

## News Letter #4

### INTRODUCTION

Welcome to the 4<sup>th</sup> volume of our informative news letter

This issue is all about children and how we can assist our children to grow up strong, healthy and smart.

1. If you want more information: Attend the Charla's starting on Tuesday March 9<sup>th</sup> and the next 3 following Tuesdays. The Library on Av. Cochrane. 19:00-21:00
2. Also read "Wise Tradition Journal" the Quarterly produced by the WAPF that will be reference material at the library. We hope to have several journals there for you to enjoy for on site viewing.
3. Visit my website [www.pacificrimchiro.com](http://www.pacificrimchiro.com) look for page: education and resources, for a list of nutrient dense food and their suppliers, and for any back issues of the bolentin.
  - Lacto-fermentation
  - Butter verses margarine
  - Many recipes

Remember please to take advantage of the offer of my first yoga class for free. Tues and Thurs 10-11am, at the Parque Austral  
Next issue we will discuss stress

This publication is all about young children, if you do not have any children, perhaps someone you love has children and will benefit from this newsletter, feel free to pass it on..

Reminder about the class on How to be Healthy or How to raise Healthy Children Starting the second Tuesday in March 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup> and 30<sup>th</sup> at the library (post the flyer)

### **Chiropractic Philosophy**

#### ***Newborns,***

Without the language to explain what's wrong, some newborns exhibit unexplained crying, lack of appetite, allergic reactions or other difficulties.

Newborns and infants often show a tendency to hold their head to one side or prefer breast-feeding from one side. These are ways they cope with abnormal spine function and an impaired nervous system.

Chiropractic care has been shown to be helpful for infants suffering from colic. With chiropractic adjustments and changes in mom's food types.. As subluxations are reduced,

more sleep patterns emerge. Many parents notice that other aspects of their child's health improve as well.

Chiropractors are alert to the many ways nerve interference can negatively affect your baby's health

## ***Toddlers***

As children grow and explore their world, crawling leads to walking, Walking leads to running, Tricycles lead to bicycles. Before we know it, their mobility and curiosity produce a whirlwind of nonstop activity...

Along the way they lose their balance. They fall. They slip. They trip. They stumble. They tumble.

A kiss and a bandage may be comforting, but what about the unseen injuries to their spines? Even though your child's young body has tremendous capacity to adapt, uncorrected subluxations can set the stage for problems often seen later in adults. Regular chiropractic check ups during this time of rapid growth are essential.

## ***Puberty***

### **“Why do I get cramps in my leg?”**

With puberty come hormonal changes, a new self-consciousness, awkwardness and lack of co-ordination. A host of nonspecific aches and pains and muscle spasms often appear. These so called “growing pains” may be common. But they are not normal. That they seem to resolve on their own is merely a tribute to the adaptive qualities of

children's growing bodies. Uneven leg length, unbalanced hips and other underlying spinal distortions often go unnoticed.

We see the results years later in adults with chronic expensive and hard to fix problems. Parents, who want their children to enjoy their fullest potential, consult our office to help assure proper growth and development.

### **“My head hurts”**

Aches and pains at any age are signs that something isn't right. It's convenient to treat the symptom with a couple of aspirin or some other medication.

But should you?

Worse, what you teach your child when you help her feel better by taking a drug? How will you explain the difference between a “good” drug and a “bad” drug?

Virtually every drug has side effects. Will your child be the one to experience stomach bleeding, liver damage or other side effects for popular over the counter pain relievers?

Rather than dangerous symptom treating, the chiropractic approach detects and helps correct the underlying cause. Without drugs.

## ***Adolescence***

### **“I don't like the way my cloths fit”**

A common symptom during adolescence, especially in girls, is an abnormal sideways curvature of the spine called “scoliosis”

Alert parents may notice that a high shoulder or low hip make clothing fit poorly. Back and leg pains maybe present. A through chiropractic examination can help detect scoliosis in its earliest stages. That way corrective action can begin with a program of specific chiropractic adjustment and home care (specific exercises and nutrient dense foods).

Adjustments help reduce subluxations and improve spinal structure and function.

Muscles can strengthen. Posture can improve.

Safe and natural chiropractic care has helped many young women avoid braces, surgery and the psychological effects of this underlying deformity.

WE all have high hopes of our children. Above all we want them to be happy, be healthy and to reach their fullest potential.

Raising children is a big responsibility that can produce extraordinary joy and satisfaction.

