

# Save GOD<sup>+</sup>S Kids!

GoBrite With God's Five Colors of Food So  
Your Kids Can Live Healthy and Serve Strong



Nancy A. Leville

With Justine Jorgensen, Melissa Rau and Claire Leville  
Foreword & Editing by Neil Neimark, M.D.

## Scientists Have Proven God's Nourishing Foods - And The Phytonutrients They Contain - Are The Key to Living a Full Healthy Life

*“Over the past decade, a wealth of scientific validation has emerged to support the role of diverse phytonutrients as frontline defenses against a host of diet-related diseases, from heart disease to cancer. Phytonutrients are the future of medicine.”*

Dr. Jennifer Toews.

*“It’s no longer good enough to just eat lots of fruits and vegetables, you must eat the fruits and vegetables that have the phytonutrients your body needs.”*

New York Times, June 13, 2013

Today, 83% of American’s, **including God’s kids**, don’t get the MINIMUM daily requirement of the vital nutrients they need. (2013 Phytonutrient Report)

Save God's Kids has created America's ONLY research-based, personalized wellness solution that’s based entirely on God's five **GoBrite** colors of food and the miraculous phytonutrients they contain.

**Green, Orange, Blue, Red and White.**

*“I’ve already incorporated Nancy’s GoBrite solution into my medical practice.”* Neil Neimark, MD



# Save *God's* Kids

**Our Vision:** To end child malnutrition.

**Our Mission:**

Save God's Kids is a *youth-driven movement* to educate the world on the power of God's "brite" foods so kids can live a full and healthy life.

## Dedication

All thanks and praise be unto God, my great Father in Heaven, for His eternal grace, love, patience, guidance and wisdom.

My mom and dad for your unconditional love, endless support and for raising us as followers of Jesus Christ.

To the loving parents who have the faith and strength to raise their children in God's image.

## Save *God's* Kids

*Children are a heritage from the Lord,  
offspring a reward from him.*

Psalm 127:3

Sadly, it's been predicted that my generation will **not** live a long and healthy life. In fact, nearly 40% of kids born after 2000 will develop type 2 diabetes and die fourteen years earlier than they should. Three words are at the root of this crisis: Standard American Diet.

Despite the fact that 90% of parents think their kids eat a “relatively healthy diet,” in reality, 83% of America's kids are suffering from malnutrition. That's because 62% of our diet comes from harmful processed foods that are manufactured by man, while only 12% comes from God's nourishing fruits and vegetables. We are not eating according to God's plan.

If that's not troubling enough, it's estimated 50% of fifteen year-old kids have stopped believing in God. It grows to 70% by the time they finish college.

With a young Christian age 15-25 losing their faith in God every twenty-six seconds, we have become a generation of kids that is as spiritually malnourished as we are physically. America's ever-growing secular society is winning the battle, so your role as one of God's parents has become even more critical.

If children truly are a heritage of the Lord, then parents don't "own" their children; they are simply "responsible" for their upbringing. Parents have a stewardship responsibility to God for what He has given them in their children. I once heard someone explain it this way: *Children Are God's Homework Assignment To Parents.*

In this context, God gives children to parents, and their assignment is to raise them in *His* image, and that's how they will be graded. The problem in America today is that most parents are raising God's children in *their* image and not His.

We live in a society where health is being sacrificed for convenience and that's partially because America's caring parents have fallen victim to the lies of a processed food industry that spends \$10 billion a year trying to influence you and your kids.

We also live in a society where kids are being taught in school that if you can't "prove it," then don't believe it. This is highlighted in a Catholic News Agency article dated 12/17/16 entitled: **"Why Catholics are leaving the faith by age 10..."**

Save God's Kids isn't just a movement, it's a cry for help. While we may not say it, we want to live healthy. We want to do our best in school. And we

want to believe that we will live forever, especially in our Father's kingdom. But we need your help.

My life took a profound turn when I realized that I'm God's kid. My sister Claire writes about this later, but I believe it must be front and center, because it's the foundation of our entire movement.

Your kids belong to God. When you believe that with your entire heart and soul, your job of being a great parent will become so much easier because most of the difficult decisions can be put in God's hands- if you have the faith.

There was a movement a few years ago called WWJD, "What would Jesus do?" That simple question changed the lives of millions of people and made becoming a follower of Jesus so much easier.

As someone raising one of God's precious children, you need to ask yourself, "What does God want?"

The answer is very simple. God wants His kids properly nourished so they can live healthy and fulfill the plan He has for them. He wants them to visit Him at least once a week, and He wants to be the topic of conversation around the house. Is that too much to ask for the amazing gift He gave you?

# Foreword

By Neil Neimark M.D.

Walk down the health aisle of any bookstore in America and one truth becomes abundantly clear—there is no shortage of expert advice on what to eat. You would think that with all the information available, and all of the publicity surrounding our nation's obesity crisis, Americans would be healthier than ever, but just the opposite is true.

Unfortunately, this SAD (Standard American Diet) state of affairs is destroying our health as a nation, and the explosion of childhood obesity, diabetes, heart disease, cancer, autoimmunity, autism, attention deficit disorder and more is a testimony to the crisis at hand.

Fortunately, a couple of years ago, one very special high school girl, Nancy Leville, became inspired to actually do something to help solve this crisis—and Save God's Kids became her mission.

Ironically, at the time, Nancy had no particular interest in nutrition—until one morning for breakfast, Nancy's mom unexpectedly replaced her

sugary bowl of cereal with a phytonutrient rich green smoothie. When Nancy naturally protested—as any normal teenager would, inquiring, "Why do I have to drink that?" her mother calmly replied, "Because I love you." And that graceful response thrust Nancy into a personal transformation that would help change and refine the course of her life, and in so doing, help start a movement to positively impact the lives of millions of kids – and their parents.

A few months later Nancy chose to write her junior term paper on food deserts and hunger in America. What Nancy first discovered was that—when it comes to eating well in today's world—the odds are definitely stacked against us. One reason is that in many low-income neighborhoods, there is a stark scarcity of fresh, healthy food being sold—and when it is available, it tends to be much more expensive than the cheap, but filling processed foods that are causing most of our nation's health issues. What was even more alarming was when she discovered that nearly all of America's kids are starving for the nutrients they need to live healthy, and not just the poor.

America's families are opting for convenience over health. Even when healthy nutritional food is available, for most people today, eating a bagel or a bowl of sugary cereal is far easier than making a fruit smoothie. Lunch is the same problem. Why bring a salad when you can stop at McDonalds. As for dinner, after work or running around all day, who really has the time to prepare a nutritious dinner? It's actually easier than you think.

We live in a non-stop world where we are always on the go, either chasing after success or just struggling to survive. And as we rush through the day, most of us ignore, or worse, no longer recognize, our body's signals for good nutrition, proper rest and exercise, putting ourselves, and our kids, at great risk for illness and disease.

The Dalai Lama was once asked what surprised him most about life. His wise answer was this ... "That man sacrifices his health in order to make money. Then he sacrifices money to recuperate his health. And then he is so anxious about the future that he does not enjoy the present; the result being that he does not live in the present or the future; he lives as if he is never going to die, and then dies having never really lived."



We would all do well to heed such wise advice and remember what is truly important in life. At some point, we all must pay the price for the choices we make—and though we don't have to be perfect—the current epidemic of childhood diabetes, obesity and premature illness is evidence that we must begin making better choices. Without question, science reveals that in a remarkably large percentage of cases, the modern day afflictions we suffer from are diseases of choice, not chance.

So what's the way out? How do we save ourselves? How do we save God's kids? How do we make a difference in the world, and—as my colleague Dawn Hoes, professional chef, health coach and host of "The Healthy Way Up" Telesummit inquires—how do we do it "without sacrificing our health on the altar of success?"

The answer lies in not only learning how to choose the right foods to eat, but also in learning how to choose the right life to live. The science is clear and compelling; mind, body and spirit are intricately entwined and most often, the poor health choices we make stem not so much from a lack of knowledge as from an attempt to mood alter the emotional pain and stress we feel from a rushed

and fragmented lifestyle, often disconnected from any unifying sense of meaning, purpose or belonging in life.

In order to transcend this gap between “knowing what to do” and “doing what we know,” it helps to understand a powerful foundational principle of life called “the body/soul connection”—taught by the great Hassidic sage, Rabbi Menachem Schneerson, in his book *Toward a Meaningful Life*.

This timeless principle teaches us that everything in life has both a body and a soul. As human beings, we have a physical body that gives us strength, movement and a brain with which to think and reason. But we also have a spiritual soul, a life force—the flame of God within us—that gives meaning and purpose to our life.

What the body/soul connection teaches us is that the way to ultimate health and happiness is to nurture both our body and our soul. We nurture our physical body with proper rest, exercise and nutrition. We nurture our soul with prayer, gratitude, optimism, doing good deeds, studying God’s word and living a moral and purposeful life. Our physical body asks, “What do I need?” Our soul asks, “How am I needed?”

When we faithfully and honestly answer both these questions, as Nancy has done in her life, we nourish both our body and our soul, opening a channel for God to bless us with the sense of balance, joy and fulfillment we all seek in life.

In *Save God's Kids*, Nancy's clear, practical and science-based GoBrite principles for nourishing our physical body gives kids, and their parents, the tools they need to positively change their physical health for the better. Likewise, Nancy's greater mission of saving God's kids so that they may "live healthy and serve strong" gives kids—and their parents—the inspiration they need to positively nourish their soul for the better.

In short, this book is nourishment for both your body and your soul—and it is a tribute to the power of God's grace that Nancy's mother and father so touched her spirit that she felt moved—at such a young age—to so passionately remind us all of what is truly important in life—honoring our physical body as God's holy temple so that we may use the gift of our physical and mental strength to better serve God's purpose and help bring greater goodness into the world.

Save God's Kids may be the most important movement in America today! Nancy's simple but brilliant nutrition strategy of focusing your life on nourishing the body with God's five GoBrite colors of foods is precisely the plan you should employ. These foods are the only foods that contain the phytonutrients your body requires to live healthy. I am proud to say that I have already incorporated her GoBrite strategy into my medical practice.

However, Nancy's mission is more than just about health and nutrition, she truly believes that kids need to find a relationship with their father in heaven if they are to achieve true happiness in life and have a positive outlook for the future.

Please help Nancy share the love by nourishing your child's physical and spiritual health.

