



BRYANSTON

**Keeping Teens Happy, Healthy & Well**

Lucinda Miller MGNI MRNI MH

## Claim...

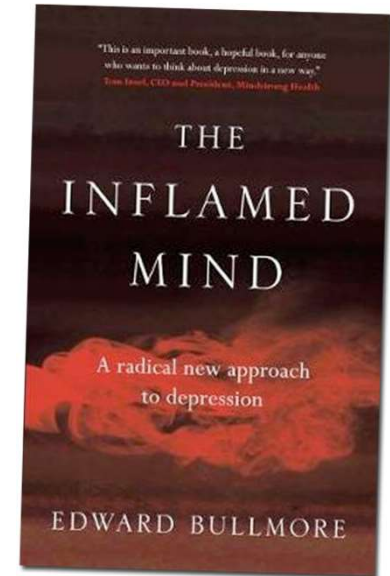
*“Good nutrition leads to healthier and happier teens and young adults.”*

# Why do our teens need a healthy diet?

- Healthy weight & growth
- Happy hormones
- Gut health
- Inflammation
  - Metabolism
  - Immunity
  - Mental health
  - Behaviour & learning
  - Skin Health – link with acne

# What is Inflammation?

- Inflammation is the body's immune system responding to adversity.



## What does inflammation do?

- Inflammation is probably the root cause of many modern diseases, such as diabetes, heart disease and chronic pain.
- Research at Bristol University found that inflammation aged 9 was a predictor for depression and psychosis aged 18.
- Research from Cambridge University also links inflammation with mental health and depression.

# What causes inflammation?

## Pro-inflammatory

- Trauma
- Infections
- Toxins
- Stress

And

- Fake foods
- Ultra-processed foods
- Dehydration

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# How fake ingredients affect your kids

- MSG and the glutamate story
  - Link to depression
  - Link to risky behaviours
- Fake sugars
  - Link to diabetes
  - Link to weight gain



# Ultra-processed foods

- What they are
  - Industrially processed foods that would be almost impossible to recreate in your kitchen
  - e.g. cereals, noodle pots, cakes, biscuits, fizzy sweet drinks, crisps, nuggets and chewing gum
- What they do
  - Trigger inflammation
  - Generally raised glycaemic response
- How to recognise them
  - Ingredients include modified starches, maltodextrin, fructose-glucose syrup etc.



# What reduces inflammation

## Anti-inflammatory

- Exercise/movement
- Yoga/meditation
- Sleep
- Mediterranean diet
- Healthy microbiome
- Omega 3

## When to start reducing inflammation

- Now!
- A young person's brain is still developing up until their mid-twenties, so feed them some of the Good Stuff right away!

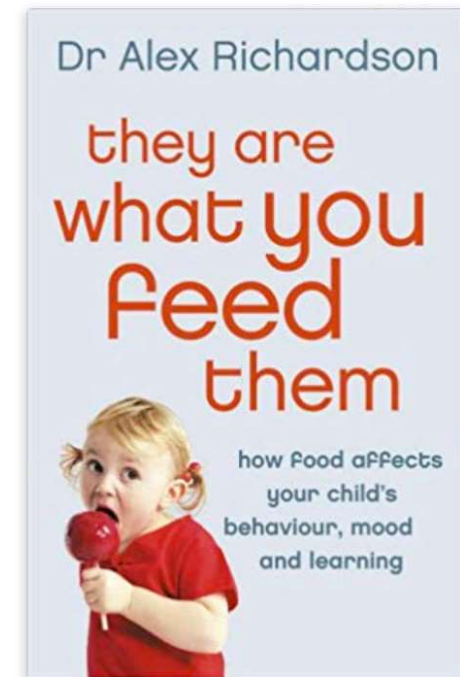
# Facts about your microbiome

- The importance of a healthy microbiome.
- The gut-brain connection - our second brain!
- What makes a healthy microbiome?  
(hint: fruit & veg)



## Fab facts about Omega 3

- O-mazing Omega-3
- Pioneering research from Oxford
- How can you tell if they are deficient?



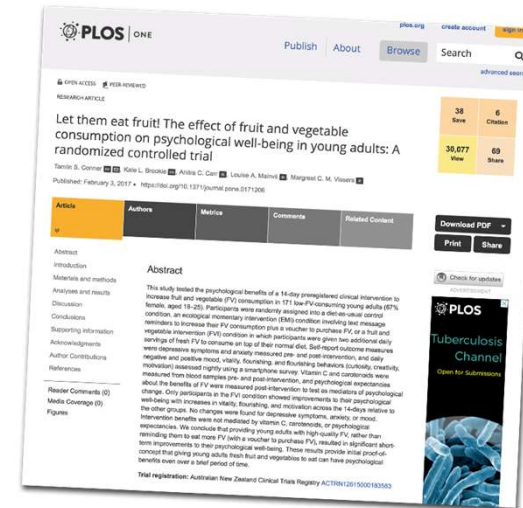
# Practical implications

# What is a healthy diet?

- Eat more wholefoods
- Especially more fruit & veg
- Eat a greater variety
- Limit your sugar
- Balance between carbs, fats & protein
- Cook from scratch

# Winning with fruit & veggies

- Stock your fridge with the Good Stuff
- Leave a bowl of healthy food on the table
- 5-a-day **minimum**
- As much variety as possible



Source: NHS



# How To Build Healthy Microbiome

- Fresh Air
- Variety of plant-based foods
- Fibre
- Fermented Foods: Yoghurt, Kefir, Apple Cider Vinegar, Miso
- Ditch the fake foods

## What if they won't eat fish?

- Organic whole milk
- Chia seeds
- Flax seeds
- Walnuts
- Eggs (some)

## Put it into action

- Get buy-in from everyone in the household
- Teens are hard to motivate, but not impossible
- Don't try to do too much, too quickly
- Keep going
- Lead by example
- ENJOY!!

No.1 Bestseller in  
Children's Food  
on **amazon**

“

*Lucinda Miller is making a major contribution... with winning recipes and smart tips that will really inspire parents to get their kids eating The Good Stuff.*

Hugh Fearnley-Whittingstall

Find out more at:  
[www.naturedoc.clinic/thegoodstuff](http://www.naturedoc.clinic/thegoodstuff)

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# Thank You!!

Lucinda Miller MGNI MRNI MH

Lucinda founded NatureDoc. With her team of brilliant naturopaths and nutritional therapists, they take a scientific and holistic approach to identifying health problems, using laboratory testing and gentle, natural interventions to provide health solutions.

She is also a fully qualified NLP coach and mentor for kids with ADHD and Autism and a mother of three children, aged from 10 to 17.

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