Along the way you'll have to make many choices on their behalf. Will you allow needless antibiotics to tamper with your child's immune system? Will you agree to ear surgery to install an artificial drainage system? Will you consent to the use of Ritalin or other personality-altering drugs? Or will you trust the ability of their bodies to heal naturally, given the right building blocks and mortar (nutrition), and unhampered (by subluxations).

## **Nutrition**

### **DIET BASICS FOR PREVENTING CHILDHOOD ILLNESS AND RAISING SMART, STRONG, & HEALTHY CHILDREN**

Children need a diet of basic, wholesome foods. They need these foods three times a day. They need meals prepared by a real person, not a machine in a factory. It does not matter whether the meals are plain or fancy. To keep things simple, just remember these basics

**RAW MILK;** You can make a lot of mistakes and still have healthy children if raw milk is included in their diets. Do not give pasteurized or ultra pasteurized milk to your children- it is associated with frequent ear infections, allergies, digestive problems and lots of other maladies. If you cannot get raw milk, then use raw cheese and bone broths as sources of calcium. *(We are lucky to be able to have access of raw milk here in Patagonia, know your source and know that they are a clean facility) [www.realmilk.com](http://www.realmilk.com)*

**USE BUTTER LIBERALLY:** Butter is a healthy food. Butter substitutes are poison.

**COD LIVER OIL:** Children should receive a dose of cod liver oil that provides about 5000IU vitamin A and 500 IU vitamin D daily. Use an eyedropper or mix the cod liver oil with a little water or fresh juice. Cod liver oil can be started as early as three months. *(The Coyhaique chapter has not found a local resource for quality cod liver oil, check the WAPF web site for approved manufactures of pure cod liver oil and if you find a source here in Chile, please let us know, I contacted the founder of the WAPF, Sally Fallon and*

*asked her what we in Chile could do with out good Cod liver oil. She said eat more liver, cold water fish and butter)*

**EGGS YOLKS:** Very important for neurological development. Children can have the whites also after the age of one year, but yolks are the important part. Fix eggs the way our child likes them-the important thing is that they get those yolks. Do not feed raw egg whites; they are very hard on the digestive system.

**LIVER:** Introduce purred calf, chicken, or duck liver early so your child becomes familiar with the taste. If older children refuse liver, chop it up fine and add it to soups, chili, empanadas, ground meat dishes, etc. **BE SNEAKY!**

**FERMENTED FOODS:** unsweetened yogurt, kefir, sauerkraut and other lacto-fermented foods and drinks will provide beneficial bacteria, so critical for physical an emotional health (see bolentin #1 for lacto-fermentation recipes [www.pacificrimchiro.com](http://www.pacificrimchiro.com), under education and resources section)

**AVOID:** Do your best to avoid junk food, fast food, micro waved food, breakfast boxed cereals, soft drinks, sugar and white flour.

Come to the lecture series in March at the Library and discover why we make these suggestions..  
WAPF Journal Wise Traditions: Healthy Baby Issue

## **Children Need Guidance**

Many believe that child will instinctively crave the very foods his body needs...I am skeptical about this premise. *What child would choose liver pate over ice cream?* My kids' insistence that they must have a candy bar does not tell me that their body needs sugar and artificial flavors and colors. Fuel perhaps, but not garbage, NO!. Most children need a little parental guidance, even clever persuasion at times. The desire for good nutritious foods does not always come naturally. *Especially when their tastes buds have already become accustomed to the intensely sugary and processed foods. Why do they crave sugar? Sugar and its relatives are highly addictive substances (it is up there with tobacco, alcohol, and recreational drugs) and lets face it, almost everyone loves it! Sugar comes in many forms, high fructose corn syrup( HFCS), glucose; anything ending with an "ose" is a sugar derivative. As well as things that turn to sugar very quickly in your body once it is digested for example: bread, pasta, potatoes, most grain products (except quinoa), cookies, cakes, pies etc..*

*In Nature, sugar comes in the form of lactose, from mother's milk, our children's first food. So we learn to love it from day one. What is different now, than say 100 years ago, is that we consume on the average more than 160 lbs of processed sugars per person per year. Did you know that Chile consumes more sugar per capita than almost any other country in the world?.*

*Make a commitment to your child's health; read all the labels of packaged foods your are considering to purchase to feed your little one.*

*Avoid white flour, white sugar, HFCS, hydrogenated oils, including margarine, and processed commercial fruit juices.*

### **So parents, don't wimp out!**

*You now know what is best for their sweet little bodies to grow big, strong and smart.*

*Italicized are words of Dra Michael, non- italicized words are those of Maureen Diaz  
Wise Traditions Journal Fall 2008*

Question: How do I discourage my children from choosing unwisely when we are at a party.