Dr. Neil Neimark



## Introduction

**“Due to their poor eating behavior, this will be the first generation of kids in America’s history to have a shorter expectancy than their parents. Richard H. Carmona, M.D., M.P.H., F.A.C.S. *Surgeon General***

That’s the quote that changed the course of my life. I was researching for a junior term paper on “malnutrition” when I discovered that the Standard American Diet is causing 80% of the illnesses in America today and may take years off our lives.

- 83% of kids don't get the minimum requirement of the nutrients they need to live healthy- *neither do you.*
- 
- As a result, 50% of God's kids are overweight or obese.
- 54% of kids suffer from a nutrition-related chronic condition such as asthma and allergies.
- Eight year-old kids are developing high cholesterol, hypertension, type 2 diabetes and other adult illnesses.
- *One-third of kids born after 2000 will develop type 2 diabetes. As a result, they will live fourteen fewer years.*

The good news is that simple changes in the way you feed your kids- God’s Kids- can eliminate these risks allowing them to grow up healthy, active and smart.

## **America is an overfed yet undernourished nation.**

While Americans today consume 30% more calories than we did just 30-years ago, **only 12%** of our diet is made up of God's healthy fruits and vegetables, while 62% is comprised of harmful processed foods.

## **Malnutrition is an epidemic in America that straddles all ages, races and income levels.** (CDC)

As a nation, we have fallen victim to the lies and convenience of a processed food industry that targets you and your kids with deceptive advertising promoting products they know are detrimental to your health. Then, when illnesses occur due to a paucity of nutrients in our diet, we become dependent on a regiment of prescription medications instead of simply returning to God's brite nourishing garden.

I was raised to believe that God has a plan for each of us, and I'm quite sure that plan doesn't include kids developing adult chronic diseases while they're still in middle school or younger. As Christians, we're taught to honor God with our body. Yet today...

## **The unhealthiest Americans are sitting in the pews of Christian churches.** (George Barna)

We have a serious crisis in our church. I believe the *enemy* is at work to destroy our health and weaken our spirit, and *he* is using processed foods and the diseases they cause as his weapons of mass destruction.

Knowing that malnutrition was at the root of our nation's obesity and health crisis, I developed an easy to follow nutrition plan to help get kids nourished. I called the solution **GoBrite** because it's based on the five brite colors of fruits and vegetables God gave us on Day 3 of creation and the phytonutrients they contain, the nutrients *every* person needs to live healthy.

*“Over the past decade, a wealth of scientific validation has emerged to support the role of diverse phytonutrients as frontline defenses against a host of diet-related diseases, from heart disease to cancer. Phytonutrients are the future of medicine.”*

Dr. Jennifer Toews.

This simple guide was designed to provide the **Motivation, Education, Direction and Support** you and your kids need to get nourished and live healthy.

### **Your Family's New M.E.D.S.!**

Because I'm just a concerned teen who wants to do their part to serve God, the majority of this book is comprised of articles and studies written by some of the world's foremost authorities in health and nutrition.

**Warning:** While more than 80% of the illnesses in America are nutrition/diet related, only 5% of physicians have studied nutrition in medical school. Think about it, have you ever heard of someone being cured of heart disease or type 2 diabetes?

**YOU are your child's primary  
healthcare provider.**

According to the World Health Organization, *"Two thirds of our health is not determined by the medical care we receive, but by our lifestyle and the foods we eat."*

While I like to say this movement to Save God's Kids began with a term paper, it actually started years earlier when one morning my sister Claire and I woke up to a BRITE fruit smoothie and a bowl of fresh fruit instead of the usual bowl of cereal and glass of OJ. When we asked for something else to eat, my mom said, "That's breakfast, now hurry up or you'll be late." Not wanting to go to school hungry, we drank the smoothie and ate the fruit. Guess what? Neither one of us were hungry at lunch that day because we were loaded with nutrients.

After that first Brite colored breakfast showed up, we began to notice other little changes around the house. We rarely saw salty snacks, cookies, or even boxed cereal. We also found ourselves taking more lunches to school. When we got home, we found that fresh fruit was our only snack option.

As for dinner, there was a new staple—BIG SALADS. Every night my mom would call us to dinner and there would be a big salad parked in the middle of the kitchen table. At first we just sat there looking at it, but we quickly realized dinner wasn't being served until we both ate our salad. Before long *we* were making the salad so we could include all of our favorite items such as cranberries, walnuts and chickpeas.



Even dinner itself changed. Instead of a big piece of chicken or some other kind of meat, we found we were eating more vegetables, beans, tofu and brown rice. Sure, we still eat meat, but it's always a much smaller portion than before. One of my favorite meals is a bowl of brown rice, black beans, lots of sautéed veggies and Claire's homemade guacamole.

While in the beginning we complained a little, we soon came to love our new eating style. We slept better at night, rarely missed school, our skin was clear and our grades actually went up. As we say in our house, "It's not a diet, it's simply how we eat."

Now we just take it for granted that we get to eat all the Brite foods we need in order to live healthy, but not all of God's kids are as lucky. Some kids live in homes where there's too much junk food and not enough fruits and vegetables. Other kids live in areas where healthy food isn't available, or in homes that simply can't afford it.

**I don't believe a child's health should be determined by their zip code, so a portion of all donations will go to supporting organizations and churches that bring healthy food to these families.**

As a kid, I want you to know that if you choose to GoBrite in your house, your kids may rebel a little, but they won't starve themselves out of spite. The success of this program is dependent on how committed you are to raising your children in God's image.

We know that getting your kids to eat healthier is a challenge. When given choices, kids will always go for the cookie, chips or ice cream. That's why you have to be strong and get the junk out of your house. Would you ever allow your ten-year old to smoke a cigarette? Of course not. Then don't let them eat too many foods that are going to produce serious illnesses a lot sooner than a cigarette would. It's easy to say yes, but the most loving parents learn to say "no," and stick to it. Trust me, they'll survive, and they'll even still love you.

We have dedicated over two-years to creating this solution to help families like yours. I pray that God gives you the strength to be the change your kids need so they can grow up healthy and fulfill the plan God has for them.

On behalf of my co-founders Claire, Natalie, Justine, and Emma, may God bless you and keep your family well.

*Love,*

*Nancy*



## Save God's Church

Before we go any further I want to emphasize my primary reason for creating Save God's Kids- my love for Jesus. Your body belongs to Christ, and so does your child's. It's a part of Christ! Your body is a temple — a dwelling place of the Holy Spirit! If God dwells in your body, it deserves your care and respect.

Proverbs 23:20-21 warns us, “Do not join those who drink too much wine or gorge themselves on meat, for drunkards and gluttons become poor, and drowsiness clothes them in rags.” Proverbs 28:7 declares, “He who keeps the law is a discerning son, but a companion of gluttons disgraces his father.” Proverbs 23:2 proclaims, “Put a knife to your throat if you are given to gluttony.”

If our bodies are members of Christ, can it be right to abuse them by smoking, drinking, doing drugs or overeating? Think about it, if our bodies are temples of the Holy Spirit, can it be right to let our hearts, lungs, and muscles grow weak and sickly through lack of exercise and self-control?

If your child is truly a gift from God, shouldn't their body be nourished and protected to the best of your abilities. As your child's steward, shouldn't you care for your child in such a way that they are healthy, so they can serve God and fulfill His plan for them?

I believe that the proper care of our bodies is a divine responsibility given to us by God. This is one reason (apart from staying clean from sin), that Scripture tells us to “glorify God in your body” (1 Cor. 6:20). However, instead of living healthy and serving strong, our church is becoming weaker by the second- literally.

**EVERY 26-SECONDS A CHRISTIAN IN  
AMERICA DIES NEEDLESSLY FROM A HEART  
ATTACK, STROKE, DIABETES OR UPPER  
RESPIRATORY DISEASE.**

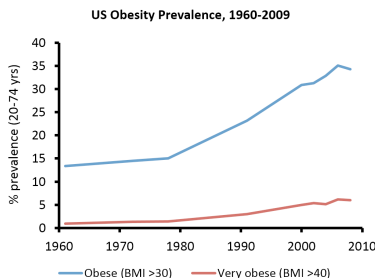
That's about as many people as died on 9/11- EVERY SINGLE DAY OF THE YEAR. Now take into account all of the husbands, wives, kids, grandkids, friends and neighbors who suffer when someone we love passes away before their time. How are we to serve strong with a broken heart?

While Christians, above all others, should recognize our responsibility to honor God with our body, a *Pulpit and Pew Study* conducted by the Duke School of Divinity found, *"The heaviest and sickest of all Americans are sitting in the pews of Christian churches."*

Purdue University sociology researcher Ken Ferraro was quoted as saying, *"America is becoming known as a nation of gluttony and obesity, and churches are a feeding ground for this problem."*

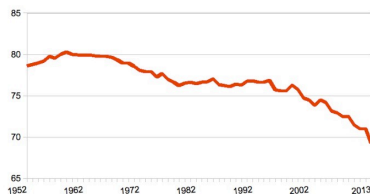
It used to be that gluttony — overeating — was considered one of the seven deadly sins. But today, who feels guilty before God when they eat too much? Who really takes care that their eating habits are conducted in a godly way? So when you take our overabundant food supply, add that to our lack of concern about overindulgence, and then combine that with our life of physical ease, it's easy to see how we can be abusing our bodies as members of Christ.

The problem is that I believe our new lackadaisical lifestyle is having a dramatic and damaging impact on our church as the following graphs show.



As you can clearly see, obesity is on the steady rise in America. One in three people are obese. One in twenty people are morbidly obese.

The Great Decline:  
Religiosity in the United States (1952-2013)



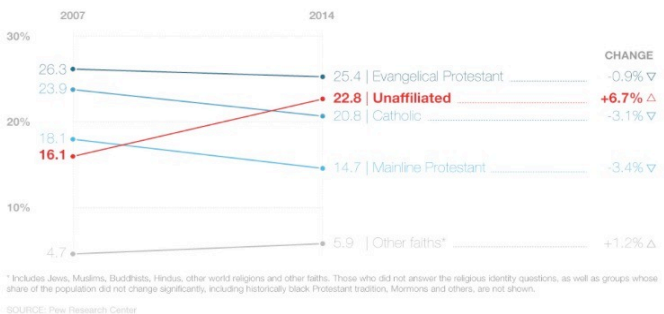
Graph by Corner of Church & State, an RNS Blog  
Source: Aggregate Religiosity Index, updated from Grant, *Sociological Spectrum* 2008

As the rate of obesity increased, the number of people practicing any type of religion has declined.

