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## **BACK TO SCHOOL**

Fall is approaching, even if the weather doesn't feel like it yet, and that means a bevy of back to stress activities. Now that the lazy days of summer are coming to an end and the kids are going back to school, back to homework, and back to sports, it's easy to feel overwhelmed. There are easy things you can do at home to keep yourself and your family healthy and happy while you are adjusting to a hectic schedule.

Back to school can also mean back to packing lunches. A "lunch box makeover" can have a great impact on your child's health. Avoiding foods that are high in sugar can have an affect on your child's performance in school, sports and their health. Eating a diet high in sugars may provide a short term burst in energy but as time passes it can cause fatigue and make it difficult to pay attention and focus. Consuming too much sugar effects your immune system, something to think about as flu season approaches, reducing the amount of sugar you and your family are consuming can help prepare everyone for making it through the flu season. Another "lunchbox" suggestion for you and your family this school season is to make sure everyone **EATS THEIR FRUITS AND VEGETABLES**. As we all know fruits and vegetables are stocked full of vitamins, minerals and antioxidants that keep our bodies working properly and our immune system functioning.

How to go about a "lunchbox makeover": Swap out the candy, chips and sugary snacks for fruits that you can pair with nuts, seeds, or cheese. To make sure your kids are eating enough vegetables; add cucumbers, carrots, zucchini, or sprouts to the lettuce and tomatoes on their turkey sandwiches.

It is also very important that you and your family are on a good multi-vitamin that is taken every day. When the demands of your day increase, the nutrients your body needs to keep going also increases. A good multivitamin will provide the extra nutrients you need to keep up with the busier schedule, the sports activities and the homework. Including a vitamin C supplement to your daily routine will help boost your immune system and protect you and your family from the common illnesses that occur during the cooler seasons.

This article was written by Dr. Denise Quance Grobe ND, as a patient education resource for The Center For True Harmony Wellness and Medicine. Edited and revised by Sherry Fragosa, Dr.Christine Brass-Jones OBGYN, and Dr. Denise Quance Grobe N.D. If you have any questions or comments contact the office at (480) 539-6646 or through email at [info@trueharmonywellness.com](mailto:info@trueharmonywellness.com)