

*G*ROWING
HEALTHY
CHILDREN

A Framework for
Understanding Health

ELLEN D. ALLEN, ND

**THIS BOOK SHOULD NOT BE USED TO
DIAGNOSE OR TREAT MEDICAL
CONDITIONS OR DISEASES.**

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Published by:

RubyFire

P.O. Box 727

Highlands, TX 77562-0727 USA

www.rubyfire.net

Distributed by:

Living Energy for Health, Pty. Ltd.

195 Invermay Rd.

Invermay, Tasmania 7248 AU

phone 61-3-6331-0441

www.ellendallen.com

Cover design by Artlink

Book design by Sara Patton

Printed in Australia

ISBN 1-929229-49-6

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Editor's Note

Mary Conrad Lo, MD
Wilmington, DE, USA
July 2005

It has been my pleasure to edit the first of a series of books by Ellen Allen, ND, which will present, among many other things, some novel techniques that she has developed in her clinic for children in Australia. These techniques utilize the concept of “bioresonance,” or energy, and will be discussed elsewhere in the series.

This book is full of wisdom—full of grace. Through stories and simple but striking illustrations, it introduces Ellen’s integrated view of life, which encompasses a more complete definition of health than is often encountered in our modern clinical world. Recommendations for achieving optimal function are introduced along with some basic instruction in how the human body works.

The material in this book has not been subjected to the level of editorial scrutiny normally provided for peer-reviewed journal entries or medical textbooks. *This book should not be used to diagnose or treat medical conditions.* Many references have been provided to facilitate further research by the reader.

The fields of nutrition as therapy and environmental medicine are in early stages of development; therefore much in both of these areas remains to be proven in the normal, scientific sense, and may be considered experimental, or even speculative, by many in conventional medicine. Some of these individuals also tend to question the merits of acupuncture and homeopathy—the two established energy therapies in use for many years throughout the world—and other “complementary” therapies. In turn, speculation regarding the value of much of conventional medicine exists

on the part of many “alternative” therapists. Increasingly there are signs of cooperation and a willingness to explore other points of view. Such efforts can only benefit those who suffer illness.

Unsettling as it may be, our collective knowledge, and what we believe to be true, is continually changing. A recent study has shown that when “all original clinical research studies published in three major general clinical journals or high-impact-factor specialty journals in 1990–2003 and cited more than 1,000 times in the literature were examined . . . 7 (16%) were contradicted by subsequent studies, 7 others (16%) had found effects that were stronger than those of subsequent studies, 20 (44%) were replicated, and 11 (24%) remained largely unchallenged.” [John P. A. Ioannidis, MD, “Contradicted and Initially Stronger Effects in Highly Cited Clinical Research,” *JAMA* 2005; 294:218–228.]

My experiences—in basic science research, clinical allopathic medicine, classical homeopathy, and, in no small measure, the editing of this book—have led me to formulate a view of our collective knowledge regarding the nature of life, and the processes we use to develop our beliefs. I can include in this view a few kinds of health care systems with which I have some familiarity. I can best represent this view as a continuous circular spectrum using color, forming an analogy to the color wheel (as opposed to the linear spectrum of light). (Note: “Allopathic” means “different from” and refers to the usual type of pharmaceutical medicine.)

ORANGE

- ⊗ Physics (mathematics)
- ⊗ Biochemistry

RED

- ⊗ Genomics
- ⊗ Human biology and physiology
- ⊗ Medical research—allopathic
- ⊗ Firmly established allopathic medical practice

PURPLE

- ⑥ Developing fields in allopathic medicine
 - Environmental medicine
 - Nutrition as therapy

BLUE

- ⑥ “Alternative” traditions in which natural substances are used in an allopathic way
 - Naturopathy (includes some use of homeopathic remedies in an allopathic way)
 - Native American medicine
 - Traditional Chinese medicine

GREEN

- ⑥ Emerging energy or “bioresonance” therapies
 - Ellen’s developing techniques
- ⑥ Firmly established energy therapies
 - Acupuncture
 - Classical homeopathy
- ⑥ Meditation/prayer/kundalini yoga (somehow connected to health and energy)

YELLOW

- ⑥ Energy itself: Whatever it is that leaves the body, or ceases to operate, when we die: the Essence of Life: the Spirit.

Although all do both, subatomic, atomic, and molecular science (orange), and the therapies shown under green predominantly influence or concern the domain of energy; the life sciences and allopathic therapies (red, purple, and blue) predominantly influence or concern the realm of matter. When visualized on a color wheel, each line would have its own color since each is different, making a smooth, continuous transition around a full circle.

Keep in mind that at a subatomic level, the distinction between matter and energy becomes quite blurred.

In my view, energy therapists attempt to manipulate what some experimental physicists may one day at least partially elucidate. Both approach the essence of life itself—from opposite directions. In my opinion, the exact nature of energy is something that will remain a mystery.

