teenagers can benefit from taking the right kinds of herbs and nutritional supplements. Because teenagers don't always eat right, a good multi-vitamin and mineral supplement like **Super Supplemental** is the best place to start.

Omega-3 Essential Fatty acids are important for brain function, hormone balance, regulation of inflammation and healthy skin. In a world of fried and fast foods, these essential nutrients are typically lacking in the diet, so **Super Omega-3 EPA** is another basic supplement that may benefit teenagers.

A convenient way to get both Super Supplemental and Super Omega-3 EPA is to take **Super Trio**, which contains both of these products. It also contains an antioxidant supplement, Super ORAC,

## Additional Help and Information

For more information on helping teens with good nutrition or natural remedies for teenage health problems, talk to the person who gave you this newsletter. They have additional handouts and resource materials to help you. You can also consult some of the following sources for more information:

*The Comprehensive Guide to Nature's Sunshine Products* by Tree of Light Publishing

*Teen Health the Natural Way* by Yaakov Berman  
[www.RaisingChildrenNaturally.com](http://www.RaisingChildrenNaturally.com)

which helps counteract the free radical damage and inflammation caused by the environmental toxins present in today's world. Antioxidants are as essential to teenagers as they are to adults.

Another good antioxidant supplement to consider is **Thai-Go**. Most teenagers will readily take this mangosteen juice blend.

Minerals are also vitally essential for growing and changing bodies, particularly trace minerals like those found in **Colloidal Minerals**. Colloidal minerals can be mixed with Thai-Go to improve their flavor.

Another mineral supplement to consider is **HSN-W**, which supplies silica and other trace minerals necessary for healthy hair, skin and fingernails as well as bones, teeth and joints. HSN-W also helps the brain and memory, making it a great supplement to help teenagers with both their looks and their cognitive abilities.

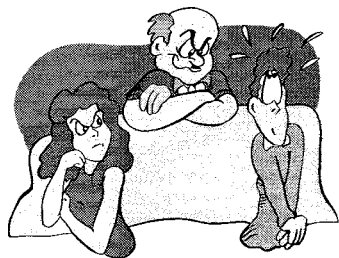
## Regulating Blood Sugar

Helping teenagers maintain a balanced blood sugar level is essential to both their mood and their performance in school. Hypoglycemia can cause irritability, lethargy, inability to concentrate and mental confusion. Blood sugar problems also contribute to juvenile delinquency, addictive behaviors and weight issues.

Besides the basic tips for eating right, there are supplements that can help keep blood sugar levels balanced. **Super Algae** is high in amino acids. It provides energy, helps balance blood sugar levels and improves mental function. It is great to take with breakfast or anytime a person is experiencing sugar cravings or a drop in energy.

**Licorice Root** can be used to balance blood sugar and reduce sugar cravings in teenagers. Take two capsules with breakfast and two with lunch, if possible. (Many schools have issues with kids taking supplements to school because of drug problems. You may

have to work with your school on this.)



## Balancing Hormones

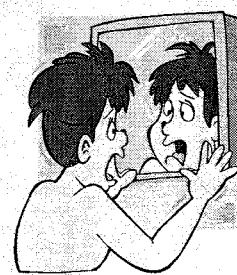
It's no great secret that teenagers are undergoing major hormonal changes. These changes affect not only a teen's body, but also their thoughts and emotions, so it is important to talk with kids about these changes and help them through this critical time in their lives. Appropriate herbs and supplements can also help.

For young women who are just starting their periods, a female hormone balancing formula like **NF-X** can help. It cleanses the genito-urinary system and can make periods easier, reduce the risk of urinary tract infections and counteract environmental estrogens. It can also help reduce androgens in teenage boys to lessen acne.

Another good hormone balancer is **Wild Yam and Chaste Tree**. Chaste Tree, also known as vitex, regulates the pituitary gland to balance hormone levels. It is a useful remedy for teenage acne (see sidebar) but can also help with excessive aggression in boys and menstrual cramps in girls.

