



Children's Support



Back to School!

The school year is starting again and our doctor's have a few tips and tricks you can implement into your child's routine to set them up for success!

Sleep

Adequate sleep is essential for boosting the immune system, concentration, mood, and memory. The amount of sleep your child needs depends on their age. This is what we recommend:

- **3-5 years old: 10-13 hours**
- **6-13 years old: 9-11 hours**
- **14-17 years old: 8-10 hours**
- **18-25 years old: 7-9 hours**

Nutrition and Hydration

Pack balanced lunches with healthy snacks to keep your child's brain fueled for learning. Limit processed foods and sugary treats that will spike their blood sugar and drain focus. Proper hydration with electrolytes can also help support them throughout the day.

Movement

It is important that children move their body throughout the day. We recommend for children (6-18 years old) at least 60 minutes of rigorous activity daily.

Supplements of the Month

The following supplement is **50%** off for the month of August:

CoQ10 100mg or 300mg: A powerful antioxidant that supports heart and vascular health.

The following supplement and IV are **15%** off for the month of August:

NutriClear: NutriClear provides the ideal nutritional foundation for those in need of metabolic clearing, while also supporting hepatic function, energy production and intestinal balance. This can be used as an enhanced protein powder or as a 3-4 week detox.

Fit for School: A chewable probiotic great for kids to support their immune system, gut and brain health.

Hydration Meyers IV (large or small): Great for overall hydration support with the added benefit of vitamins and minerals for a boost! *(Requirements are that you are an active patient and have had a kidney test (GFR) in the last 6 months.)*

Immune Support

This time of year, the common cold and flu pick up a lot and we see more and more cases of children getting sick when they are introduced back into the school setting. Making sure that your child is getting all of the mentioned above support along with supplementation support is the key to making sure they stay healthy year round! **Be sure to look at our special on Fit for School for the month of August.**

OFFICE UPDATES

- Dr. Nguyen will be out of office August 11th-September 2nd.
- **If you are a cash pay patient for lab work and you receive a bill from LabCorp after paying our office directly, please send a copy of your invoice via email to admin@wvncaz.com and we will help you to rectify this billing mistake.**

Videos from our Doctors

(please click their photo to view the video)



Dr. Huynh focuses on concentration this month, specifically in children, and how you as a parent can help to support them through lifestyle changes.



Food sensitivities in children can present itself in ways such as eczema, digestive discomfort, mood changes, and fatigue. We can check food sensitivities in children through elimination diets or through diagnostic testing!



Dr. Rada gives tips and tricks on how parents can help out their student athletes through hydration, stretching, and injury prevention and treatment. She also is able to perform sports physicals!