Could it be that they're just too tired or sick? The *enemy* is winning the war for their souls.

Pew reported that between 2007 and 2014, the number of Americans identifying as Christians fell from **78.4 percent (178.1 million people) to 70.6 percent (172.8 million people)**. That's ONE-MILLION Christians every year, not including their kids. And the number of religiously unaffiliated Americans rose from 16.1 percent to 22.8 percent in the same time frame—or about 60 million unaffiliated (including atheists, agnostics or those who claim "nothing in particular") Americans in 2014.

## CHANGING U.S. RELIGIOUS LANDSCAPE



## 4700 Young Christians Leave the Church Everyday!

This may be the most critical situation in our church today... if not our country. Every 18-seconds a young Christian (18-25) walks away from their faith and only 30% ever return. Society is teaching our kids that they need to look for proof in everything and that if they can't prove it, then they shouldn't believe it.

While the primary purpose of the Save God's Kids

movement was to get kids healthy, over time I came to believe that the enemy is destroying the spirit in America's youth and before long we will no longer be One Nation Under God.

As your child's steward, it is your responsibility to raise your kids in God's image so they can grow up knowing that their true Father is always there for them and that He has a plan for their life. However, too many parents have to come to rely on the church or their youth group to teach their children about God.

There is a propensity in our culture to outsource the development of our children. For intellectual development, we send them to school. For athletic development, we send them to Little League. And for spiritual formation, we send them to youth group.

"The church has done a poor job of communicating to the parents that they are the primary discipler of their children. Parents don't believe this, but the reality is that kids listen to their parents far more than they're going to listen to a youth minister."

A survey from the Barna research group shows that 61% of people in their twenties who previously attended church are now spiritually disengaged. It found that 59% of young Christians will disconnect either permanently or for an extended period of time from church life after the age of 15. Any parent who believes John 3:13 must do everything to keep their child's faith alive.

Barna suggested six reasons why young Christians are leaving the church:

- "Stifling", "fear-based", risk-averse" Christianity in which "Christians demonize everything outside of the church" and "church is ignoring the problems of the real world".
- "Shallow", "boring" Christianity that is not relevant to young people's career or interests, and inadequate or irregular Bible teaching. A fifth of young adults said God was "missing" from their experience of church.
- Churches being antagonistic to science with Christians being "too confident they know all the answers".
- Church experiences related to sexuality being "simplistic" and "judgmental".
- They struggle with the exclusive nature of Christianity.
- They don't feel like church allows them to express their doubts or ask their most pressing life questions openly



## The “Unaffiliated” Generation

Millennials make up America's largest demographic, 91million people. They are also the people who will raise America's next generation of kids. **A staggering 40% of millennials (20-34) are not affiliated with any Christian church.** One reason so many Millennials give for leaving is that the church isn't relevant to their lives. We're hoping that Save God's Kids will bridge that gap by targeting the #1 concern for millennial parents, the health of their children.

We're also hoping young Christians will grow in their faith by being more engaged in their church. The true Christian approach to the body is based on the wise principle of moderation. St. Paul tells us to “Let your moderation be known to all men.” According to 1 Corinthians 6:12, “All things are lawful for me, but not all things are helpful. All things are lawful for me, but I will not be enslaved by anything.” Today, too many of us are literally enslaved by food. We are obsessed with eating foods that are laden with sugar, salt and harmful chemicals. Scientific research shows that these foods are every bit as addictive as cocaine or alcohol, and just as harmful over time. Let us guard against these as we seek to “glorify God in our bodies.”

The most important decision any of us will make in our life is whether or not to accept Jesus Christ as our Lord and Savior. The second most important decision is how you will live each day of your life as a

follower of Jesus. If you have decided to follow Jesus, then it is my prayer that this book will help to inspire you to live a healthy life and to raise your children in the same manner.

Colossians 3:17 says that whatever you do or say, you should do it all as a representative of Jesus Christ. The Save God's Kids solution will address all three issues of physical and spiritual health: the mind, the body and the spirit. This book is mainly about nourishing the body so all three can work for Jesus.

As you work to honor God with your body you must understand that there are forces trying just as hard to destroy it- and that of your children. The *enemy* is out to destroy God's church and he has come to rob you of your physical and spiritual health so you are weak and cannot serve God to your fullest. I believe he is getting us addicted to processed foods so we become ill. These "false-foods" are replacing God's brite nourishing foods in our diet, and they are at the root of over 90% of the illnesses in our country today. You cannot reject the *enemy* without rejecting his choice of foods.

On Day 3 of creation (Genesis 1:11-13) God gave us our first gift - beautiful brite colored foods that have the nutrients our bodies need to live healthy. Today, these miraculous foods make up less than 12% of our diet, and only one out of seven people (13%) eat enough of these foods to live as healthy as possible.

Just recently, indisputable scientific research has proven that God's nourishing foods, and the phytonutrients they contain, have the power to both prevent and reverse most chronic illnesses in America today including heart disease, hypertension, type 2 diabetes and even some cancers. By returning to God's garden, you will not only discover a renewed physical health, but also a renewed spiritual health as your body will have more energy enabling you to live a truly abundant life- one that fulfills God's plan.

“I came that they may have life, and have it abundantly.” -John 10:10

The following was written by Stephen Ingram for our youth Bible study program.

*In John 10, Jesus is talking with his disciples about who he is, the relationship he wants to have with them and the opportunities for how they can live their lives. In one part of the talk he speaks about the snares and traps of life and then quickly turns to say the type of life he came to bring and that we can have. He says that he came to give us life, but not just breathing, but life more abundant. The idea here is that Jesus is telling us that we have to opportunity, calling even, not to just walk around breathing and taking up space but to be fully alive, aware and active for good in our world.*

*Jesus wants us to really see the goodness around us, to really breathe in the air, to have real conversations, to intentionally be present and here, wherever we are. This is a revolutionary calling.*

*It is a calling that not only affects how we interact with others, how we walk through our day, but also how we think about the things we put into our bodies. To be fully alive and fully aware, it means that we do not settle for the quick and easy solutions of fast food and junk food. It means that we are intentional about putting goodness into our bodies and taking full advantage of the incredible and beautiful food that God has placed before us. It means that we do not live into the lies of convenience and scarcity but rather into the promise of the goodness of God's creation.*

*For so many Christians we have bought into a false understanding of our body and soul. For many of us we bought into the lie that the body and soul are two different things that have nothing to do with each other. Nothing could be further from the truth. What we do to our body affects our soul, and how we nourish our soul has repercussions for what is going on with our bodies. In other words, what and how you eat has real connections to how you practice your faith. Jesus called us to live life and live it more abundantly.*

God is now calling on you to raise your children in His image so they can have a full and abundant life. As a follower of Jesus you have to believe that God has a plan for each of us. It's our responsibility as a Christian to be in the best physical and spiritual health so we can fulfill that plan. As a parent, it is *your* responsibility to raise your children in such a manner that they too will be able to fulfill God's plan, once He makes it known. Save God's Kids is our way of helping ALL of God's children live a healthy and productive life, a life that serves God to the fullest.

## **My Story...** *from the very beginning*

I was born on April 7, 1997 at 3:32pm, right on schedule, literally. You see, about two weeks earlier, my mom received a call from my grandmother's oncologist in Nashville. She was suffering from cancer. The doctors told my mom that Granny might not be strong enough to travel by my due date, so after discussing all the options, it was decided I would be induced.

The morning after I was born, they flew to NY. While Granny was holding me for the first time, she asked, "What's her name?" My mom replied, "Nancy!" At that moment I felt a tear hit my cheek.

Before I continue, I'd like to finally take this opportunity to thank three very special people whose love and concern made it possible for me to meet my grandmother. When Granny was diagnosed, my mom's amazing friends: Dan S., Tommy F. III and Dirk Z., and their families, helped her get the best possible medical care in Nashville and NYC. This care prolonged her life so she could meet her first and only grandchild- me.

*Dear Dan, Tommy and Dirk,*

*I will forever be grateful to each of you. Your kindness was the very first gift I ever received, and I'm reminded of it every day by a picture I have next to my bed of my Granny holding me. Thank you from the bottom of my heart for giving us the short time we had together! Love, Nancy*

When we left the hospital, Granny and Aunt Jan came to stay with us for a couple of weeks. Then, on the date that I was originally due to be born, my grandmother said she needed to go home to be with her doctors. About two weeks later we received an urgent call that Granny was in the hospital. I got my first ride on a private plane that day when Tommy flew mom and me to Nashville- Tommy's hometown.

When we arrived at the hospital the doctors told my mom that Granny wouldn't be leaving. She responded, "We'll see about that." When we walked into my Granny's room my mom placed me next to her, where I remained for the next three days until we all got up and went home. That's when Dr. Vandevendor nicknamed me, "The Miracle Baby." I believe together we kept my Granny alive- my love, his brilliance.

For four months, Mom and I flew back and forth to Nashville helping Aunt Jan care for Granny. I was there the morning our great Father in heaven called my Granny home. We're now together every day.

Then, just nine-months later, my mom's 59 year-old father passed away from a heart attack. Imagine, losing two grandparents in my first fourteen months. My father's dad had passed away before I was born. Every day I thank God with all my heart that I still have my Nannie. She's ninety-four, brilliant, funny and beautiful. She's also an amazing Christian, so I know she'll be waiting to welcome me home one day.

My favorite quote is from Mother Teresa, *"I alone cannot change the world, but I can cast a stone across the water to create many ripples."*

I was raised to believe that just one person, or a small group of people, can make a real difference in the world. I was also taught to never turn away from someone in need and to stand up for principles that are important to me. Ever since I can remember, I've been troubled by people who are indifferent, or those who see a wrong and do nothing to right it. James 4:17 says, "So whoever knows the right thing to do and fails to do it, for him it is sin." Save God's Kids isn't the first time I've tried to do the right thing.



When I was in third grade, bullying became an issue, so I ran for student government and created a program called, "Everyday is Friendly Day at South School." I then asked my dad to have a bunch of buttons printed so I could hand them out at school.

Even though I lost the election, I must have made an impression, because eight years later a friend of mine introduced me to someone by saying, "You remember Nancy, she's the kid who created the Friendly Day button when we were in elementary school." I was shocked she remembered, but really proud.