**Continued on page 4**

## Acne from the Inside Out



Mild acne is common during adolescence, but severe or ongoing acne is not. While mild acne can be annoying, severe acne can be painful and cause serious self-esteem issues.

Acne occurs when the glands that secrete oil to keep the skin soft and moist become irritated and inflamed. Where pus is present, this may be due to a bacterial infection. Most treatments focus on dealing with the acne topically, but from a natural healing perspective, acne means that some form of toxin or irritant is present in the body and is being eliminated through the skin. Because these toxins are affecting oil ducts, they are fats or fat-soluble substances.

It is well known that teenage acne is related to hormonal changes. Reproductive hormones are involved in the process of fat metabolism, so eliminating unhealthy fats is a good first step. High doses of vitamin A have been known to help acne, and this is probably because **Vitamin A** is an antioxidant that protects fats from oxidation. Two herbs that have been helpful for teenage acne, **Burdock** and **Chickweed**, are both known help to assist the process of fat metabolism.

Remedies that balance teenage hormones can also help clear up acne. Christopher Hobbs, a fourth generation herbalist, says he has cleared up many cases of teenage acne using chaste tree berries alone. Chaste tree helps balance reproductive hormones via the pituitary and can be a good general remedy for balancing hormones during puberty. It can be found in the formula **Wild Yam and Chaste Tree**.

However, on a deeper level, a poor diet and exposure to chemicals may cause intestinal inflammation, leaky gut syndrome, chronic yeast infections and sluggish liver function, all of which play a role in severe acne. This is why it is a good idea to start with a cleanse when dealing with severe acne. The **Tiao He Cleanse**, along with some extra fiber from **Nature's Three** or **Everybody's Fiber**, would be a good cleanse to try. If the acne sufferer has taken a lot of antibiotics in their life, it would be good to add **Yeast/Fungal Detox** to the cleanse in order to eliminate yeast overgrowth.

Historically, herbalists have treated skin conditions, like acne, with alteratives, herbs that cleanse without forcing elimination. The aforementioned burdock and chickweed are both helpful alteratives, but a good alterative formula may also be more effective. **BP-X** or **Skin Detox** are good choices.

Of course, there are natural remedies that can be used topically for acne. Using a fine clay as a facial mask will draw toxic fats and other irritants from the skin. A clay such as **Hydrated Bentonite** can also be used in baths to draw out toxins. To counteract infection, **Silver Shield Gel** can be applied topically to the skin once daily. **Tea Tree Oil** can also be used topically on blemishes to fight infection, reduce inflammation and promote healing.



# Teenagers Don't Have To Mean **TROUBLE!**



**Learn How Good Nutrition and the Right Supplements  
Can Transform Troubled Teens into Terrific Teens!**

If young women are having problems with painful periods, irregular periods and other menstrual problems, **Monthly Maintenance** can help. This blend contains vitamins and minerals and a blend of Chinese herbs that counteract PMS and balance the reproductive cycle.

## **Stress, Mood and Learning Problems**

Many of today's teenagers are under a great deal of stress and pressure. This can cause teenagers to become depressed, lethargic, irritable or otherwise moody. It's important to keep lines of communication open so teens are able to discuss their problems and find a sympathetic ear, but there are also supplements that can help.

If teenagers are agitated, anxious or moody, **Nutri-Calm** may be helpful. Nutri-Calm feeds the nervous system to reduce the effects of stress and improve mood. It can also help with learning

problems. Adaptagens, like **Eleuthero Root**, also help counteract the effects of stress and can be helpful for both reducing stress and improving school performance.

For kids (or adults) who are suffering from overstimulated brains that make it difficult to concentrate, **Focus Attention** may be helpful. This supplement calms the brain and is available both in capsules and powdered form for younger kids.

For acutely stressful situations with teens, flower essences like **Distress Remedy** can help a person feel more calm, focused and balanced during a crisis. Don't forget to take some yourself!

There are many other challenges teenagers can face and many other supplements and natural remedies that can help. Talk to the person who gave you this newsletter for additional help and information.