

# Kids (& Seniors) Compliance Tricks

*"If our patients don't like the taste of products, they may take them for a while but we would like to have products that can be taken long term."*

If our patients don't like the taste of products we recommend, they just won't take them. Sure they'll take them for a while but we would like to have products that can be taken long term to rebuild what I call infrastructure. Infrastructure refers to creating foundational cellular and tissue reserves that are available for repair.

Dr. Russell Jaffe said it a little different. He defines inflammation as a "repair deficit" condition. If we don't have the foundational nutrients in reserve when we need them for repairing and restoring homeostasis, we get sustained inflammation.

Whatever the term, the principle is the same. Our goal is to assure we have nutrients in reserve so they are available to restore and repair. So whether it's a child fighting a chronic ear infection or an adult with a family history of cardiovascular disease, we want our patients to take



daily nutrients to promote repair.

Here's the dilemma. Do you want products to taste good right out of the container which means adding sugar and other additives which can accumulate, or do you want a cleaner product that the patient has to modify according to their taste buds? Personally, I like to have a cleaner product and then choose what fits my taste buds.

Since children are the most difficult to convince, let's start with how we can combine

things to make them taste good. My granddaughter recently told me "Granddad you do two things right, vitamins and pancakes." My granddaughter was fighting a wicked cough with a fever so I used a teaspoon of elderberry concentrate as a base and then added a ½ tsp of IAG, 1/2 dropperful of liquid iodine and alternated Bio-D-Mulsion and Bio-Ae-Mulsion and a tablet of Ca/Mg-Zyme for fever every few hours. I crushed the Ca/Mg-Zyme, mixed it all together on a tablespoon, then used a washable syringe and inserted it in her mouth.

By the way, white blood cells need calcium. Often the increase in temperature is the body's attempt to mobilize calcium out of the bones. Give a form of ionized calcium like Ca/Mg-Zyme and the fever comes right down. I can't tell you how many times I have done this. "Use Ca/Mg-Zyme tablets, one every 30 minutes with fevers above 101 degrees. Usually in a few hours the fever subsides to around 99 or 100 degrees until the infection clears up."

The key to compliance is finding things kids or adults like then put them in a liquid form with a coffee grinder, bullet or kitchen blender.

Here's a smorgasbord of things I have found fun and tasty. Apples made into apple sauce, consider adding a little cinnamon and honey. Organic nut butter, my favorite is almond. I stay away from peanut butter as it is highly allergic and often sprayed with antifungals. Bananas added to anything makes it sweeter and adds a creamy texture.

Nutrients can be powdered and then made into frozen pudding or juice pops. Berries, especially blueberries, can be blended at home or purchased as jam. Use frozen fruits like peaches, nectarines, pears, blended into smoothies. Locally harvested honey makes anything taste good.

And don't forget about companies like Sweet Leaf that make copious flavors of stevia. You can find everything from apricot, lemon, orange and berry to chocolate and toffee. They are available from most health food stores or online.

The key with kids is to find the stuff they like before you add the nutrients. Use diluted doses at first to test the water and then you

can make them stronger. Consider using the reusable syringes as well. Kids love the whole process. Make it fun always trying new things.

I've created some drink recipes over the years that you can see below. But I have found using almond, coconut or cashew milk or a blend of them to be a quick base for almost any powdered product. When I have a few extra minutes I use the NutriBullet or Vitamix and make a fruit/veggie smoothie and add the nutrients at the end.

Today I used 8 ounces of almond milk, 2 scoops of NutriClear, 1 scoop of Whey Protein Isolate, 1 teaspoon of IAG and 1.5 scoops of NitroGreens and 10 drops of Bio-D-Mulsion Forte. It was mixed and enjoyed in less than 5 minutes. It doesn't get any quicker than that.

By the way, Dr. Abbas Qutab who wrote a book on nitric oxide encourages athletes to use a scoop of NitroGreens with their protein powders. NitroGreens before a workout will facilitate nitric oxide which in turn dilates blood vessels increasing nutrient cellular uptake.

Of course your patients like the gummy bears better but remind them that you are interested in a clean product not something that puts an extra burden on their liver and neurological system. Our goal is to reduce chemicals.

By the way if you have any tips that make patient compliance a little easier, please hit the respond button and share them with me.

Thanks for reading this week's Tuesday Minute edition. I'll see you next Tuesday.