

## 12 Strategies for Reducing Your Child's Toxic Exposure

Thank you for taking the time to educate yourself about the many things you can do to help reduce the amount of toxins in your child's world.

I am so passionate about this topic for 2 reasons:

1. Many well-intentioned parents make some very simple mistakes that can cause problems both in the short and long term.

2. Babies, and children, are especially vulnerable to the effects of toxins, relative to adults. Pound per pound, they eat more than adults do, so processed foods and chemicals have a greater impact on their little bodies. They are also building their immune systems, so overall, detoxifying is simple.

Toxins in should be less than toxins out. With children, my focus is primarily on reducing the amount of toxic exposure in their world, to make sure they are building a solid foundation for their health for the duration of their lives.

The key is to look at the things you do routinely with your children – bathing, eating, sleeping – and find ways to make small changes in those areas of your life. That's where you will get the best results for your effort.

This handout covers what I believe to be the top priorities for babies and children.

I hope that you enjoy this collection of tips on how to help your children and I appreciate the opportunity to share this information with you.

### **Strategy #1: Make your own baby food**

Because store bought foods are just that, store bought, even the organic ones are not as beneficial as making your own. If you are going to buy store bought, organic is certainly better than not, however, they can still be high in salt, and are not as fresh as if you make your own at home.

### **Strategy #2: Eat organic foods as much as possible and eliminate processed foods**

Many people think that organic foods are too expensive, or it's inconvenient to try to buy them. These days, with the high demand for organic foods, I have found that the cost has gone down, and often, organic foods can be bought for almost the same price as non-organic.

There are certain foods that are not as pesticide laden as others, and there are some that you should stay away from no matter what.

The foods that are **most** important to buy **organic** are the following:

- Meats and dairy
- All berries (strawberries, blueberries, raspberries)
- Apples
- Corn
- Soy
- Cucumbers
- Bell peppers
- Potatoes
- Grapes (this would also mean raisins as well)
- Peaches

- Lettuce, spinach and other greens (kale, collards, chard)

### **Try to eliminate:**

Food dyes, preservatives, MSG, additives, artificial sweeteners – aspartame, splenda, high-fructose corn syrup, Red Dye #40, the list goes on and on. Because they are unnatural substances (meaning they are made in a lab, they don't occur in nature) the body does not recognize it as food and has an adverse reaction when you ingest it. Eliminating these types of foods, which are high in these chemicals, will go a long way to reducing your child's toxic load.

### **Strategy #3: Retire your microwave**

Bear with me here, I realize this is probably one of the hardest for people to believe. But yes, I said it. Without getting into the technicalities here, I am recommending this for every single one of my clients. In a nutshell, microwave radiation changes the molecular structure of food. The medical community knows, that while blood is often heated before being given to a patient in a transfusion, microwaving blood will kill the patient. Makes sense that if the human body can't tolerate microwaved blood, why do we think it can healthily tolerate microwaved food? Perhaps not as immediate as the blood example, but not too far a stretch to understand there has to be some repercussion with our body's fuel. I heat up foods on the stovetop in very little time – I put the cold food in a saucepan, add a little water, turn on the heat and add a cover, and within just about 2 minutes, the food is heated through. While there is a lot of information online about this, the best scientific write up on this topic I've found is at

<http://www.globalhealingcenter.com/health-hazards-to-know-about/microwave-ovens-the-proven-dangers>

Whether you agree or disagree, I live my life with the philosophy if there is doubt about its use, I don't want to risk it when the alternative is really simple.

### **Strategy #4: Skip the antibacterial gels**

Causing more harm than good, these gels are in a nutshell, toxic. Instead, wash hands with warm water and an organic soap, or use essential oils of oregano, lemon, or thyme (1-2 drops mixed in with 12 oz. of water in a spray bottle).

These days, many people are what I call antibacterial obsessed. Unfortunately, this overuse has caused some unexpected problems.

Among them are:

- They are made with toxic cancer causing chemicals and can't distinguish between bacteria and your body's healthy cells so they can cause harm to you as well as the bacteria you are trying to rid yourself of
- Aren't very effective, so they don't work like we hope they would and they are harmful to us as well
- Contribute to the growing challenge of antibiotic resistant superbugs  
So what is a parent to do?

**Wash hands with a natural soap and warm water** – as effective as antibacterial gels

**Use essential oils** – natural anti-pathogenic oils such as oregano, lemon, and thyme – they kill the bad bugs while keeping your healthy body cells intact.

### **Strategy #5: Try homeopathic remedies before OTC drugs**

***(Disclaimer: I am not a medical doctor and this information is being shared as educational in nature, and is not intended as medical advice. Please consult with your physician for any medical concern.)***

Homeopathic remedies are very safe, and can be extremely helpful with children and babies. Other helpful remedies are herbs, nutritional supplements, nutraceuticals, essential oils and more. This topic is extremely vast, therefore, I will not give any specifics here on what are the best homeopathic remedies to have on hand in your home. I will, however, point out that in general, homeopathic remedies do not interact with your body on a biochemical level, they work on an energetic level – so they are not toxic to use.

If you are interested in learning more, you can contact me directly, or find a qualified health practitioner in your area for more specific details.

