

RESOURCES

SUPPLEMENTS

The following supplements are made by my company, Sprout Right, and other reputable companies. Note that supplement companies often change their formulations or product names and sometimes discontinue items. Consult with a nutritionist or naturopath before deciding which supplements are right for you.

TAKE THIS BRAND AVAILABLE AT SPROUTRIGHT.COM

Fem Boost: comprehensive vitamins and minerals for prenatal care, postnatal care, and every day.

Adult Boost: comprehensive vitamins and minerals for every day, for men and women.

Kid Boost: comprehensive vitamins and minerals for kids to support growth, the immune system, and focus.

Cell Mins: gives the twelve essential minerals needed by every cell in the body, including iron. This liquid form can be given to babies, toddlers (needed by your picky eater), kids, and adults.

Alka C: super-absorbable vitamin C plus essential minerals to help alkalize the body, boost the immune system, and promote healing.

Omega Power: a blend of eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) that supports pregnancy, infants, growing kids, and adults for memory, focus, concentration, and inflammation.

Sunshine D + K2: essential vitamin D in a liposome form for maximum absorption and easy dosing. K2 increases the absorption and use of vitamin D and all bone-building minerals. Vitamin D is also crucial for immune health.

Bio Boost (Baby, Kid, Adult): specifically dosed human-strain probiotics for digestive, immune, and overall health of the microbiome and all that it influences.

Other supplements will be added to this line.

GENESTRA

Cal Mag Liquid: useful as an antacid as well as a good calcium and magnesium supplement

Cod Liver Oil, Super DHA Liquid, Super EPA Liquid, and Berry EFA Plus: liquid DHA/EPA offering different levels of DHA

Super Neurogen DHA: algae DHA only in vegetarian gel cap (vegetarian)

Gammadyn Minerals including Zinc: UNDA product by Seroyal

IMU Gen: herbal formula for immune boosting from 9 months of age

Echinasyr: echinacea for immune boosting for babies over six months of age

OTHER BRANDS

Nutra Sea: omega-3 fish oils

Nordic Naturals: omega-3 fish oils

Carlson: vitamin D drops for mom and baby, cod liver oil

Platinum Easy Iron: for mom or baby (pierce a hole in the capsule for baby)

Hylands: teething tablets and gel, tissue salts

Schlusser Tissue Salts: tissue salt combinations, including "Healthy Appetite"

Boiron: homeopathic remedies for teething, colds, and colic

LITERATURE AND WEBSITES

PREGNANCY AND BREASTFEEDING

Motherisk: www.motherisk.org

Ann Douglas, *The Mother of All* book series (Toronto: Wiley).

Jack Newman, *Dr. Jack Newman's Guide to Breastfeeding*, revised ed. (Toronto: HarperCollins, 2003).

William Sears and Martha Sears, *The Baby Book: Everything You Need to Know about Your Baby from Birth to Age Two*, 2nd ed. (Boston: Little, Brown, 2003).

NEW PARENT SUPPORT

SavvyMom: www.savvymom.com

BabyCenter Canada: www.babycenter.ca

ParentsCanada: www.parentscanada.com

Today's Parent: www.todaysparent.com

LACTATION SUPPORT

Dr. Jack Newman: www.ibconline.ca

Jessica Cherniak, doula: www.jessicacherniak.com

International Lactation Consultant Association: www.ilca.org

La Leche League Canada: www.lllc.ca

Organic hypericum and calendula tincture for cracked nipples: www.nealsyardremedies.com

SLEEP SUPPORT

The Sleep Doula: www.sleepdoula.com

Good Night Sleep Site: www.goodnightsleepsite.com

Harvey Karp, *The Happiest Baby on the Block: The New Way to Calm Crying and Help Your Baby Sleep Longer* (New York: Bantam, 2002).

Marc Weissbluth, *Healthy Sleep Habits, Happy Child: A Step-by-Step Program for a Good Night's Sleep* (New York: Ballantine Books, 2005).

FOOD AND PRODUCT SAFETY

Canadian Food Inspection Agency, Food Recall Warnings: www.inspection.gc.ca/english/corpaffr/rearapp/recaltoce.shtml

Environmental Working Group's Skin Deep Cosmetics Database:

www.cosmeticsdatabase.com

Environmental Working Group: www.ewg.org

Health Canada: www.hc-sc.gc.ca

Institute for Agriculture & Trade Policy, Food and Health: www.iatp.org/foodandhealth

U.S. Food and Drug Administration: www.fda.gov

ALLERGIES

Carolee Bateson-Koch, *Allergies: Disease in Disguise* (Burnaby, BC: Alive Books, 2002).

Lucy Burney, *Boost Your Child's Immune System: A Program and Recipes for Raising Strong, Healthy Kids* (New York: Newmarket Press, 2005).

Konrad Kail and Bobbi Lawrence, *Allergy Free: An Alternative Medicine Definitive Guide* (Tiburon, CA: AlternativeMedicine.com Books, 2000).

