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**ANATOMY TIDBIT**

*Alyssa Bender, Osteopathy  
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Are you one of the many people who struggle with chronic, right-sided low back pain? Maybe you've sought help, and it temporarily

went away... But just like the cat, it came back the very next day? You may never guess it, but the mesentery (small intestine) could be the culprit! There is something called the "root of the mesentery" that helps keep it in its rightful place, but when your gut gets tense - could be a food sensitivity, GI tract infection, trauma, etc. - the root of the mesentery responds by tightening up, and pulls on the right lower back where it attaches. If this describes you, maybe it's time you come in and give your mesentery some TLC. Who knew the small intestine could be such a pain in the back?

## The Back To School Hustle From the Brain to the Skin

*By: Dr. Cecilia de Martino, ND.*

When I think of September, I think about back-to-school and the end of summer. Summer holidays come to an end, the days get shorter, the temperature starts to drop and stress tends to increase. Are you getting your kids ready for school? Are you struggling with getting back into a routine? This time of year is very typical for there to be more stress than usual in the household. The stress hormone cortisol, tends to rise. Perhaps you or your kids are having more difficulties sleeping, your body and mind don't feel rested or your child is dreading going back to school.



Here are some key tips for a healthy and successful school year:

- Make healthy meals high in colourful vegetables and low in starches, sugars and dairy.
- Keep hydrated with water and avoid all fruit juices and pop.
- Eat plenty of vegetables every day.
- Reduce the amount of sweet treats you are consuming.
- Do not overextend the family into too many activities.
- Moderate time spent watching television, using computers and smart phones and playing videos games.
- Get moving and laughing!
- Get outside as much as possible.
- Eat plenty of Top Brain Foods and little to no Bad Brain Foods (see below).

**Top Brain Foods:**

Apples, Avocados, Berries, Broccoli, Brussel sprouts, Cabbage, Collard Greens, Eggs, Flaxseed Oil, Legumes, Molasses, Raw Nuts, Fish

**Bad Brain Foods:**

Artificial Food Colourings, Artificial Sweeteners, Pop, High Fructose Corn Syrup, Juice, Hydrogenated and Trans Fats, White Breads/Pastries, Sugar, Dairy

What about kids with behaviour disorders or **ADHD**? A daily dose of **fish oil** helps calm children with ADHD. It helps them concentrate better and be less impulsive. 60% of the brain is composed of fats, the most important being omega-3 fatty acids, such as those found in fish oil. Many people in western societies are deficient in the omega-3 fatty acids, such as those found in dark leafy vegetables, nuts, seeds and oily fish. There's a growing body of research that's finding evidence of links between omega-3 deficiency and mental health problems like depression and schizophrenia.

Another form of stress often experienced by teenagers is **acne**. Acne is one of the most common diseases of the skin and about \$4 billion is spent on treatment yearly. In a large cohort study, intake of milk and **dairy** during adolescence was associated with acne. Furthermore, a low glycemic load diet improved symptoms of acne. Try a period of no dairy and sugar for 2-3 weeks and see if helps clear out your children's skin.

If the back-to-school stress is affecting your daily activities or you are looking for an alternative to medications for behavioural or skin issues, book an appointment with me by calling the clinic or emailing me at [cecilia@drcecilia.ca](mailto:cecilia@drcecilia.ca). I offer free 15 min consults.