<http://www.mydoterra.com/unlockbetterhealth/>

This is my website to order essential oils. My favorite product is the Family Physician Kit. It contains everything I need to keep my family well – oregano for immunity, peppermint for headaches, melaleuca for first aid, deep blue for muscle aches, lemon for cleaning and adding to hand soaps, lavender oil for calming and my favorite, On Guard for immunity and more!

### **Strategy #6: Use only organic “cosmetic” and personal care products**

**Shampoo:** Infants (and even older children for that matter) don't need to be shampooed every day. With babies, every few days with a couple of drops of shampoo should be sufficient.

(Stay far away from Johnson's Baby Shampoo – while it is nostalgic for many, it is one of the more chemical-laden brands.)

**Diaper cream:** Organic raw coconut oil is wonderful as a soothing balm, is anti-bacterial, anti-fungal, and anti-viral. Wonderful for diaper rash, or any irritation.

**Lotion:** Often babies don't need lotion to moisturize, but if you feel like there is dryness, coconut oil is your friend.

### **Strategy #7: Position your child's bed to minimize proximity to electromagnetic radiation**

The electromagnetic radiation can disrupt sleep and the child's sensitive energetic body, which will cause affect the physical body as well.

- Make sure your child's head position while sleeping is not next to any electrical outlets.
- Make sure they are not sleeping adjacent to a television through the wall – the high definition televisions put off lots of radiation that can easily be 6 inches from your child's head through the wall.
- Keep computers and monitors out of the room if possible.
- Lastly, find out if there is a Smart Meter installed on the outside of your home and make sure you don't position a bedroom, or an often used room, anywhere near it. Since the installation of these “Smart Meters” on homes, people have been experiencing significant health problems directly related to the RF radiation emanating from the devices. The World Health Organization has classified RF

radiation as a 2B carcinogen, in the same category as lead and DDT. Obviously, you cannot change its positioning if you have one, but you can make sure your child does not sleep anywhere near it.

**Strategy #8: Give your child a massage.**

This is a wonderful practice for both babies and young children. It is a wonderful ritual to have one on one time with your child, and touch is the most effective tool for maximizing parent/child bonding. It boosts the immune system, decreases anxiety, stress, and depression and physical pain. Any time you boost the immune system, you help with the detoxification process. Be sure to use a natural, unrefined oil, such as almond or apricot kernel oil, as most commercially available lotions are full of chemicals. Make it a ritual – put a nice blanket down, turn on some soft music, use soft, gentle motions and enjoy.

**Strategy #9: Educate yourself about vaccinations.**

The entire vaccine debate aside, they contain chemicals that are not healthy. Much of the debate around this is around Thimerisol (mercury), but did you know that vaccines also contain formaldehyde, aluminum, polysorbate 80, and squalene (to name only a few). I have spoken with groups of expectant parents about this exact topic of understanding the vaccine decision.

My top piece of advice on this topic is DON'T rush the decision - you can always give vaccines at a later date, but you cannot take them back once they are given.

There is no rush to begin giving vaccines in the hospital at birth, or at the 2 month appointment. You can always delay them until you are comfortable with your level of education on the topic.

Because of this, no matter what side of the debate you fall on, I believe that EVERY parent should educate themselves fully before giving any shots. Simply giving them because “they” say you should, is not enough. Conscious parenting is about taking pause, and being thoughtful about what you chose to do with your family – and not just going along all the time with what everyone else is doing.

A balanced and fact-based resource to check out before making ANY vaccination decision is a DVD called “Vaccines: Risks, Benefits, and Choices” by Dr. Sherry Tenpenny – which outlines the facts, where you can make the best risk versus reward choice for each vaccine, and even includes what you can do if you are exposed to any of the illnesses that are vaccinated against to boost your immune system.

As parents, we owe it to our children to understand why we do what we do, and feel good about any choice we make. It is worth every minute of the 3 hours to educate yourself. (Segments of this video are available on YouTube for **free**, or the entire DVD is available for purchase at [www.drtenpenny.com](http://www.drtenpenny.com))

**Strategy #10: Think twice about the amount of sunblock you put on your child's skin and use only organic and botanical brands**

The health benefits of sunshine, and Vitamin D, are immense. While you never want to burn, regular exposure to sunshine is not the devil it is portrayed to be. Cover babies and children up with clothing and hats during peak sun hours. If you use a sunscreen, use a botanical and organic one available at health food stores.

Ingredients to avoid at all costs: (*source: Mercola.com*)

- Para amino benzoic acid

- Octyl salicylate
- Avobenzone
- Oxybenzone
- Cinoxate
- Padimate O
- Dioxybenzone
- Phenylbenzimidazole
- Homosalate
- Sulizobenzene
- Menthyl anthranilate
- Trolamine salicylate
- Octocrylene

Mercola.com has a product called Natural Sunscreen, which we have been using for the last few years and really like. Other good brands are Badgers, Aubrey Organics, and California Baby. A great website to check out for this information is [www.EWG.org](http://www.EWG.org). You can look up products and see their safety for use.

## **FINAL THOUGHTS**

It is my hope that you have found these tips interesting, helpful, and educational. There are many things we can each do every day, that help to move us in the right direction towards detoxification of our bodies and homes. Some of these tips are simple to do, others are more involved. I have included a variety of types in the hopes that it gets you thinking, and learning about the myriad ways to make healthy changes in yours and your family's life.

For more information on natural health, nutrition, and conscious parenting, please visit [www.UnlockBetterHealth.com](http://www.UnlockBetterHealth.com).

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