

# ***NUTRITIONAL PROGRAMS FOR CHILDREN***

## **TOXIC AT BIRTH - CONGENITAL IMBALANCES**

Most all children are born with significant levels of toxic metals, as these pass easily through the placenta from their mothers. This is a sorry situation that we would love to change by working with pregnant women and mothers-to-be before they become pregnant. Removing toxic metals and re-nourishing mothers-to-be would benefit thousands of children.

Mothers-to-be, including teenage girls, may have no obvious symptoms. They may be very attractive, sleep and eat well, and have no physical or emotional complaints. Yet when one performs a hair tissue mineral analysis on them, the results are often surprising. Most show a very slow oxidation rate, hidden or overt copper toxicity and many other imbalances depending on the person. Hair mineral analysis is excellent for a true prenatal care that can reduce birth defects, ease the stress of pregnancy and help create a much healthier generation of children.

## **CAUSES OF CHILDHOOD BIOCHEMICAL IMBALANCES**

Children's biochemical and nutritional imbalances can stem from numerous causes. Among the first causes is inadequate nutrition from breast milk or worse, most formula. After weaning, children's prepared foods often contain hundreds of additives such as artificial colors and flavors to make them more attractive to children. Many are sweetened with sugar. This adds to the already deficient foods that most children live on.

Children are prone to many infections that can weaken their bodies and deplete nutrients. Widespread use of antibiotics and other drugs for children add more toxic substances and may interfere with digestion and assimilation of nutrients. Many vaccines introduce toxic material and may be preserved with aluminum and mercury.

Stress can be an important factor in many children's lives that alters their body chemistry. Stress increases the need for nutrients and so accelerates the development of mineral and vitamin deficiencies. Stress may come from family problems, school-related stress, fatigue or other sources.

## **FOOD ALLERGIES IN CHILDREN**

Many children have allergies or sensitivities to common foods such as dairy products, wheat, corn and others. These can play a large role in conditions such as autism, ADHD, chronic infections and others. Please consider this factor when designing children's nutrition programs.

The simplest method is to ask parents to carefully observe how behavior or other symptoms change after eating particular foods. Some will notice severe changes after eating sugar, for example, or another food. Food chemicals such as aspartame or MSG can also cause severe reactions in some children.

While food allergy testing may be very helpful, recall that our goal is to reduce food sensitivities with the nutritional balancing program. It can take several months to several years, however, to rebuild the intestines and eliminate toxic metals and deficiencies that are contributing to leaky gut syndrome or other digestive difficulties.

Also recall that much of the food today is of poor quality. What may seem like a food "allergy" can simply be that the child is reacting to chemical additives, infective organisms or other contaminants in a food. One brand of food may work better for a child than another. Organic food is almost always best.

## **SUGARS VERSUS FATS AND OILS**

Children's health is damaged immensely by ingesting too many sugars, even natural sugars such as fruit, fruit juices, maple syrup or honey. In contrast, growing children require for their brain development high quality fats and oils, preferably some with each meal. Parents often hesitate to feed children fats for fear their child will become fat. This is not the truth.

In fact, the opposite is true. Feeding children excessive carbohydrates in the form of sweets, fruit juices, sugared cereals and even excessive breads, pastries and other goodies will cause a diabetic trend and obesity. Be sure children are eating their quality fats and oils with each meal. These can include olive oil, butter, meats, eggs, full-fat organic milk, goat milk and coconut oil or palm oil. Commonly used oils such as corn, sunflower, safflower, peanut, soy, sesame and canola oils are less beneficial. These have been heated excessively and bleached, and have lost many of their beneficial qualities.

## **HELPING CHILDREN TO TAKE SUPPLEMENTS**

Children, especially young children, often do not swallow pills well. Instead, grind, crush or blend the tablets in a favorite food. Foods with a strong flavor are often best to mix with supplements. These include peanut butter, almond butter, tomato sauce, banana or yogurt. At times vegetable or cream soups or other favorite foods, drinks or sauces can be used. **Try to avoid using very sweet beverages for disguising nutritional supplements. Use these only as last resorts because of their sugar content.**

For young children who cannot swallow pills and for whom crushing tablets is not working, one may substitute chewable or liquid supplements.