I have no knowledge of, or experience with, details of the energy techniques that Ellen has developed. I therefore look forward to satisfying my curiosity about these as her next books continue to reveal a body of knowledge accumulated over many years of research and experience. I certainly also expect to continue to benefit from frequent gifts to the reader of gems of insight, which provide glimpses into a solid, workable philosophy based on love, respect, and a deep sense of awe regarding the wonder that is Life.

Mary Conrad Lo, MD is a licensed physician (Maryland, USA) who has worked in basic research in two prominent medical schools and a branch of the NIH in the USA. She has undertaken formal training in classical homeopathy, and works as a freelance editor, writer, and French-to-English translator in the state of Delaware, USA, where she resides.

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Understanding Health

Health is so much more than the absence of disease.

The purpose of this book is to present to the reader a different paradigm for considering health and disease. The goal is to provide a refocusing of thought toward wellness rather than illness in health care, especially for those who make treatment decisions for children as they grow. The information given here is based on scientific research, as well as on my lifetime of experience as clinician, mother, and grandmother.

First, we will explore factors that shape a healthy life. Then, after taking a look at the systems of the body and how they function together, we'll begin to look at what can go wrong to result in illness. In my next book (*What's Wrong With Me?*) we'll discuss illness processes in more detail, taking a closer look at some non-invasive ways to assist in bringing systems toward a healthier balance. It is my hope that the reader will be left with an appreciation for interventions that truly promote optimal health, along with an understanding that the usual "symptom-relief-with-a-pill" approach of our modern times is not the only option available.



In all stages of life there are factors that influence health and vitality for good or ill. The phrase "use it or lose it" applies to the proper functioning of every system in the body. Learning how to survive *and thrive* in the world outside mother's womb means using and developing *all* systems. Just as

babies long to kick and stretch and move to strengthen muscles and bones, so too the unseen systems (like the immune system) must learn to identify and overcome the internal and external invaders ever present in our environment. Therefore, paradoxical as it sounds, sickness is an integral part of good health.

A striking development in the overall health picture of Western populations during the last 20 years has been a shift from “bug”-type (infectious) diseases (bacteria, viruses, or microbes causing a sickness) to “metabolic” diseases. Metabolic illnesses are conditions in which the functioning of one or more of the body’s systems is compromised. For example, asthma is inadequate lung function, diabetes is the faulty regulation of sugars in the body, and allergy is an overreaction to a normally harmless substance.

The biggest factor in the shift away from infectious disease has probably been dramatic improvement in sanitation (although many attempt to credit vaccination), while one of the major factors contributing to the shift toward metabolic disease has been stress. Causes of increased stress in general include increased use of pharmaceutical intervention for illness, too much technological intervention in the birth process, and very early, very potent immunization schedules.

Stress is something all of us come in contact with every day, but quantifying or comparing different kinds of stress is a tricky business. Factors increasing daily stress levels include too little sleep; chemicals in food, water, and environment; major stage-of-life challenges like school entry, puberty, or a grandparent’s death; parents divorcing; and, of course, fears and worry about almost anything. When your stomach rumbles with hunger, it is that stress that makes you start looking for lunch. When you feel cold and put on warmer clothing, stress is the motivator.

Stress, then, has a two-part function: to increasingly *create discomfort* of one sort or another until awareness *prompts action* to relieve the stress and turn off the signals.



We attend to stress almost continually. For example: Crying baby . . . change nappy (diaper) . . . feed . . . burp . . . back to sleep. Stress signals a need, need prompts a response, response quiets the stress. Sometimes all that is needed is reassurance or a hug, especially if the stress is a bad dream in the middle of the night. We all have different levels that say “enough is enough,” and usually we’re well aware when that line is crossed. Mild annoyance escalates to action to stop the irritation.

But what happens if the stress is continuous and not relieved time after time? What if stress and fear, which have been shown to produce damaging internal toxins, build up and are not cleared? A build-up of stress-related chemicals affects our nerve and hormone levels, which in turn can alter the functions of virtually every system in the body. When this happens, symptoms of illness often develop, and can include:

- Ⓞ Restlessness
- Ⓞ Irritability
- Ⓞ Poor concentration
- Ⓞ Sleep disturbance, anxiety, depression
- Ⓞ Headache, muscle pain
- Ⓞ Inflammation
- Ⓞ Chronic pain
- Ⓞ Any worsening of a health condition.

When no intervention occurs to rebalance human stress, a “feedback” loop can develop, with illness causing more stress. For example, allergic reactions can put the body into a very stressed state, which can worsen the allergic reaction. Stomach discomfort or pain can result in a poor diet, leading to nutrient insufficiency and other subsequent problems.

In traditional Chinese medicine, symptoms are compared to the branches of a tree, and causes are compared to the roots. For the patient to regain health, both symptoms and causes must be understood and corrected.

The vast majority of Western literature on health care focuses on illness. In the chapters that follow we will take a different approach, meeting healthy children first. Then we will identify factors that contribute to the growth and development of a child with strong systems. Using positive strategies and making informed choices will provide the best basis possible for any child to achieve a lifetime of optimal health and well-being.