Doris Rapp, *Is This Your Child? Discovering and Treating Unrecognized Allergies in Children and Adults* (New York: William Morrow and Company, 1991).

HEALTH

Phyllis A. Balch, *Prescription for Dietary Wellness*, 2nd ed. (New York: Avery, 2003).

David Hoffman, *Holistic Herbal* (London: Thorsons, 1990).

Janet Zand, Robert Rountree, and Rachel Walton, *Smart Medicine for a Healthier Child*, 2nd ed. (New York: Penguin, 2003).

WATER

Brita filters: www.brita.com

Aquareal Water Systems for reverse osmosis systems: www.aquareal.com

Dasani bottled water: reverse osmosis water

Culligan Water for large bottles and filter systems: www.culligan.ca

Whole Foods Market and other stores often have self-fill reverse osmosis systems

FOOD SOURCES OF VITAMINS AND MINERALS

FAT-SOLUBLE VITAMINS

VITAMIN A Antioxidant, helps with vision and growth, immune enhancer, and supports mucosal membranes such as the lungs. Best absorbed cooked.

Found in: carrots, avocados, spinach, yellow and orange fruits and vegetables (cantaloupe, yams, papaya), dark-green leafy vegetables (watercress, dandelion greens, broccoli, kale), liver, eggs, milk and milk products, cod liver oil, seaweed, and garlic

VITAMIN D Helps strengthen teeth and bones, essential for normal growth and development, supports the heart and immune system, promotes normal blood clotting, and helps absorption of calcium.

Found in: salmon, sardines, herring, tuna, organ meats, cod liver oil, vitamin D–fortified milk and milk products, egg yolks, wheat germ, and oats

VITAMIN E

Antioxidant, maintains healthy skin, strengthens capillary walls, reduces cholesterol, reduces symptoms of premenstrual syndrome (PMS) and menopausal hot flashes, and protects against cancer.

Found in: peas, lettuce, sweet potatoes, leafy vegetables, brown rice, rye, whole-grain cereals, wheat germ, nuts, egg yolks, organ meats, molasses, corn oil, cold-pressed oils, sunflower seeds, and olives

VITAMIN K

Helps with blood clotting and aids in absorption of vitamin D.

Found in: alfalfa, green vegetables, chlorophyll, cauliflower, oats, wheat, rye, soybeans, egg yolks, liver, yogurt, acidophilus, safflower oil, and blackstrap molasses

WATER-SOLUBLE VITAMINS

B VITAMINS All B vitamins are essential for energy; growth; body maintenance, including healthy nerves, skin, hair, and eyes; and food digestion and metabolism.

VITAMIN B1 (THIAMINE) Breaks down carbohydrates, stabilizes appetite, and regulates nerve impulses.

Found in: legumes, wheat germ, brewer's yeast, whole grains, sunflower seeds, nuts, organ meats, fish and poultry, egg yolks, and blackstrap molasses

VITAMIN B2 (RIBOFLAVIN) Essential for growth, breaks down fat and carbohydrate, aids in the absorption of iron from the digestive tract, and used by the adrenal glands for hormone production.

Found in: carrots, mushrooms, spinach, broccoli, legumes, Brussels sprouts, kelp, prunes, apples, lemons, grapefruit, coconut, whole grains, wheat germ, brewer's yeast, nuts, organ meats, egg yolks, milk and milk products, and blackstrap molasses

VITAMIN B3 (NIACIN) Breaks down carbohydrates and fats in the body, helps the nervous system, reduces cholesterol levels, aids stomach acid production, and promotes growth.

Found in: rhubarb, whole barley, avocados, eggs, dates, figs, prunes, wheat germ, whole bran, peanuts, almonds, leafy greens, fish (including lobster), poultry, and milk and milk products

VITAMIN B5 (PANTOTHENIC ACID) Helps to break down carbohydrates and fats, important for adrenal function, helps the use of iron, and important for healthy skin and nerves and antibody formation.

Found in: broccoli, legumes, whole grains, wheat bran, wheat germ, eggs, sunflower seeds, brewer's yeast, peanuts, organ meats, salmon, and blackstrap molasses

VITAMIN B6 (PYRIDOXINE) Essential for normal growth, needed for healthy red blood cells and absorption of vitamin B12, plays a role in cancer prevention, produces stomach acid, aids nervous system, helps with PMS and menopausal symptoms.

Found in: legumes, green leafy vegetables, cabbage, prunes, bananas, garlic, cauliflower, seaweed, whole grains, wheat germ, brewer's yeast, organ meats, egg yolks, corn oil, blackstrap molasses, and honey

VITAMIN B12 (CYANOCOBALAMIN) Involved in red blood cell production, helps prevent postpartum depression, helps concentration and memory, stabilizes appetite, and supports nerve function.

Found in: saltwater fish, pork, organ meats, seaweed, eggs, milk and milk products, tempeh, miso, and brewer's yeast

FOLIC ACID Ensures that cells develop normally, promotes healthy red blood cells, fosters hydrochloric acid production, prevents spina bifida in the first trimester, improves lactation, and helps stomach acid production.

