

Several Things I wish I Had Known When I Had Small Children...

1. **Vaccinations did not get rid of polio and other diseases.** In fact, outbreaks are generally preceded by mass vaccination campaigns! While vaccine manufacturers MAY have tested one of the vaccinations, no one has done testing to see how children will respond to the multiple vaccination onslaught that is happening now. Right now in Alberta a 2 month old (who does NOT have an immune system by the way!) is given: Diphtheria/Tetanus/Pertussis (whooping cough)/Polio/Meningitis and several strains of Pneumonia all at once... not to mention the other ingredients. The incidence of autism has risen dramatically over the past 25 years though it was virtually unheard of 40 years ago... before the mass vaccinations started. **It looks like vaccinations are harmful and NOT helpful.**
2. **Giving a child (or adult for that matter!) HFCS (high fructose corn syrup) is the same as giving him/her alcohol...** only without the “buzz”.
3. **Pasteurized dairy products do not provide calcium for growing bones...** it actually leaches it from them. Think about it, in North America we consume more dairy than anywhere else in the world, and we have more osteoporosis than anywhere else. Where do cow’s get their calcium? From grass! Raise your children to love green vegetables... and see if you can access raw milk for them.
4. **Exposure to cow’s milk before the age of 3 months (and possibly in the first year) has been definitively linked to Type 1 diabetes in children.** It is not clear though, if this is pasteurized only, or if raw milk is also a potential link.
5. **The Canada Food Guide is actually the Canada Fat Guide.** Human beings do not do well on grains, especially 11 servings per day. By the way, corn is a grain NOT a vegetable. This (and HFCS!) are why we have an epidemic of sick, fat people. Think of how our ancestors ate... animal protein/fat, vegetables and some fruits.
6. **Fat does NOT make you fat.**
7. **Fat does NOT cause heart disease.**
8. **Sugar/grains/starches make you fat... and they make kids fat too!**
9. **Sugar/grains/starches cause high LDL cholesterol, high triglycerides, heart disease, type 2 diabetes, obesity, depression, Alzheimer’s, cancer, etc., etc.**
10. A great resource is the Weston Price Foundation. **Dr. Price discovered that as traditional cultures began to eat a more “western” diet, their teeth began to grow in deformed and crooked,** not just decayed. So if you want to save money on orthodontics, limit the sugars and grains that you feed your kids.
11. **The cold and flu season is a vitamin D deficiency.** This is the best way to prevent the flu... and a whole host of other diseases! We need vitamin D, especially from September to April.

12. Unless your kids are eating all organic, whole foods every day - that have come from land that doesn't suffer from soil depletion - they need "food form, whole complex supplements. **A good multi, essential fats and vitamin D will ensure healthy kids.**
13. **Anything that has been artificially coloured red or yellow is a disaster for a kid with behaviour problems!!** But all artificial colors/additives should be avoided.
14. **If you can't pronounce it, don't feed it to the kids!**
15. **Water is the only beverage that we need,** (except for infants and breast milk, of course). Divide your weight in half and then divide *that* number by 8. (Do this for each family member.) This will tell you in cups how much (clean & ideally "live") water you should have each day. Then adjust for sweating and caffeine intake... though the kids won't have any, right?!
16. **Don't give them soy.** It isn't good for anyone unless it's fermented and only occasionally. It messes with the hormones and it's difficult for humans to digest.
17. Speaking of hormones... **fabric softener and dryer sheets mess with the human endocrine system... your hormones.** Use healthy alternatives that are truly safe for your family and the environment. Do your research; don't take the advertiser's word for it!
18. **Watch the movie: Food Inc.** Then consider where you can make changes in your food budget to provide "real" food for your family and not just a product that about 5 corporations are making billions off of. Consider this: About 40 years ago the average family in the U.S. spent 17% of their income on food and about 5% on health care. Now that has been turned upside down... and the health care percent can often be much higher. What does that tell you about the quality of what we're putting into our bodies?
19. **Cleanliness is NOT next to godliness!** A perfectly clean house can actually create allergies because your child's immune system never learns what it should and should not attack. Adopt this homeopathic's motto: "Whatever doesn't kill you, makes you stronger!"
**NOTE: reader discretion is advised. Obviously you have to be cautious with traffic, poisons, junk food, etc.
20. **If someone you know has the chicken pox, measles or mumps... take your kids over there!** Those childhood diseases are here for a reason. That's what people used to do... they'd have "chicken pox parties". And then take them to a good homeopathic physician so that your kids don't have to suffer with a severe case but they can still enjoy lifelong immunity!
21. Before you know it, they'll be 19 and 15 and a half! **Cherish these times.**

**Please note: The author is sharing her wishes for things she would've liked to know while raising her children from infancy. This is not intended to be medical advice and the reader must exercise discretion, do research, and (ultimately) make the choices that are right for him/her.