

Welcome To



GLOBAL WELLNESS
INSTITUTE

Wellness for Children

A Global Wellness Institute Initiative



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Who We Are

- Origins lay in 2016 Initiative ‘wellness for life’
 - Derived from my work within the cancer community.
 - Critical to teach wellness to our children through the lens of prevention.
- In 2017 I was joined by Stephanie Rest
 - as my co vice chair (and global travelling buddy)
- Deborah Wilson joined us as a fellow co-vice chair in January of this year.
- We also have an advisory board & wellness experts as members of the initiative.



Pre Conception & The Formative Years

- Thanks to the newest GWI Initiative, The first 1,000 days and the PECCO program we have a better understanding of epigenetics and the role it plays in our children's health and wellbeing for the whole of their lives.
- The importance of the health of BOTH parents prior to conception and the role of the microbiome in the new born are areas of great interest.
- We have taken the most recent data and applied it to our Five senses Solution and Beyond for programs dedicated to children's wellness and engaging parents in their children's wellness.



Our Goals for the Initiative

*To encourage children and young adults to be actively involved in their own wellness
- even if their health is compromised.*

- Reach our children in the formative years and teach the benefits of being healthy
- To give the children the tools to do so through holistic practices
 - Mindfulness, meditation, movement, nutrition, massage and energy medicine.
- To engage the children in taking care of the Earth

Thus we begin to reduce the risk of NCD's which account for more than 14 million premature deaths each year (Source W.H.O.)



The Five Senses Solution

- This program was developed to enhance children's connection to self.
- To create awareness of the gifts of Sight, Sound, Smell, Touch and Taste.
- To cultivate compassion, confidence and develop resiliency.
- From the formative years to adolescence we aim to engage children in their five senses every day.
- We achieve this through a series of evidence based exercises that are age appropriate, culturally sensitive and easily adapted to existing school curricula.



The Five Senses Solution



- We have created characters associated with each sense so the children (in this case pre schoolers) can easily identify with each sense and understand its significance.
- We know this empowers the child to begin to understand they have gifts and talents they can engage and use every day.
- We know that wellness means different things to different children depending on their specific circumstances, but some measure of solace can be found knowing they have a level of control in their life.
- We feel very strongly about this following images of children in crises (Syria, The Leeward Islands after Hurricane Irma and Maria, The Rohingya refugee crises and currently the border children in Texas)



Each Sense has a Character



- The sense of Taste for example.
 - We know that the mouth, the tongue and the first tiny taste buds develop around the 9th week of pregnancy.
- We know that Taste and Smell are very closely linked
 - Babies have a very well developed sense of both at birth.
- We invite the children to taste new foods and further discover sweet and savory foods, textures
 - Thus, ultimately learn how food can effect their body.
- We know, thanks to research from the Global wellness Institute and the Mental Health initiative that food and mood are linked to wellness from the earliest years.

What's making us sick

- Lack of social interaction
- Lack of fresh food and clean water
- Lack of recess/free time at school
- Lack of good sleep/disruption of the circadian rhythm
- Over use of antibiotics
- Over use of opioids and other narcotics
- Over use of electronic devices



Some of the Challenges we face

- The Food Industry in general.
- The current standard of pediatric care in the US & beyond
- Departments of Education in the US
- General misconceptions about the cost of implementing a wellness program in school
- The mental health crises our young adults are facing
- Wars and the displacement of children and families.



The Food & Beverage Industries

- A unique challenge given the magnitude of the reach of this particular industry.
- 5 major food and beverage companies with Anheuser-Busch, Nestle and Pepsico in the top three.
 - Revenues of \$56 Billion, \$7.9 Billion in profit for A-B
 - Revenues of \$91 Billion, \$7.3 Billion in profit for Nestle
 - Revenues of \$64 Billion, \$4.9 Billion in profit for Pepsico



The Medical Community

- According to the CDC more than 30% of antibiotic prescriptions in the USA were unnecessary
 - There is now a task force in place to combat Antibiotic Resistance
- This overuse of medication in general has long lasting effects on the Microbiome and sets the stage for future health problems
- We know that the Microbiome influences brain activity and that a healthy gut means a healthy brain.
 - We would like to see our medical professionals apply this information to our children, especially to children in hospital (where the food is usually of poor nutritional value)



Current Education Practices

- In many US schools children have little or no recess time
- We know this negatively impacts social, emotional and physical wellbeing in children
- Evidence shows the many benefits of natural light, oxygen and creative play for children of all ages.



Our Global Partners in Health

- WHISKids and Whimsy World are two programs we feel very much aligned with in our mission of creating safe, healthy learning environments rooted in compassion and self love.
- With a clear understanding of individual learning styles, through acceptance, appreciation and gratitude we can change the face of education as we know it with our collaborations.
- Palm Beach County School District – Our first US based pilot for our 5 Senses Solution program



What Will Make Us Feel Better

- Eating a Whole foods diet and reducing sugar intake.
- Having access to Clean drinking water
- A good nights Sleep
- Limiting our exposure to technology
- Reducing our antibiotic intake
- Being social everyday, spending time with family and friends.



We can be the change we want to see in the world



Thank You!