Front Page

New Canaan Advertiser

December 21, 2006

Then, the week before Christmas, along with my little sister Claire (pink) and our friends Alyssa, Robert and Steven Valente we handed out stickers at all the schools



in town. That week, we made the front page of the local newspaper, and we were the lead story on Connecticut News Channel 12 on Christmas Eve. It's amazing what kids can do when they're filled with the Holy Spirit.



When I was in fifth-grade, a truly remarkable boy in my class developed a rare brain tumor. Sadly, he was diagnosed on his birthday, January 6th, Little Christmas. Every Sunday, Mikey and his family would come to the 10 o'clock children's mass and sit in the front row where he would watch us sing in the youth choir. Even though Mikey was going through a great deal, he always had a big smile, which made it easier for everyone else. I so admired Mikey for his strength.

When school started in September, I ran home on the first day to tell my parents that Mikey was on my team. Then, that Sunday, Mikey's Father in heaven called him home. As we were bringing flowers to his house, I asked my dad why God would take such a young child. He said that we are all God's children and that maybe God called Mikey home because he was so special and He missed him.



When Christmas came that year, all I could think about was how sad Mikey's family must be, so I changed my Merry Christmas sticker to read: *Merry Christmas Mikey*, so they would know that we were all thinking about him.

That Christmas Eve every child at the 5pm mass wore a Merry Christmas Mikey stickers- even the baby Jesus.

I prayed to Mikey for strength many times while I was writing this book. He always answered my prayers.

## My Father's Called Me Again

While each of these causes were very meaningful to me in their own special way, **Save God's Kids** is quite different because we're talking about the health and well-being of all God's children- including you!

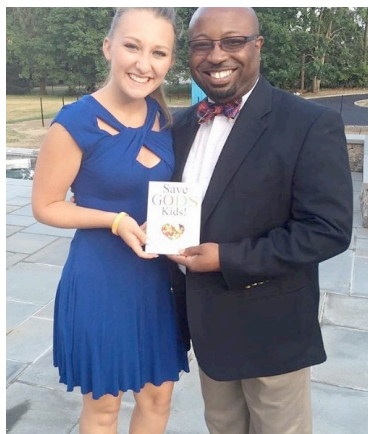
I don't want to sound too biblical, but my journey began with an apple. I was walking through the South Bronx in NYC on my way to Yankee Stadium for Mariano Rivera's last game when I decided to eat an apple before indulging on all of my favorite ball park foods: a hot dog, Cracker Jack and soft swirl in a plastic baseball cap. As I exited my third store (bodega) empty handed, my dad said, "Forget it, you're in a food desert."

I stopped dead in my tracks because earlier that week I had heard the term "food desert" for the first time when my English teacher mentioned it as a possible topic for our junior term paper. Now, here I was, standing in the middle of one of America's great tragedies. A food desert is a place, usually urban, where it's nearly impossible to find God's healthy fruits and vegetables.

As I walked to the ballpark for about the fiftieth time in my life, I finally took notice of the people who lived in this neighborhood. Families were pushing shopping carts full of soda, water and every imaginable kind of processed food. No fruits or vegetables. And sadly, everyone seemed to be overweight- including the kids.

The image of these "starving" kids stayed with me as we drove home that evening. I simply couldn't understand how these kids can survive without fresh fruits and vegetables, the foods we take for granted, and usually complain about having to eat. Wanting to know more, I chose "food deserts" as my term paper topic.

Without question, I can say this may have been the single most important decision of my life as it led me to develop my foundation, which literally changed the course of my life including where I went to college and my major. I had always thought I would major in music performance. Although, for some reason I felt that God never intended for me to sing just for the sake of entertaining others.



After much prayer, I decided to attend Belmont University in Nashville, where I'm studying music business. I just love my new home and my amazing friends. The faculty and students there have really embraced Save God's Kids. We are now preparing to launch the SGK foundation in Nashville's churches.

One of the proudest moments of my life occurred when I presented the very first printed copy of my book to Dr. Jeffery Burgin, Belmont's Dean of Students.

## **83% of America's Homes Are a Food Desert!**

It wasn't long after I began my research on food deserts that I discovered it's not just kids living in these low-income areas who are starving for the nutrients they need to live healthy, but 83% of all the kids in America—including their parents.

As a result of our lack of phytonutrients, I discovered that kids as young as eight are developing adult-type chronic conditions like hypertension and high cholesterol. In fact, kids as young as twelve are developing type 2 diabetes and showing signs of heart disease. This should be considered a form of child abuse!

I wrote a good paper and got my “A,” but that didn't satisfy me because I had read a study that showed 71% of parents surveyed said they thought their kids were eating a healthy diet. I felt called to do something, so even though junior year was in full swing, I decided to apply for an independent study project at school. Fortunately, my project was approved, and I set out to produce an information-based website where busy parents could find helpful health and nutrition information for their kids.

Before I applied for the project, I recall asking myself, “Is anyone really going to listen to a kid?” Then I remembered what Monsignor Scheyd said when he introduced me at church the Sunday my Merry Christmas sticker story hit the newspapers. He said, “Sometimes it takes a child to say what needs to be said.”

It was then that I realized it might actually be more powerful coming from a kid instead of a physician or nutritionist pushing their personal agenda or position. I figured anyone could compile the most relevant research for parents, but it would be especially helpful for them to know that something written by another kid might actually inspire their kids to take an interest. So before I knew it, I was up to my elbows in research studies, blogs, books and articles.

As I began to compile the data, I decided to put it all into a huge binder by category. Before long, it resembled a book. That's when I was faced with one of the first true dilemmas of my life: should I keep to the original scope of the project and just design a simple website, or should I expand the material into a book (or two) that I knew would be invaluable to parents and their kids. It was then that I had to weigh the impact such a project might have on my grades, SAT's, school plays, singing in church, friends, and everything else a junior does. Knowing all this might suffer, I felt called to help.

It wasn't easy, and I must admit there were plenty of times when I felt totally overwhelmed. I even questioned my decision to take on such a project, but somehow I felt that God would not have put this on me if He didn't think I could handle it.

I presented my project in May, but instead of just a website, I also presented two books, one for kids and another for parents. The faculty board was blown away.

After that response, I contacted the One World Literacy Foundation. They loved the program and soon introduced it to the Magic Johnson Foundation.



If there was ever a question in my mind as to whether all of this hard work was worthwhile, it was answered on 9/8/2014, when together we visited the beautiful students at PS 45 in Bedford-Stuyvesant Brooklyn.

The staff was so excited, they offered to sponsor the GoBrite solution to the NYC Board of Education.

Left to right: Mr. Jose Nino: Executive Director of The One World Literacy Foundation, Me, Ms. Tracey Lott Davis: Principal of PS 45, and Ms. Jeanella Blair: Director of Community Empowerment Centers for the Magic Johnson Foundation. Mr. Nino has invited me to serve on his Board of Advisors.

Within minutes of our leaving the school that day, I literally broke down crying. When I asked one of the kids what they do after school, they replied, "I look for a place to hide until the shelter opens." It turns out 22% of these wonderful kids were homeless and lived in shelters. They ate two of their three meals at school.

Even though the beginning of senior year is a *very* busy time with all of the college applications and more, I kept thinking about the kids at PS 45 and how I could get my program into the hands of more families without having to deal with all of the bureaucracy associated with public schools. The Lord would soon light my path.

During the fall of senior year I found myself praying more than usual. I had so many issues on my mind including school work, college applications, which schools to apply to and my yet to be incorporated company, just to name a few. One of the first decisions I made was to pass on the fall play and focus on everything else I had to do. This proved to be a critical decision in my life because it enabled me to attend a weekend teen Emmaus retreat through my church.

## **Emmaus 68: Where My Heart Caught Fire!**

They say that every true follower of Jesus can pinpoint a specific event or moment when the Holy Spirit comes to life and that person gives their life over to Jesus. Emmaus 68 was that event in my life.

From the moment I was welcomed by thirty screaming kids, and saw the sign that read, **Hearts on Fire**, I knew something great was going to happen- and it did.

That first evening we were introduced to the Rector and Rectora for our Emmaus, Mario and Maribel Difiore. Throughout the weekend I could feel *their* amazing spirit growing inside of me. I will always love them for that great gift.

As the weekend progressed, I could feel my faith growing and the spirit coming alive inside of me. I was overwhelmed by all of the young Christians who worked the Emmaus and how excited they were about their faith. I remember thinking how much stronger our church would be if we could somehow empower millions of teens to help strengthen it.

I came home that Sunday evening and cried for an hour as I read the beautiful notes from my friends, family and people who were a part of Emmaus.

It was during this Emmaus that I gave myself over to my Lord and Savior Jesus Christ and asked Him to forgive me of my sins and to take over my life. It's amazing how everything began to fall into place. However, it didn't all happen at once. As the weeks went by, our Emmaus song kept playing in my head, "Do Something." But what? I had already written two books and built a website to help make kids healthy. What now? Then I came across a study that said Christians were the unhealthiest of all Americans, and that 4700 young Christians abandon God every day.

That's when I knew God was calling on me to create a global movement that would empower young Christians to help strengthen our church by saving a generation of His kids. I was able to hear God's calling because my heart was on fire and my spirit was alive.

I guess you could say the movement to Save God's Kids began when my heart caught fire at Emmaus 68.



## A God Wink and a Ripple

When I began to transform my GoBrite program to a Christian message for Save God's Kids, I decided to include my favorite quote on the back cover; *"I alone cannot change the world, but I can cast a stone across the waters to create many ripples."* Saint Mother Teresa.

About a year later, while meeting with an amazing priest in our diocese, Father Peter Lynch, he gave me an actual relic from Mother Teresa, which I will always treasure. A few months later, I began to feel that I was being called home to dedicate myself to launching the Save God's Kids movement. This was a very difficult decision, as I love Belmont and all of my beautiful friends, but I decided to study from home.

A month after I returned, I attended the kickoff meeting for Emmaus 73. There, Tom and Heather Devitt introduced the theme for their Emmaus- "Ripples." Then they read Mother Teresa's quote. I sat there in tears knowing that God had brought me home to work with the Emmaus 73 community to launch Save God's Kids. When the Devitt's asked me to address the two hundred plus people at Emmaus, I said; *"If not us than who? It's time for us to do something. It's time for us, GOD'S KIDS, to make some ripples that will change the world!"*

While my journey may have begun at Emmaus 68, it's the ripples that were created at Emmaus 73 that will carry Save God's Kids to the world.

