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CHILDREN'S HEALTH

10 STEP PROTOCOL TO PARTNERING WITH GOD'S DESIGN

1. **Nutrition is critical.** Researcher's, scientists and doctors knew 100 years ago that if we continued to eat processed foods, we would be battling sickness and disease at epidemic levels. This is definitely our reality today. We must choose God's creations, which includes fruits, veggies, nuts, seeds, beans, legumes and lean meats. "If man made it, don't eat it." Quote by Jack LaLanne.
2. **Learn the power of IRIDOLOGY.** A person's entire genetic history, strengths and weaknesses can be seen in the eye. For a young child to know how to prevent illness at a young age is a powerful tool. If only we knew about or used this information a century ago, we wouldn't have the problems we see today. If a child has blue eyes, get them off all dairy (raw or not), grains and sugars (except fruit). This could save them a life of ear infections, allergies, asthma, arthritis and other problems.
3. **Do everything you can to AVOID all vaccines, antibiotics, anti-fungals, birth control pills, steroid creams, steroid injections, asthma inhalers, etc.** ALL man-made drugs are dangerous chemicals and not fit for anyone, especially vulnerable young children.
4. **Eating Healthy should be FUN!** Involve your children in the process. Make eating something green a fun, treat. If they learned green things are gross, they learned it from you! Where else do children learn? Our children love their "green one" every day. It's a special treat for them.
5. **Children model YOUR behavior and YOUR choices.** I know many parents who think their baby or children's food is gross. Why would we expect them to eat it? Parents and their children should eat the same foods. If mom and dad eat pizza, chips, ice cream and other junk foods, while baby is eating smashed up broccoli and carrots, something is wrong. The entire family should eat healthy foods. It isn't hard to do, most people just choose not to do it, or they choose easy and convenient over healthy.
6. **We must deal with compulsive behaviors.** We can't let children dictate their food choices. If a child likes broccoli, carrots, apple and pineapple, but doesn't like cauliflower, no big deal. If a child hates all vegetables and only eats cheerios, crackers and gold fish, HUGE problem! Processed foods create addictions, and if we feed these to our children to help them stay calm, or to "behave" or to not cause a scene, we are doing them a huge disservice and injustice. Parents must teach so children can learn.
7. **Learn to use essential oils.** They are so simple, yet powerful for children. You can rub them on their feet, on their belly, or diffuse them into the air. Use Holy Basil for calming and relaxing. Use peppermint for gas, tummies and digestion. Use clove for teething (can rub right onto gums also). Use Eucalyptus for breathing and asthma issues. Use Lavender for pretty much everything! And the list goes on...

8. **Strengthen a weak immune system.** Parents ask me all the time how to strengthen a child's immune system. Here are my favorites we have used over the years.

- ***Play outside in the sun and the dirt!***
- ***Children's Immune Builder - Cedar Bear***
- ***Mighty Kids - North American Herb & Spice***
- ***Healing Mushrooms - Cedar Bear***
- ***Moo Chews Colostrum - Immune Tree***

9. **Balance healthy bacteria.** ***Raw Probiotics Kids by Garden of Life*** or the ***Infant Probiotic by Flora***. Nursing women can put the powder on the nipple for the baby, or it can be added to a bottle or sippy cup of water.

10. **Study herbs.** This is what we had when our only resource including the living things of God found in nature. God's system has been replaced by an inferior man-made system. Take a class on-line. Go to some local herb classes. Get re-connected to ancient wisdom through books. Re-discover God and His creation. It's still available and it still works...