



### Back-to-School Wellness: Tips to Boost Kids' Immunity & Focus

August signals the end of summer and the return of early mornings, routines, and busy school days. While the structure can be a relief, it also brings more germs, schedule shifts, and emotional stress for kids and families. From trouble focusing to tummy aches, the transition can be tough—but with a few simple proactive steps you can help your child start the school year strong in both body and mind.

Here are 4 simple, natural ways to help your kids thrive this school year:

#### 1) Start Immune Support *Before School is in Session*:

Many immune-supporting nutrients take time to build up in the body, so the earlier you start, the better. The key players? Zinc, Vitamin C, and Vitamin D—all essential for strengthening immune function and reducing sick days. Begin incorporating immune-boosting supplements or whole-food sources into your child's routine at least a couple of weeks before school starts. This gives their body time to replenish any deficiencies and "armor up" before facing the germ-sharing world of classrooms and playgrounds. You can also diffuse essential oils like eucalyptus or lemon to help purify the air and support immune health naturally.

#### 2) Fuel Their Brain for Focus & Learning:

After a summer of movement and play, sitting still for hours and absorbing new information can be a tough transition. That's where brain-supportive nutrition becomes essential. One of the most powerful tools? Omega-3 fatty acids (EPA & DHA). These healthy fats support cognitive function, memory, mood regulation, and even immune health. Ideally, your child should be getting 2+ servings of fatty fish (like salmon or sardines) each week. If not, a high-quality Omega-3 supplement can fill the gap—giving your child the brain boost they need to focus and thrive.

Pro tip: Omega-3s have also been shown to support emotional regulation—perfect for easing back-to-school stress and jitters.

#### 3) Support Their Nervous System with Chiropractic Care:

Back-to-school doesn't just stress the mind—it can strain the body, too. Heavy backpacks, long periods of sitting, and increased screen time all impact spinal health and posture. Regular chiropractic adjustments help keep the spine aligned, reduce tension, and support the nervous system. When the nervous system is balanced, kids sleep better, digest more easily, and handle emotional stress more effectively. It's a gentle and proactive way to help your child adapt to the demands of the school year.

#### 4) Build a Bedtime Routine that Works:

A well-rested child is more emotionally balanced, better able to focus, and less likely to get sick. Transitioning from summer nights to school bedtimes takes intention. Try building a calming evening routine that signals the body it's time to wind down. A few helpful ideas:

- Shut off screens 2 hours before bed
- Take a family walk after dinner
- Use calming practices like stretching, diffusing essential oils, Epsom salt baths, or story time
- Keep bedtime and wake-up times consistent—even on weekends

Back-to-school doesn't have to mean back to stress. With the right support—from immune-boosting nutrients to gentle chiropractic care—you can help your kids feel their best, inside and out. *Start now to build strong foundations for a healthy, focused, and vibrant school year.*

### Topics of Interest this month

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# The Latest in Health Trends and Tips

## What's going on in the World - Health News

### The School Lunch Revolution: States Take a Stand Against Ultra-Processed Foods

As families prepare for another school year, some states are leading the way in transforming what's on kids' lunch trays. Arizona, Utah, Louisiana, and Texas have taken bold action to improve the quality of school meals and protect children's health by targeting one of the biggest culprits in the modern diet: ultra-processed foods. According to recent data from the CDC, over 62% of the calories in children's diets now come from ultra-processed foods—products packed with artificial additives, preservatives, excess sugars, and unhealthy fats. These aren't just empty calories; they're harmful to growing bodies and brains. These states are implementing new policies that include:

- Banning harmful food dyes and ultra-processed additives
- Limiting SNAP purchases of sugary drinks
- Adding warning labels to products with certain ingredients
- Using QR codes to give parents and students transparency about what's in their food

Why such strong measures? Because the science is increasingly clear: ultra-processed foods are directly linked to the rise in childhood chronic diseases, and school lunches are often a major source of these ingredients.

A MAHA (Make America Healthy Again) Commission report highlights the depth of the crisis:

- 40% of American children suffer from persistent health conditions such as obesity, allergies, autism, mental health disorders, and even some childhood cancers.
- Nearly 1 in 5 U.S. children (ages 2–19) are diagnosed with obesity, and 40% are overweight or obese.
- The financial toll is steep—childhood obesity-related medical costs are estimated at \$1.3 billion annually.

Children spend a significant portion of their day at school—and for many, school meals make up a large part of their daily nutrition. If we want to build a healthier generation, we must start with real, nourishing, and minimally processed food in schools.

These state-level initiatives mark a turning point in public health—and they could be the first steps toward a nationwide shift in how we feed our children.

### Strawberry Banana Protein Muffins

Packed with protein, these gluten free muffins are the perfect, easy & quick back to school morning treat!

- Ingredients:
  - 3 ripe bananas
  - 3 eggs
  - ¼ C creamy almond butter (or any nut butter)
  - 1 tsp vanilla extract
  - 1 scoop protein powder
  - ½ C cassava flour
  - ½ tsp baking soda
  - ½ tsp baking powder
  - pinch of Sea Salt
  - 1 C chopped strawberries
  - 1 TBSP ground flax
- How To:
  - Preheat oven to 350 & line muffin tin
  - Mash bananas until smooth. Add eggs, nut butter, vanilla extract & protein powder until combined.
  - In separate bowl whisk together cassava flour, baking soda, baking powder and salt.
  - Pour the dry ingredients into the wet mixture & stir until combined.
  - Pour into muffin tin & add chopped strawberries.
  - Bake for 25 minutes - Enjoy!

### Stock your Medicine Cabinet

- Allergy Relief:
  - Boiron RhinAllergy Kids Pellets
  - Genexa Kids Allergy Care
  - D-Hist Jr.
- Pain Reliever:
  - Genexa Children's Acetaminophen
- Throat:
  - Beekeeper's Natural Kids Propolis Throat Spray
  - Beekeeper's Natural Kids Propolis Throat Soothing Pops
- Cold & Flu:
  - Genexa Kids Cold & Flu Relief
  - Borion Oscillococcinum Pellets
  - Borion ColdCalm
- Tummy:
  - Genexa Kids Clean Tummy Relief
- Ear:
  - HerbPharm Kids Mullein Garlic Oil
  - Hyland's Earache Relief
- Nose:
  - Portable Nebulizer with BrioTech Oral Swish
  - Zarbees Soothing Saline Nasal Mist
- Hand Wipes/Spray:
  - Handzies Natural Soap & Water Hand Wipes
  - The Honest Company Plant-Based Hand Sanitizer Spray

### Lower Tox Back to School Supplies (can all be found on Amazon)

- Crayons:
  - Faber-Castell Beeswax Crayons
  - Honeysticks Jumbo Crayons
- Pencils:
  - BiC ECOLutions Mechanical Pencils
  - Ticonderoga Envirostik Wood-Cased Pencils
- Pens:
  - Kaco Gel Pens
- Markers:
  - Cra-Z-Art Classic Super Washable Markers
  - Crayola Ultra-Clean Washable Markers
- Supply Pouch
  - Simple Ecology Organic Cotton Canvas Zipper
- Folders:
  - Amazon Basics Twin Pocket File Folders
- Notebooks:
  - Five Star Spiral Notebook, 4 pack
- Glue:
  - Onyx and Green transparent liquid glue
  - Earth Hugger Plant Based glue stick