# Finding My Strength

Justine Jorgensen (Co-Founder)

Growing up in a strong Catholic household, I never questioned going to church on Sunday...every Sunday. As I got older, and as my life became a little more hectic with sports, homework, college prep and friends, I wasn't as interested in maintaining my faith. Over time, I found it more and more difficult to motivate myself to go to church. If I did go, it was more out of a sense of obligation to my parents, but I never truly enjoyed it. While I didn't stop believing in my faith, like most kids my age, I did find myself less dependent on structured faith and put all of it on a back burner.

When I got into middle school I joined Wyldlife, the younger version of Younglife. Being that their mission is: *Introducing adolescents to Jesus Christ and helping them grow in their faith*, it attracted a lot of well-rounded and interesting kids from the school. There, I really enjoyed being part of a Christian community, while hanging out with my friends and listening to kids talk about their faith. Throughout the school year I always looked forward to going away to their summer camp. It was the best week of my life. I loved listening to the amazing speakers who would take a specific bible story and make it relatable to me as a teenager. Camp was always a place where I knew I was surrounded by like-minded people, and that gave me a lot of comfort, especially throughout high school.

However, once I got home from camp I found that the fire that had grown throughout the week quickly diminished, and that by the time I got back into the swing of school and all of its activities, it was nearly out. That's where I could always count on my mom to step back in to keep my faith present.

Once in high school, I joined Younglife and loved being able to meet all of the older kids. This helped me because they had obviously found ways to keep their faith alive amidst all of life's distractions.

During this period of my life, I was dedicated to gymnastics and diving. I loved the hard work and competition. During middle school, I had multiple surgeries on my left knee because the constant pounding was starting to damage my bones. In the spring of my freshman year, I went back in for a third surgery, which we all thought would be routine. During the procedure, I received spinal anesthesia instead of general and, as a result, developed a cerebrospinal fluid leak from the spinal anesthesia. This resulted in being out of school for the last four months of my freshman year. With a spinal fluid leak, the fluid that surrounds your brain and holds it afloat in your skull starts to leak out through a hole created in the Dura that surrounds your spinal cord. The pain associated with such a leakage is crippling, and the only way to get some relief is to lay completely flat.

So, instead of enjoying the end of my freshman year, and looking forward to a fun summer, I found myself being carted in and out of countless hospitals. Over a four-month period, I had three spinal procedures and was flown to Los Angeles, where I had an operation that finally repaired the leak. While at times I felt hopeless due to the lack of faith in so many of my doctors, I came out of this whole ordeal stronger than ever. Throughout the months I was hospitalized, I received countless cards and calls from family and friends, and also received many prayers from people from all over the world that I had met through a Facebook group. Receiving all of this love and support from total strangers, through what was clearly the most difficult time of my life, moved me and caused me to rethink what my purpose was in life.

I would continuously ask myself, "Why me?" "What have I done to deserve this?" "How am I ever going to get through this?" There were so many times I found myself praying for the strength to go on. Luckily, my family was always there to give me the strength I needed. Then someone told me that if you pray for strength, God doesn't make you strong, He gives you an opportunity to be strong. It was then that I thought back to all of the times in my life that I had asked God to help me be strong. It wasn't long before I actually began to see this all as a blessing instead of a curse. While I don't believe that God caused my accident, I do now believe that God answered my prayers and helped me become stronger as a person and as a Christian.

I also believe that he gave me a new sense of compassion for others in need, which is why I created a non-profit to raise awareness for these leaks, as well as provide moral support for those affected, and to raise money for scientific research. As the foundation grew, more and more people turned to me for support. Many just wanted to tell someone their story. Without really knowing it at the time, I believe I was guided to these people by God to help them find their inner strength.

During the summer going into junior year, I traveled to Malawi, Africa to help build a school. As soon as I



touched down in New York hundreds of messages started popping up on my phone. One particular message informed me that another member of the online community had succumbed to the pain and committed suicide. Every time I heard of another passing, I found myself hugging my

parents a little tighter at night and thinking of ways to make sure this never happened to anyone else. Why had He spared me? What does He want from me?

Later that year, I heard my friend Nancy talking about a research paper that she was writing on food deserts. When we discussed the paper, she told me how six out of seven kids in our country don't get the healthy foods that we take for granted, and how, as a result, they are developing adult diseases as young kids. A few months later, Nancy decided to create a foundation to make all of the information she had discovered available to caring parents. She also decided to create a movement that would empower millions of teens to help bring the kind of change we need in this country for your kids to grow up healthy. Taking what she learned, she even created a proprietary nutrition solution called GoBrite, which was immediately accepted by other major foundations and even the NYC public school system.

However, like myself, Nancy's faith led her to believe that God was calling on her, so she decided to launch this movement to save America's kids as a faith-based solution. The more I learned, the more interested I became in being a part of it, and quickly offered to help the foundation get started. While we were talking about the solution one day, I suggested she call it Save God's Children. After a lot of discussion, we finally settled on Save God's Kids because the foundation was all about kids saving kids.

As a kid who knows what it's like to feel helpless and live with the frustration of not being able to experience life to the fullest, I am so excited to be part of this movement to heal our church by helping all of its

members find the strength to live healthy, beginning with God's precious kids.

Every parent wants what's best for his or her child. Caring parents also want their kids to have a life that's better than theirs. One way is to help your child grow in their relationship with Jesus, as my amazing family has always done for me. Another way is to provide your child the nourishment they need to grow up healthy, active, smart and spiritually strong. Save God's Kids is a movement designed to help you achieve both of these goals.

Today, I'm a sophomore at Tulane University in New Orleans where I'm studying to become a pediatric orthopedic surgeon. I am on this path because I believe God put me there, and then gave me the strength to achieve anything.

While I still sometimes question what is the best venue for me to practice my ever growing faith, there are certain things I know for sure; God is always there for you even when life throws you curveballs, my amazing family will always be there to keep my faith strong, and every child of God deserves the nutrition they need to live healthy and spiritually strong so they too can fulfill God's plan.

May God bless your family and help you find the strength you need to raise your kids in God's image.

# I'm God's Kid

By Claire Leville

Co-Founder

My Friend; Aaliyah



The Bible is clear that all people are God's creation (Colossians 1:16), and that God loves the entire world (John 3:16), but only those who are born again are children of God (John 1:12; 11:52; Romans 8:16; 1 John 3:1-10).

I'm God's Kid and that's all the confirmation I will ever need in my life. Because I have accepted His son Jesus Christ as my Lord and Savior, I know that God is always there for me. He never judges me. He loves me unconditionally. He forgives me. And one day He will welcome me into a life of eternal happiness.

My parents have always instilled in Nancy and me that we are God's children and that they are stewards who have been given the privilege and responsibility of raising us in His image.



Growing up in a household where the presence of God was always strong, I knew from the time I was about five that I wanted to serve the Lord in some way, shape or form. When I was little, I wanted to be a pediatrician. Then, when I was about ten, I decided I wanted to be a neonatal critical care nurse. That passion for kids still burns inside of me today as I am helping to bring Save God's Kids to the children of our churches. Maybe this is what God has planned for me.

When Nancy and I were little, my dad would always ask us about our school day. Once in a while he would mention something that happened at school. He would say "Hey Claire, you fell in gym today, are you alright?" My sister and I would be in awe as to how he knew this, and all he would do was point to God and say, "Your Father told me. He tells me everything." So we grew up knowing that God was our Father and He sees everything we do.

Years later we discovered that dad would sometimes see a friend of ours in town and he would ask them about our day. Then, when he heard something he could use, he would play his game with us. The whole point of this wasn't to make Nancy and me think that our dad had magic powers, it was to instill in our minds that no matter what happens down here, God knows up there. I can't tell you how comforting it is to know that my Father in heaven is always watching over me, while my dad down here is always around.

Like me, your children belong to God. He is the one who made them, and He has a purpose for them, one that you may only be dimly aware of. Your job is to prepare them for life, and then let God bring about that purpose in His way and time. I know this is hard, but you must ask yourself, "Do I trust God to do what is right for my children?" You know you do. You just have to let Him work through you, as He probably is, as long as you are praying hard for His guidance.

You are your child's steward. The Lord has entrusted His precious kids into your care for a very short, but critical period of time in their lives. As their stewards, you are to look after them, encourage them, protect them, nurture and love them. But most important, you are to raise them in His image and nourish their body, mind and spirit so they can live healthy and grow to love and serve their Father in heaven. The problem today is that too many parents are falling short when caring for their own body, and then they raise God's kids in their image.

### **Bible verses on raising kids:**

*Proverbs 22:6 Train up a child in the way he should go; even when he is old he will not depart from it.*

*Genesis 18:19 For I have chosen him, that he may command his children and his household after him to keep the way of the LORD by doing righteousness and justice, so that the LORD may bring to Abraham what he has promised him.*

Deuteronomy 6:7 *You shall teach them diligently to your children, and shall talk of them when you sit in your house, and when you walk by the way, and when you lie down, and when you rise.*

## **Inspirational Quotes for Raising God's Kids**

“The family should be a closely knit group. The home should be a self-contained shelter of security; a kind of school where life’s basic lessons are taught; and a kind of church where God is honored; a place where wholesome recreation and simple pleasures are enjoyed.”~ Billy Graham

“A child needs both to be hugged and unhugged. The hug lets her know she is valuable. The unhug lets her know that she is viable. If you’re always shoving your child away, they will cling to you for love. If you’re always holding them closer, they will cling to you for fear.” ~ Polly Berrien Berends

A wise person truly said, “It ought to be as impossible to forget that there is a Christian in the house as it is to forget that there is a ten-year-old boy in it.” ~ Roger J. Squire

"One of the greatest gifts a father can give his children is to love their mother." - My Dad

We do not develop habits of genuine love automatically. We learn by watching effective role models – most specifically by observing how our parents express love for each other day in and day out.  
~ Josh McDowell

Let no Christian parents fall into the delusion that Sunday school is intended to ease them of their personal duties. The first and most natural condition of things is for Christian parents to train up their own children in the nurture and admonition of the Lord. ~ Charles Haddon Spurgeon

In closing, Save God's Kids is not just about helping you do a better job of raising God's kids, it's also about helping you be a better child of God. As you can see, our friend Nancy D. and her dad totally get it. And now you do too.

Love and God Blessings.



