



In this issue:

- Stay Healthy, while using Social Media
- How to change your Facebook settings & see who can view your Facebook Info
- Removing photos of yourself or your kids on Facebook
- Instagram & Twitter
- Smoothie Recipe
- Be prepared for Cold and Flu season!
- Upcoming classes with Lori
 - Next Wellness night October 4th



Staying Healthy, Socially

To date, our newsletters have always been about your physical, emotional or mental health. This time we thought we would do something different. This newsletter is dedicated to keeping you and your family healthy while using social media. I for one resisted the smart phone, apps and the like, but even though naturopathic medicine is a more methodical, holistic way of life, it doesn't mean we shouldn't keep up with the times and have a little fun!

In this age, young children and teenagers' lives are infused with all types of Social Media. In fact, the average child now spends about 5.5 hours a day using these social media technologies. Believe it or not, this does not even include the time spent on cell phones texting/calling or the time spent for academic purposes (Rideout et al., 2010).

Children and teenagers can be naïve to the risks associated with some of the Social Media websites and Apps. However, this technology can be an enjoyable part of their social lives if used cautiously and safely.

It is very important for parents to be aware of the social media websites and Apps their children use and the associated risks, since parental involvement is essential to kids' and teens' safety in the social media world (Rideout et al., 2010).



Facebook is one of the most popular Social Medias, and it is important for parents to watch for and teach their kids how to protect their privacy.

1. Double check the security features. You will want to make sure your child's profile is set to "Private" vs. "Public" so only their Facebook "Friends" can view their pictures, their contact information, and if the location feature for posting a status or picture was used, only these "Friends" can see where your child lives and hangs out (i.e., Their Location).
2. Your child should also know each of their Facebook "Friends". If not, Facebook is a great way for predators to engage with younger children or teenagers. They can try to befriend them and coax out personal information.
3. Though unpleasant, we should all be aware that Facebook could be a tool for shady individuals to know where your kids are, if they are home alone or if your family is/will be away from your home for an extended period of time, providing opportunity for criminal activities.

How do I Change the Security Settings on My Child's Facebook Page?

So you might be thinking, great information but how to I fix this? Here's how:

1. Click the gear symbol located in the top right hand corner beside the lock symbol and then choose the link for Privacy Settings.

2. Here you can edit the settings for who is allowed see your child's Facebook activities, who can contact your child, and who can look up your child.

3. Also on the right hand side there is a link called Timeline and Tagging. Here you can edit who is allowed to post to your child's timeline and if you would like to review what they post before it is actually posted.

4. Here you can also edit who can see your child's posts.

5. Also on the right hand side there is a link called Blocking. This is where you can edit if you want to block any users or "unfriend" certain people. It also allows you the option to manage your friends better. Here you can allow certain friends to see particular posts/pictures/information while preventing others not to, but still allowing them to be a Facebook friend.

Wednesday Classes with Lori, see website for details

- **Mindfulness and Compassionate Communication**
Sept. 25th – Oct. 23rd from 5:45-7:15pm.
- **Emotional Freedom Technique**
Oct. 30 – Nov 20th. 5:45-7:15pm
- **Staying Calm and Grounded as we Approach the Holiday Season**
Nov. 27, Dec. 4 and 11th. 5:45 -7:15pm

Our next Wellness Spa Night will be Friday, October 4th. Services offered include:

Black Pearl, Reiki, Head/Neck/back or Foot massage, Indian Head Massage, and Foot Reflexology



Cold and Flu Season is starting soon, So Be Prepared!



- 1. Wash your hands often** – you can pick up and spread germs from door handles, magazines, debit machines, so please remember to wash your hands often with soap and water!
- 2. Take vitamin D** – liquid vitamin D not only helps our bones, it also strengthens our immune system
- 3. Use Change of Season Soup or Immune herbal combination** – to boost your immune system as you head into the cold & flu season (aka: change of the season)
- 4. Avoid sugar when you are sick** – 1 tsp of sugar can depress your immune system for 6 hours.
- 5. Exercise regularly** – this increases your circulating white blood cells, giving our system an extra boost.
- 6. Dress appropriately** – Make sure you dress for the weather!
- 7. Treat your Imbalances** – if you are always fighting something such as allergies, a plantar wart, sleepless nights, your energy is diverted from strengthening your immune system.
- 8. Use the Warming Socks the first sign of a cold or flu** – put a pair or warm, wet sports socks on followed by a pair or dry wool socks on and go straight to bed. This increases your immune system and fights off a cold, decreasing the length of your cold.
- 9. Eat your fruits and veggies** – the more colourful your diet, the more antioxidants you will eat to fight off infection.
- 10. Rest** - if you are feeling run down, it's good to stop, rest, heal, and then get back to work.

Instagram & Twitter



Instagram

There are other popular Social Media used by children and teens such as **Instagram** and **Twitter**.

Instagram is an online social networking photo/video sharing app. You can share Instagram photos over many Social Medias like Facebook and Twitter as well if you choose to.



Twitter is an online micro-blogging Social Media site/app. On Twitter users send and read short text-based message or "tweets".

The privacy settings for these two programs are more straightforward. The main safety component is to only let your child/teen's friends to see their pictures and "tweets", respectively.

The main component to keeping your children safe online is to be involved and aware of the risks, all while taking proper precautions. This may seem like a full time job, and at first it will be, but with time both you and your child will be able to healthily manage their Social Media accounts with ease!

Over stimulating television and video games can lead to hyperactivity, restless sleep and behavioural issues in your child (Dworak et al., 2007)

Avocado, Berry, Banana Smoothie



- 1/2 avocado**
- 1 banana**
- 1 cup frozen berries**
- 2 cups kale** (or other leafy green)
- 1/2-1 cup coconut water**
- 2 tbs flax seeds**

Start by adding the coconut water to your blender, followed by the soft fruit. Add the greens to your blender last. Blend on high for 30 seconds or until the smoothie is creamy.

Adapted from recipes on: <http://www.incrediblesmoothies.com/green-smoothie-recipes/>

Naturopathic Perspectives

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