

# Empowering Scholarly Success: Dr. Akoury Educates On Natural Solutions to Beat Back-to-School Jitters

*Unlocking Calm Confidence and Academic Brilliance with Expert Holistic Strategies from Dr. Akoury*

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/EINPresswire.com/ -- As the back-to-school season approaches, many children may experience heightened stress and anxiety. Dr. Akoury, renowned holistic health expert, offers valuable insights into natural methods that parents can employ to help their children navigate these emotions and promote a sense of calm during this transitional period.



Excited children eagerly return to school, but behind the smiles, the specter of back-to-school anxiety can loom large. Is your child grappling with the unseen challenges of this new journey?

With an understanding of the challenges that children might face as they return to the classroom, Dr. Akoury emphasizes the importance of holistic approaches that prioritize both physical and emotional well-being. Here are some easy and natural ways parents can help their children cope with stress and anxiety:

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Children will listen to you  
after they feel listened to.”

*Dr. Jane Nelson*

1. Calming Teas: Encourage your children to enjoy soothing teas such as chamomile and mint. These herbal teas have relaxing properties that can promote calmness in the body and mind.

2. Mindful Diet: Be mindful of your child's diet, avoiding excessive sugar intake. High levels of sugar can exacerbate anxiety levels. Instead, opt for wholesome, nutrient-rich foods that support overall well-being.

3. Balanced Eating Habits: Discourage eating late at night, as it can disrupt sleep patterns.

Incorporate leafy greens, such as salads, into their meals to provide essential nutrients that aid in calming nerves.

4. Tryptophan-Rich Foods: Include turkey in their diet, as it is rich in tryptophan, an amino acid that promotes relaxation and calmness.

5. Relaxing Baths: Encourage your children to unwind by taking warm baths infused with Epsom salt and baking soda. Playing relaxing music during bath time can further alleviate anxiety.

6. Lavender Aromatherapy: Massaging lavender oil onto their temples can provide a soothing effect. Lavender's aromatherapy benefits are well-known for their exceptional calming properties. Adding a few drops of lavender oil to their clothes or linen can also help create a serene environment.

7. Physical Connection: Offer physical affection and touch, if comfortable for the child, to provide comfort and strengthen the parent-child bond.

8. Mindful Breakfast Choices: Start the day with a nutritious breakfast, avoiding sugary options. Opt for foods like oatmeal and free-range eggs high in omega-3 fatty acids, which support healthy brain function.

Dr. Akoury extends her support and guidance to parents during this challenging time. "As parents, it's important to provide a nurturing environment that supports our children's mental and emotional well-being," she says. "These natural approaches can play a significant role in helping children manage stress and anxiety as they embark on the new school year."

For more information and personalized guidance on holistic approaches to health and wellness, please visit Dr. Akoury's website at [www.awaremed.com](http://www.awaremed.com).



Never underestimate the profound impact of a warm, comforting hug on your child's mental well-being. A simple embrace can be their shield against life's uncertainties.



Stepping into Serenity: A soothing bath becomes a tranquil haven, where stress melts away and calm washes over. Discover the power of relaxation as your child finds solace in the embrace of warm waters.

About Dr. Akoury:

Dr. Akoury is a renowned holistic health expert with a passion for empowering individuals to achieve optimal well-being through natural and integrative methods. With years of experience in the field, Dr. Akoury offers personalized guidance and holistic solutions to address a wide range of health concerns.

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Dr. Akoury: Your Health Advocate! With unwavering dedication, she guides you on a path to vibrant health and holistic well-being. Trust Dr. Akoury to look out for your wellness journey!



Embodying Transformation and Harmony: The AWAREmed logo symbolizes our holistic approach to wellness, uniting mind, body, and spirit for optimal well-being. Join us on a transformative journey towards lasting health.

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