## A Christian Mom's Perspective

Melissa Rau (Board Member)

As a Christian mother, I care deeply about raising my children to know God and to live out their faith by reflecting Jesus' love to others. Furthermore, the health and well-being of my children has always been important to me. So when I learned all that I've learned from this book and through my conversations with Nancy and Kevin, Nancy's dad, I can't help but feel like I've been failing as a mom.

You see, I've always had an unhealthy relationship with food. Whether it's because I eat too much, eat the wrong stuff, etc., my weight can yo-yo 40-50 pounds. Not the average 10-15 pounds, but 40-50 pounds. What does that have to do with my children? Sadly, they are eating the same foods I'm eating and will most likely duplicate my eating habits.

Sugar. Processed foods. I've been unintentionally poisoning my kids with these all their life. One could say, "But sugar's natural, right?" Sure. But the process through refining it isn't. Plus, we simply consume way too much of it! And since we've learned that 50% of American adults are pre-diabetic or diabetic, nothing other than sugar and bad choices are to blame for that.

So what does a parent do after looking at him/herself in the mirror and accept that though his or her children

know Jesus, (s)he has totally failed in helping them honor God with their body? Honestly? It's comes down to making a decision and having the conviction to stick with it. The decision itself is easy: read this book and GoBrite!

Furthermore, we need to help our children understand that we are called to be good stewards of the body God has given us. And God has given us the food we need to nourish our body so we can be healthy, active, and smart—things we need to be to serve strong.

After learning about all this, I sat my kids down to teach them everything I'd learned by using this illustration: If you had a Lamborghini (or an Audi R8, my favorite), what kind of fuel do you think you'd put in it? Would you put the same type of gas someone would put in his or her jalopy? I'd hope not! Chances are, you'd put high-test, premium gas in it so it can run as efficiently and as smoothly as it was made to run. You wouldn't treat a luxury vehicle in the same way you'd treat a beater, right? So why then, do we treat our bodies with less respect than we would a luxury vehicle? Aren't our bodies priceless? Why then shouldn't we be using God's phytonutrient-rich foods to be the primary fuel to nourish our bodies? Instead, we've been treating our priceless body like we would a beater car. And that's got to stop, because our kids are now taking in the same poor fuel and their weak engines are beginning to break down long before their time.

They got it. But guess what? They are still addicted to those processed foods. Once an addict, always an addict. It's been a process in our home, a shift that is still taking place. Our shift hasn't happened overnight, but we've been making better choices, we've been talking about our decisions, and GoBrite has made it a lot smoother. Juicing and making smoothies is fun, and it's something my kids look forward to every day.

When I learned that our kids could be the first generation to not live as long as we do, I felt a huge weight on my shoulders. I've always wanted my kids to have a better life than mine. So when the latest research says kids as young as eight years-old are being diagnosed with Type Two Diabetes and heart disease, I can't help but feel a little bit responsible. Parents are the ones feeding their children. Type Two Diabetes is directly related to poor nutrition. Gosh, twenty years ago, the rule of thumb was that you weren't diagnosed with Type-2 Diabetes unless you were 29 yrs-old or older. Remember that?

I am personally responsible for what my children put in their mouths. You're responsible for what your children put in theirs. And since food is the **ONLY CURE** for things like Type Two Diabetes, hypertension, heart disease, etc., then why shouldn't I be teaching my children to eat in ways that will prevent them from having to seek out a pharmacy to help them "cope" with their bad eating habits and the havoc those eating habits have on their body?

The reality is that we can help our kids live life to the fullest instead of sentencing them to a life of chronic disease. God has given us everything we need to live a full and healthy life...we just have to make the choice to GoBrite. Join me?

Love and Peace



My daughter Talie is a co-founder of Global Children's Wellness, Inc.



# Save God's Kids- NOW!!

## A special note from Nancy

While the Save God's Kids program is primarily about nourishing your child's body, we are also concerned about their spirit. We have two serious issues in our society that must be addressed immediately- teen depression and suicide. As the following chapter so beautifully describes, many young people today are struggling just to survive, and far too many of these kids are not being saved in time.

While it's critical that we all work together to help spare God's kids from a future of disease and suffering, most of what we are talking about won't occur for years to come. On the other hand, a child or young adult who is suffering from depression may be only moments away from a decision that can't be reversed.

For that reason, I turned to an amazing friend and asked that they share their story in the hopes that it may help save someone you know. The symptoms described may even sound familiar, as 20% of kids today are dealing with precisely what my friend experienced.

What I love most about this story is that my friend came out the other side and has made my life, and that of many other people, so much more wonderful.

“Call upon Me in the day of trouble and I will rescue you, and you will honor Me” (Psalm. 50:15)

*This is dedicated to my parents, family and friends who I knew would be waiting on the other side, and to the man who gave me the strength to open the door.*

## **BOUNCING BACK**

*Anonymous*

After three-years, I've finally decided to tell my story because so many kids need to be rescued, and I pray that this may help save someone you love.

During your teen years, you tend to overemphasize life's events. Whether it's fighting with your best friend, getting cut from a sports team, being ignored by the so-called popular kids, failing a test, or breaking up with your high school sweetheart, everyone has low moments along the way. That's part of life, and the learning experiences you receive are so valuable. However, sometimes these events can take a larger toll than expected, and if you, your family member, or your friend ever goes through them, it can feel like your world is crashing down. I'm here to tell you it's not.

By now you're probably asking yourself, "What makes this kid an expert?" Well, I was there. I had allowed issues like these to take over my life. I got depressed.

I spiraled downward. I hit bottom. I was helpless. This is the story of how I bounced back.

For most of us, something as simple as waking up can be an experience unappreciated. Dreading the sound of your alarm, or the day that lies ahead of you, is not uncommon. At some point between the moment you wake up and the time you go back to sleep, you wish you could crawl back into bed for a few more minutes of shut-eye. While I don't blame you, I don't share your sentiment. Closing my eyes and going to sleep is something I never look forward to. It's not that I'm afraid of the dark. I don't need someone there to talk to me. I certainly don't mind the creeks or gusting wind. In fact, I'm not even afraid of death, because I know God will welcome me. The reason I don't like going to sleep is because when I was 18, there was one particular night when I truly felt that I was not going to wake up the next morning, and I knew it wasn't my time. Allow me to go back a few years and elaborate.

As a thirteen year old, I was slightly more emotional than your average 8th grader. I took things to heart that most kids just brushed off. I became wrapped up in my social standing, what people were saying about me, and who my friends were. Part of my emotional discomfort came from going through puberty, but I couldn't overlook the fact that I was causing some of the stress myself.

This continued on and off throughout the next few years of my life.

After freshman year, I went away to boarding school hoping to escape what felt like torture in my current environment. At first I felt better, but as I settled in I found myself slipping back into my old habits of paying too much attention to my social life and what was going on around me. As a result, my grades dropped, I was assigned a tutor, and my whole experience began to feel like home all over again. I hadn't yet realized that I was the problem and not my environment.

My personal destruction began with something as simple as burning lines in my skin with the eraser from a pencil. I thought I deserved the pain for letting my life get so out of control, but I wasn't doing anything to fix it. Instead, I left that boarding school because I was failing academically and socially, and I thought that another new environment (school) would make everything right. Truthfully, nothing changed. However, what did turn everything around for me happened the summer between my junior and senior year.

It was the summer after my 18th birthday. My family and friends could tell something about me was off. I was spending beautiful sunny days cooped up in my room trying to balance a rocky long distance relationship, while dealing with the stress of the college process.

Even though I knew I was making it worse by isolating myself, I couldn't accept the fact that I needed help. That was the biggest mistake of my life, because what happened next changed me forever.

I wasn't the only one affected by my state of mind. I hid from my friends and family because I didn't want them to see that I wasn't in a good place. But they knew, and when they tried to help I only pushed them further away because I wanted to figure it out on my own. In short, I was miserable, and I was making everyone's lives around me miserable as well. Then, about a month into summer, my girlfriend broke up with me. I quickly learned the hard way that if you're not happy with yourself; you can't possibly make another person happy.

I remember the night I hit bottom. My two best friends were at my house playing board games with my family and me. I kept leaving the room to check my phone to see if my ex-girlfriend had answered my texts. I did this about 5 or 6 times before I started becoming so unbearably frustrated that I decided to just stay in my room. I knew they were wondering where I was, but they thought it best to give me my space. Although secretly, I was praying that they would come up and save me from making an irreversible decision.

Lucky for me, like most people suffering from depression and feeling there was no way out, I voiced

my despair to a friend who had enough sense to call 911. She had gone through some tough times of her own and immediately recognized the signals. Because of her selfless actions, the police quickly showed up at my home, then the paramedics. One very kind and genuine officer sat with me and talked for about a half an hour. And for once, I listened. He told me that there is so much more to life; that there would be so many amazing days ahead. That kept me alive that night.

Before I knew it, we were on our way to the hospital. I had become THAT person you read about, sitting in the hospital with everyone watching you so you don't try something stupid. Talk about feeling helpless. I was locked in a room with nothing but a bed. There were windows all around so they could keep an eye on me. I felt like a fish in a bowl. They'd come in every hour to check on me. My family couldn't visit me. I couldn't talk to my friends. So I sat there all night wondering how I had let things get so out of hand. Wondering how I could get to the point where they thought I was crazy, even though I knew I wasn't. I ended up in this position because I let something get the best of me in a big way. However, I had finally reached a point where I knew I alone could not bring myself out of this place, so like most people in this situation, I prayed. I prayed for God to give me the strength. I prayed for forgiveness. In short, I prayed for God to save my life because I was truly helpless.

A little while later the door to my room opened and in walked this soft-spoken gentleman who introduced himself as Steve Pond, the hospital's chaplain. Steve was also a deacon in my church, but I hadn't been there for a while. From the moment Steve opened his mouth I felt a sense of calm come over me. If I'm being honest with you, I don't even remember the exact words Steve said to me. After all, I had just spent the last eight hours in and out of restless sleep, and was still processing the situation at hand. I do remember Steve looking me straight in the eye and telling me how much Jesus loved me. He told me that I would never be alone as long as the Holy Spirit lives within me. The more we spoke, the stronger I felt. Before long, I was ready to walk out that door and face life with a new appreciation for how lucky I was to be alive and a belief that I could get better.