Found in: dark-green leafy vegetables, root vegetables, dates, starchy vegetables, sweet potatoes, parsnips, peas, legumes, seaweed, cauliflower, cabbage, whole grains, brewer's yeast, salmon, tuna, organ meats, and milk

VITAMIN C Antioxidant, maintains skin tissue, aids iron absorption and the use of folic acid, important in wound healing, provides immune support, builds healthy bones and teeth, promotes collagen production, supports artery repair, and reduces cholesterol levels.

Found in: green and red peppers, avocados, banana, cabbage, kiwi, turnip greens, kale, collards, parsley, broccoli, tomatoes, mangos, citrus fruits, blackcurrants, berries, pineapple, tomatoes, acerola cherries, cantaloupe, strawberries, kiwi, and rose hips

MINERALS

CALCIUM Important for growth of bones and teeth and blood clotting, supports a healthy heart, used in muscle contraction and growth, and buffers high-protein and acidic diets.

Found in: green leafy vegetables, avocados, celery, seaweed, carrots, dried fruit, papaya, apricots, almonds, nuts and seeds, garlic, brown rice, dried herbs, raisins, amaranth, beans, shellfish, milk and milk products, and molasses

MAGNESIUM Important for muscle contraction, helps calcium absorption, used in acid/alkaline balance with calcium, supports blood sugar balance, helps the body use B vitamins and vitamins C and E, and encourages proper nerve function.

Found in: dark-green vegetables, kelp, pineapple, whole grains, nuts, almonds, pecans, seafood, spinach, tofu, bananas, pumpkin seeds, molasses, and honey

IRON Needed for healthy red blood cells (hemoglobin production), energy, good mood, attention, high IQ, and proper immune function.

Found in: green leafy vegetables, kelp, beets, asparagus, carrots, cucumbers, watercress, parsley, grapes, bananas, figs, dried fruits, cherry juice, beans, soybeans, sunflower seeds, meats, fish, poultry, peas, eggs, whole grains, parsley, turmeric, seaweed, lentils, millet, pumpkin and sesame seeds, and blackstrap molasses

POTASSIUM Helps with maintenance of muscles and nerves and distributes and balances water in the body.

Found in: spinach, celery, mushrooms, pecans, avocados, Brussels sprouts, potatoes, legumes, all fruit, tomatoes, dried fruits, green vegetables, cantaloupe, pomegranates, whole grains, and sunflower seeds

PHOSPHORUS Needed for strong bones and teeth, cell growth and repair, energy production, healthy heart, hormone secretions, kidney function, and nerve and muscle activity; and used along with magnesium and calcium in acid/alkaline balance.

Found in: squash, carrots, mushrooms, legumes, pumpkin and sesame seeds, whole-grain cereals, oats, nuts, fish, meats, poultry, eggs, milk and milk products, and beans

IODINE Needed for proper development of thyroid hormone, energy production, and physical and mental development.

Found in: kelp, carrots, cod liver oil, onions, seaweed, spinach, eggs, dairy, beets, celery, lettuce, mushrooms, grapes, oranges, seafood, and iodized salt

SELENIUM Antioxidant, helps to prevent cancer, neutralizes heavy metals, slows the aging process, and works with vitamin E.

Found in: whole grains, wheat germ, wheat bran, brewer's yeast, Brazil nuts, eggs, garlic, onions, salmon, barley, oats, brown rice, sunflower seeds, sesame seeds, swordfish, tuna, and herring

ZINC Important for growth, skin repair, and carbohydrate digestion, and essential for the immune system, sexual development, and reproduction.

Found in: mushrooms, asparagus, oats, wheat germ, brewer's yeast, soybeans, pumpkin and sunflower seeds, seafood, meats, organ meats, oysters, herring, eggs, dark meat poultry, miso, seaweed, buckwheat, ginger root, and black pepper

ESSENTIAL FATTY ACIDS (EFAS)

Important for brain, nerve, and eye development; alertness; IQ; energy; skin condition; and heart function.

OMEGA-3 (AND DHA) Helps memory loss, hyperactivity, and depression.

Found in: tuna, herring, mackerel, sardines, salmon, cod liver oil, walnuts, and flaxseeds

OMEGA-6 Increases metabolism and energy and alleviates dry skin.

Found in: flaxseeds, almonds, Brazil nuts, hazelnuts, and sunflower, pumpkin, and sesame seeds and their oils

PROTEIN

Important for growth and development, energy, a healthy immune system, and hormonal balance.

Found in: meat, fish, poultry, dairy products, soy products, pulses, beans, eggs, legumes, millet, amaranth, quinoa, nuts, and seeds

CARBOHYDRATES

Needed for energy, fibre, vitamins, and minerals.

Found in: grains and cereals (bread, pasta, oats, wheat, and rice), vegetables, fruits, beans, and pulses