



melmed center

Nutri-Tip from Jan

Volume 28, December 2019

Holiday *Sugar-Rush* Remedies



*Eat 2-3 OZ of turkey on whole or sprouted grain bread or an apple with nut butter. Protein and fiber are slow to digest and stabilize blood sugar levels.

*Eat ½ cup mashed potatoes with 1 tablespoon butter. Potatoes help raise serotonin levels (emotional high) and provide satiety helping to decrease hunger. Potatoes can be baked, mashed or roasted. Consume any type of potato including sweet.

*Eat several handfuls of mixed nuts and pumpkin/sunflower seeds. Healthy fat eaten with protein delays gastric emptying and increases absorption of fat-soluble nutrients.

*Drink kombucha or eat plain Greek yogurt to increase “healthy” gut bacteria. Sugar feeds “unhealthy” gut bacteria potentially affecting cognition and behavior.

*Drink several glasses of water to dilute the amount of glucose (sugar) in the blood stream and help reduce hunger.

Want to Learn More?

If you are concerned about your child’s (or your own) nutrition and eating habits, schedule an appointment with Jan Katzen, CN, our nutritional therapist, for a comprehensive nutritional evaluation and an individualized, sustainable food plan. Contact the front office for a complimentary 10–minute phone or in-person consult with Jan.



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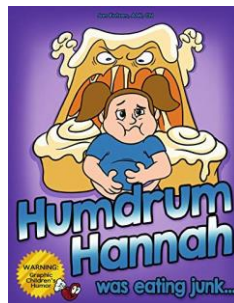
Nutritional therapy aims to identify nutrient deficiencies and food sensitivities that impact brain development and function along with the impact of food on emotions such as depression and anxiety. Nutritional therapy works with other therapeutic modalities including counseling, ABA, occupational and speech therapy, medical management with feeding therapists to identify priority foods.

Individualized food prescriptions can improve the severity of symptoms seen in autism, sleep disturbances, and ADHD. We address the nutritional side effects of medications, picky and binge eating, weight control, and digestive health concerns.

Jan Katzen, AMI, CFP, CN, Nutritional Therapist and Educator, studied nutrition and health under the tutelage of the Director of Brain Chemistry and Human Nutrition at the London Metropolitan University. She interned with the founder of Foresight Preconceptual Care and has served on the advisory boards of the Mother and Child Foundation (UK), the Montessori Education for Autism Foundation (UK), and ePap Nutritionals in South Africa. Jan is the nutritional instructor for the Center of Guided Montessori Studies online teacher training/credentialing classes.

Jan has written nutritional education books for both adults and children. She has years of clinical experience coordinating nutritional care with developmental pediatricians, pediatricians, psychologists and mental health professionals.

Check out Jan's Most Recent Book on Amazon.com!



Complimentary 10-minute introductory phone consults with Jan are available

Please contact the front office for details