Until I sat down to write this chapter for the Save God's Kids book, I had never mentioned Steve to anyone, and even Steve doesn't know to this day that he saved me that morning. When I told this story to Nancy and her family, they were amazed, because they had known Steve for years prior to our meeting and agreed that he truly lives in the spirit.

I still remember walking out of the hospital. Seeing the light of day and the breeze on face. It's like I was born again experiencing the world for the first time.

I felt lucky to be alive. When they cleared me that morning, I wasted no time getting after improving my mindset. I immediately apologized to all of my family and friends. They had witnessed my deterioration and had tried to intervene, but I wouldn't listen. They deserved to know how sorry I was for neglecting their support. Looking back on it, I needed to hit bottom before I could bounce back.

I'm now 21 years old. I attend a great university. I get to play my favorite childhood sport collegiately. My friends and family all love me for me. Most importantly, I'm incredibly happy. My past is in the past. If you met me now, you would be surprised this story is even true, but it is. I owe a very special person in my life for encouraging me to have the courage to share all of this with you. You know who you are.

While my life is back on track, nearly everyday I am reminded of what I went through when I hear of a kid committing suicide, and I thank God that someone had enough sense to call 911 before I became a statistic. Only now can I appreciate how much pain I would have caused my amazing family and friends.

Sharing my story wasn't easy, but I wanted you to know that there are people who care about yours. I know a lot of people say you have to hit bottom before you can bounce back, but I've come to believe it's a whole lot



easier to help someone before they get to that point.

We have a serious mental health crisis in our country. 1 out of 5 teens suffer from depression. It's not unusual for a teen to occasionally feel blue or "down in the dumps," but for too many kids, it has become an endless downward spiral. As a result, every two- hours, a teen in America commits suicide. Suicide is the third leading cause of death among young people, (12-24) resulting in about 4,400 deaths per year, according to the CDC. For every suicide among young people, there are at least 100 suicide attempts. Over 14 percent of high school students have considered suicide, and almost 7 percent have attempted it.

If you're a parent or someone who's concerned that their child or friend is in trouble, don't hesitate in reaching out to them or even bringing in professional help. A teen attempts a suicide in America every 8-seconds, so every second counts. Research shows that 90% of people considering suicide say something to someone before they do it. Imagine being that someone and not acting on it? Attached is a list of the signs that you need to look for if a loved one is showing signs of depression.

If you're someone who is feeling the way I felt, go straight to your parents, a teacher, your priest or pastor, a friend, a policeman, or anybody you can get to and just tell them you're scared. Believe me, **THEY WANT TO HELP YOU**. So does your Father in heaven. While people like to say that God helps those who help themselves, it's not true. And it's nowhere in the bible. Ben Franklin said that. Scripture is clear on this point, **GOD HELPS THE HELPLESS**. So if you feel like you're at the bottom, then go a little lower and get on your knees. Tell God that you need His help and ask Him to take over your life- as I did. I promise He will give you the strength to stand and go on with your life, because He wants you to tell of your miracle, like I'm telling you of mine.

I never planned on looking back, but for those who never got the chance to wake up from the pain, this is for you. The world can be a cold place when you live in the darkness. Kneel down... Rise up... Bounce back!

These are some of the signs parents may notice. If they last for at least two weeks, what you are seeing may be depression:

- An irritable, sad, empty or cranky mood and belief that life is meaningless.
- Loss of interest in sports or activities they used to enjoy, withdrawal from friends and family, pervasive trouble in relationships.
- Changes in appetite, significant weight gain or loss.
- Excessive late-night activities, too much or too little sleep, trouble getting up in the morning, often late for school.
- Physical agitation or slowness, pacing back and forth and/or excessive, or repetitive behaviors.
- Loss of energy, social withdrawal, withdrawal from usual activities, or boredom.
- Making critical comments about themselves, behavior problems at school or at home, overly sensitive to rejection.
- Poor performance in school, a drop in grades, or frequent absences.
- Frequent complaints of physical pain (headaches, stomach), frequent visits to school nurse.
- Writing about death, giving away favorite belongings, comments like “You’ve be better off without me.”

Keep in mind that a lot of these symptoms are also indicative of normal teenage behavior. That’s why teenage depression can only be diagnosed by a trained health or mental health professional — like a child psychologist or psychiatrist.

# The *Motivation* You Need to Take Action



*Mo-ti-va-tion (noun)*

- *giving reason to act*
- *forces determining behavior*

## America's Health Crisis ...

Even though 71% of Americans think they eat a “relatively healthy diet,” America is:

- The #1 heaviest nation on earth.<sup>iii</sup>
- #1 in nutrition-related chronic diseases.<sup>iv</sup>
- #1 in prescription medications. 70% of Americans take prescription drugs.<sup>iv</sup>

Though some controversy exists about the validity of the scoring system used to back up the following statistics, even given a wide margin of error, they are disturbing. Despite spending twice as much per person on healthcare than any other nation:

- America's healthcare ranks 37<sup>th</sup> in the world right behind Croatia.<sup>v</sup>
- We rank 38<sup>th</sup> in infant mortality. Even Cuba has a 33% lower infant mortality rate.<sup>vi</sup>

Can you believe that there are actually more obese Americans than there are people who are considered normal weight? All you have to do is go to Disney World and look around. As a result of our standard American diet (SAD), the CDC estimates 84%<sup>vii</sup> of our health issues could be avoided if we would just eat a healthier diet.

The following article is from the **Center for Disease Control and Prevention (CDC)** website. It does a great job of explaining just how bad the crisis in America has become. Don't be disillusioned if these statistics are mainly about adults, because kids as young as eight are developing hypertension and other adult-type diseases as well.

### **Chronic Diseases: The Leading Causes of Death and Disability in the United States**

*Chronic diseases and conditions—such as heart disease, stroke, cancer, diabetes, obesity, and arthritis—are among the most common, costly, and preventable of all health problems.*

*As of 2012, about half of all adults—117 million people— have one or more chronic health conditions. One of four adults has two or more chronic health conditions.<sup>1</sup>*

*Seven of the top 10 causes of death in 2010 were chronic diseases. Two of these chronic diseases—heart disease and cancer—together accounted for nearly 48% of all deaths.<sup>2</sup>*

*Obesity is a serious health concern. During 2009– 2010, more than one-third of adults, or about 78 million people, were obese (defined as body mass index [BMI]  $\geq 30$  kg/m<sup>2</sup>). Nearly one of five youth aged 2– 19 years was obese (BMI  $\geq 95$ th percentile).<sup>3</sup>*

*Diabetes is the leading cause of kidney failure, lower limb amputations other than those caused by injury, and new cases of blindness among adults.<sup>6</sup>*

*Getting to the root cause of a problem is always the first step in fixing it. The following will help you understand how this crisis in America began. This is from the same CDC article as cited above.*

## **Health Risk Behaviors that Cause Chronic Diseases**

*Health risk behaviors are unhealthy behaviors you can change. Four of these health risk behaviors—lack of exercise or physical activity, poor nutrition, tobacco use, and drinking too much alcohol—cause much of the illness, suffering, and early death related to chronic diseases and conditions.*

*In 2011, more than half (52%) of adults aged 18 years or older did not meet recommendations for aerobic exercise or physical activity. In addition, 76% did not meet recommendations for muscle-strengthening physical activity.<sup>7</sup>*

*About half of US adults (47%) have at least one of the following major risk factors for heart disease or stroke, uncontrolled high blood pressure, uncontrolled high LDL cholesterol, or are current smokers.<sup>8</sup> Ninety percent of*

*Americans consume too much sodium, increasing their risk of high blood pressure.<sup>9</sup>*

*In 2011, more than one-third (36%) of adolescents said they ate fruit less than once a day, and 38% said they ate vegetables less than once a day. In addition, 38% of adults said they ate fruit less than once a day, and 23% said they ate vegetables less than once a day.<sup>10</sup>*

*More than 42 million adults—close to 1 of every 5—said they currently smoked cigarettes in 2012. Cigarette smoking accounts for more than 480,000 deaths each year.<sup>11</sup> Each day, more than 3,200 youth aged 18 years or younger smoke their first cigarette, and another 2,100 youth and young adults who smoke every now and then become daily smokers.<sup>11</sup>*





## A Generation At Risk

Whether you're a parent, a grandparent, an educator, or just someone who happens to love kids, this information may shock you. If nothing else, I hope it motivates you to take action.

**Sick Before Their Time: More Kids Diagnosed With Adult Diseases; Alexandra Sifferlin, July 16, 2013, *TIME*** *"Diabetes, obesity and elevated blood pressure typically emerge in middle-age, but more young children are showing signs of these chronic conditions."*

The average weight of a 10-year-old boy in 1963 was 74.2 pounds. By 2002, the average weight was nearly 85 pounds. Among girls, that figure went from 77.4 to 88 pounds.



# Not My Baby!

**'Fat? Not my child.' Parents don't see kids as heavy.**

Nanci Hellmich, USA TODAY February 3, 2014

*About 14% of parents see their normal-weight children as underweight, the study shows. Parents may be in denial when it comes to their kids' weight.*

A new study shows that about half of parents with overweight or obese children don't think their kids are too heavy. The researchers found this is true in the U.S. and around the world.

"Parents who underestimate their kids' weight may not take action to encourage healthy behaviors that would improve their child's weight and reduce their risk of future health conditions," says lead author Alyssa Lundahl, a graduate student in the clinical psychology program at the University of Nebraska, Lincoln.

These findings come after a study that showed kids who are overweight in kindergarten are four times more likely to be obese by eighth grade compared with their normal-weight peers.

"About a third of the nation's young people are overweight or obese," says the Centers for Disease

Control and Prevention website. Extra pounds put kids at a higher risk for type 2 diabetes, high blood pressure, high cholesterol, liver disease, sleep apnea, musculoskeletal problems and other health problems.

Lundahl and colleagues reviewed 69 studies involving almost 16,000 children, ages 2 to 18. Among findings in the March issue of Pediatrics, online today:

- 51% of parents with overweight or obese children thought their kids were a normal weight.
- About 14% of parents with normal weight kids considered their child underweight.
- Parents of kids ages 2 to 5 were more likely to underestimate the weight of heavy children than parents of heavy kids in elementary school or older.

"As kids get older, parents realize it's not just baby fat any more, and the kids are not going to grow out of it," Lundahl says.

Parents were less accurate in judging the size of their sons, thinking that normal weight boys were actually underweight. "There is a belief that boys are supposed to be big, strong and muscular, so normal weight boys are sometimes perceived as too small," she says.