- Feed them something hearty and nourishing before you leave the house.
- Keep a healthy snack on hand, raw cheese, or traditionally processed salami
- Milk looks like milk, bring milk along to offer your child.
- If they are well satisfied they might take one bite of cake and run along to play with the other kids
- Do not be obsessed, unless your child is gluten intolerant. Try not to control too much and remember they will learn that they actually feel better with nourishing foods. What is important is what happen more at home consistently..

## **Recipes that children like...so will grown ups**

### **Hearty Chile**

Serve with fresh avocado and corn muffins (nourishing traditions page 468). It is also good over brown rice.

3 pounds of ground beef or lamb  
½ -1 pound ground beef heart  
1 medium onion, chopped  
3 cloves of garlic, crushed  
3-4 pinches of crushed red pepper  
1 tablespoon salt (or slightly less)  
1 ½ table spoons of paprika  
1 teaspoon black pepper  
3 tables spoon chili powder  
1 tablespoon cumin, powder or seed  
2 ½ cups home made beef stock or water

You can grind the heart in the food processor or use ground mixed organs from a local farm, Brown the hamburger and heart with onions in a heavy soup pot. Chopping it up finely with your spoon. Add the garlic and cook for a few minutes. Add the spices and cook, stirring one minute. Add the beef stock and simmer for two hours or cook in a crock pot. You may also add pre soaked and pre cooked beans.

Freeze the left-overs in containers for quick easy dinners, just remember to take out of freezer the morning you need it...

### **Ranch Dressing**

This recipe is a great pro-biotic complement to salad, vegetables and more! For kids allergic to chicken eggs and cow milk you can use goat milk yogurt and duck egg mayonnaise.

1 pint of whole milk  
1 cup of high-quality mayonnaise or home made mayonnaise  
3 tablespoons of finely snipped chives  
1 tablespoon of fresh parsley or 2 tablespoons of dried parsley  
¼ teaspoon chili powder  
salt to taste ( natural salt)  
mix all ingredients and beat with a fork until it is smooth and creamy.

### **Carrot Salad:** mix together

2 pounds of carrots grated  
1 large apple grated  
2 tablespoons of olive oil  
1 teaspoon of flax oil (or use ground flax seed)  
juice of one lemon  
½ cup of sunflower seed: sprinkle just before serving  
recipes created by Stephanie Rivers, for a school, *Wise Traditions Journal*, Fall 2008

### **Quick Liver Recipe**

100g of liver, vaca, lamb or chicken  
1 large onion  
6-7 cloves of garlic  
½ cup butter( goose or duck fat)  
Fresh parsley or dill  
Salt to taste

Soak the liver with water and lemon juice, /or live yogert /or whey for a few hours to remove any bitter taste..

Wash and dry the liver and cut into small pieces.. In a frying pan melt butter. Add onions and finely chopped garlic. Fry slightly until onions and garlic start turning golden. Add the liver, salt and pepper and stir fry for about 4 minutes more.Sprinkle with chopped parsley or dill drizzle with olive oil and serve immediately.

Liver Pate: Another option is after cooked put all ingredients into a blender blend til smooth,

Scoop out into a container and cool before servingserve with cut vegetables, crackers or on top of salads.

### **Lamb's liver and heart in a clay pot**

100g liver (lamb or calf)  
100g lambs heart

1 large onion  
10 dried prunes with stones  
½ cup of double cream, /or natural yogurt, /or sour cream/or butter  
A pinch of all spice  
Salt and pepper

Soak the liver with water and lemon juice, /or live yogert /or whey for a few hours to remove any bitter taste..

Wash and dry the liver and cut into small pieces. Cut lamb's hearts into small pieces. In a suitable clay potput liver and lamb's hearts, finely chopped onion and prunes. Mix cream(or yougurt or sour cream) with salt pepper and all spice and add to cly pot.. Mix with meats.Cover the pot with lid or foil. Bake in oven for about 1 hour at 160C (320F)

Selected recipes from Dr Natasha Campbell-McBride M.D.'s book **Put Your Heart In Your Mouth**