If you don't think weight matters, then read the following from the **American Heart Association** website:

“Today, about one in three American kids and teens is overweight or obese; nearly triple the rate in 1963. With good reason, childhood obesity is now the No. 1 health concern among parents in the United States, topping drug abuse and smoking. Among children today, obesity is causing a broad range of health problems that previously weren't seen until adulthood. These include high blood pressure, type 2 diabetes and elevated blood cholesterol levels. There are also psychological effects: obese children are more prone to low self-esteem, negative body image and depression.

Excess weight at young ages has been linked to higher and earlier death rates in adulthood. Perhaps one of the most sobering statements regarding the severity of the childhood obesity epidemic came from former Surgeon General Richard Carmona, who characterized the threat as follows: “Because of the increasing rates of obesity, unhealthy eating habits and physical inactivity, we may see the first generation that will be less healthy and have a shorter life expectancy than their parents.”

Diet is the #1 contributor. According to the

Center for Disease Control and Prevention, in its Morbidity and Mortality Weekly Report published November 25, 2011:

- *On any given day, 30% of kids will not eat a single fruit or vegetable.*
- *Yet, 32% will have a fast food meal.*
- *By the time a child is two, french fries is the most consumed vegetable.*
- *Soda consumption has increased 70% over the past twenty-years. It's n o w the #1 breakfast drink in America and contributes the most calories to our diet.*



"As a result of our poor eating and lifestyle habits, today's kids have a future dependent on prescription meds to stay alive." A Center for Disease Control Report from 2010 provides these startling statistics:

- *An obese 6-year-old is 50% more likely to be an obese adult.*
- *Being obese at 20 can cut up to 20-years off of a person's life.*
- *Obese kids are 3X more likely to have high blood pressure.*
- *27 million kids under eighteen have high cholesterol.*
- *Kids as young as 8-yr old are on statins.*
- *1 in 3 kids will contract Type 2 Diabetes.*
- *40% of Type II Diabetes is diagnosed in teens.*

**Obese children show signs of heart disease typically seen in middle-aged adults.** October 25, 2010 Source: Heart and Stroke Foundation

Summary: "The blood vessels of obese children have stiffness normally seen in much older adults with cardiovascular disease," a Canadian researcher says. "The clock is ticking and the shape of the 13 year-old-heart is changing -- for the worse."

## Childhood Obesity Is Out of Control

“Among preschool children aged 2-5, obesity increased from 5.0% to 10.4% between 1976-1980 and 2007-2008 and from 6.5% to 19.6% among those aged 6-11. Among adolescents aged 12-19, obesity increased from 5.0% to 18.1% during same period.” (Source: [CDC National Center for Health Statistics](#))

“Since 1980, the prevalence of BMI for age at or above the 95th percentile (sometimes termed ‘obese’) has tripled among school-age children and adolescents, and it remains high at approximately 17%.” (Source: [JAMA Vol.303 No. 3, January 2010](#))

“Obese children and teens have been found to have risk factors for cardiovascular disease (CVD), including high cholesterol levels, high blood pressure, and abnormal glucose tolerance. In a population-based sample of 5- to 17-year-olds, 70% of obese children had at least one CVD risk factor while 39% of obese children had two or more CVD risk factors.” (Source: [CDC Website: Overweight and Obesity Consequences](#))

“Type 2 diabetes is increasingly being reported among children and adolescents who are obese. While diabetes and glucose intolerance, a precursor of diabetes, are common health effects of adult obesity, only in recent years has Type 2 diabetes begun to emerge as a health-related problem among children and adolescents.”

(Source: [CDC Website: Overweight and Obesity Consequences](#))

Overweight and obese children are also more frequently bullied and are less likely to be liked by other children.





## Greater Numbers of Children Being Treated for Diabetes, High Blood Pressure, High Cholesterol

By Bill Hendrick  
WebMD Health News; Reviewed by Brunilda Nazario, MD

Nov. 3, 2008 -- A new study shows that drug therapy is increasingly being used to treat children and teens with obesity-related health problems, such as diabetes, hypertension, high cholesterol, and depression,

In addition, more children and teens between 5 and 19 are taking drugs for asthma and attention deficit hyperactivity disorder (ADHD), which aren't related to obesity, say scientists at St. Louis University in the November issue of the journal *Pediatrics*.

"The main message of our study is that we are using chronic medication a lot more than we used to," Donna Halloran, MD, a professor of pediatrics at St. Louis University, tells WebMD. "We know obesity causes other medical complications, like diabetes, high blood pressure, cholesterol problems, and depression."

## Children With Poor Nutrition

by Alissa Fleck, Demand Media

“Childhood is a time of critical growth in which proper nutrition is absolutely necessary. Children who have poor diets -- whether because of a lack of food or because of patterns of eating that lead to inadequate intake of nutrients -- are prone to significant short-term and long-term health impacts and diseases. Children afflicted by sustained poor nutrition are at greater risk for obesity, mental and emotional health problems, and a failure to thrive academically.”

### **Mental Health**

According to the Children's Defense Fund, children who do not have access to proper nutrition are much more likely to suffer from psychological disorders, such as anxiety or learning disabilities. These children are also significantly more likely to require mental health counseling. Poor nutrition negatively impacts a child's ability to develop properly and adapt normally to certain situations. A study in the "Indian Journal of Psychiatry" in 2008 noted a link between iron deficiency and hyperactivity disorders in children. Iodine deficiency has also been linked to some developmental impairments. Skipping meals or overindulging in sugary foods, have also been linked to depression.

## **Education**

Data taken from The National Health and Nutrition Examination Survey revealed children with poor nutrition are more likely to miss days of school and be required to repeat grades. When a child does not get the required amounts of vitamins, minerals and other nutrients for health, it could lead to lethargy, a lack of energy and a general failure to thrive. The World Bank notes an association between improper childhood nutrition and lower IQ levels as well.

## **Illness**

Poor nutrition and obesity have the potential to result in many long-term, chronic illnesses. One of these conditions is type 2 diabetes, which is preventable with healthy lifestyle changes. Unchecked type 2 diabetes, resulting from poor nutrition in childhood, can lead to a lifetime of problems including heart disease, stroke, limb amputation and blindness, in addition to extreme financial burden. Poor nutrition in childhood also has the potential to negatively impact a person's reproductive health. Poor nutrition also influences the development of high blood pressure, stroke, cancers and heart disease. Ingrained eating habits that lead to these diseases are very difficult to reverse.”

DON'T DESPAIR! Now that you better understand of the crisis, you can begin to make simple changes in your child's diet. This easy to follow guide will actually provide you lists of the foods that will properly nourish your kids. The more of these foods they eat, the fewer cravings they will have for the foods that are literally damaging their bodies with every bite.

GoBrite foods are packed with phytonutrients that can actually help prevent and reverse hypertension, high cholesterol and a host of other diet related diseases, so every "GoBrite" is like taking a nutrition prescription.





**The *Education***  
**You Deserve as**  
**a Caring Parent**

# A Holistic Point of View

Amanda Bernshteyn, MA, NC

When Nancy reached out to me to read her book, I must admit that I was more than a little apprehensive. What could a high school junior possibly have to offer an industry that is already saturated with books and opinions on how to feed children? However, I was intrigued that this effort was coming from someone so young. Well, as Nancy has mentioned, "Sometimes it takes a child." Nancy's "GoBrite" approach to eating healthy is 100% accurate, and is precisely the easy to implement program that busy parents need and that kids will enjoy. The fact that it's coming from a group of teens will even make it easier to sell to your kids.

As you will see, this valuable guide presents nothing but facts, and it does so in a way that leaves very little room for argument. Either you believe the data and research that's being presented, or you're choosing to live in denial. Now that may seem a little harsh, but when you examine the critical information that the author has compiled, you'll understand my position.

We have a health crisis that touches nearly every child in America. Our eating behavior has become so damaging that it's now predicted your kids may not live as long as you do. Children as young as eight are developing conditions like high cholesterol and hypertension. Just thirty years ago, you never heard of

teenagers contracting type-2 *adult* onset diabetes. Today, 40% of new cases are in people under eighteen. These kids will live seven fewer years.

Nancy has done a remarkable job of presenting statistics like this as a way to *motivate* caring parents to take action in their own home. Another critical point that she drives home is that our medical community is simply not trained to deal with our epidemic of n u t r i t i o n - r e l a t e d chronic conditions. Physicians receive less than 24-hours of nutritional training in medical school and therefore cannot provide the nutritional guidance parents need to best care for their children. In fact, most physicians are on the same prescriptions as their patients. In other words, the health and well-being of your child is in your hands; that my friend, is why I believe this simple guide is going to prove so valuable.

I really like the way Nancy broke the book into four key sections: Motivation, Education, Direction and Support. In her words, “America’s New M.E.D.S.!” This way, she takes the reader on a journey from awareness to execution. Throughout the journey, Nancy provides lists of GoBrite foods that will deliver the nutrients your child will need to grow up Healthy, Active and Smart.

Nancy's position that eating a variety of foods that have phytonutrients is the key to a healthy body is

spot on. While they've been around since the Garden of Eden, only recently have scientist been able to uncover their miraculous healing power. Until recently, scientists only thought they gave food their color and flavor. Now we know that specific phytonutrients can actually prevent and reverse diseases in the body. That's why it's critical to eat all of the GoBrite colors. This efficient way of eating your fruits and vegetables will enable you to get the nutrients you need, while eating fewer foods, which can't hurt if you're on a budget.

GoBrite for Life,

*Amanda*

Amanda Bernshteyn MA, NC

Amanda Bernshteyn, MA, NC is a nutritionist with a holistic attitude about health. She graduated from the George Washington University School of Public Health. She then studied with some of the top public health professionals in the world at The London School of Hygiene and Tropical Medicine to obtain a Masters degree in Public Health Nutrition, with a concentration in Health Promotion. Amanda completed a program in Holistic Nutrition at Bauman College in Berkeley, California. Amanda is a Certified Nutrition Consultant practicing in the San Francisco Bay Area and is a member of Global Children's Wellness Board of Nutritional Advisors.





## The Standard American Diet (SAD)

America Is An Overfed Yet Undernourished Nation. A whopping 62% of our diet comes from processed foods that are full of sodium, sugar, refined oils, t o x i c fats and empty calories with no nutritional value. Another 25.5% comes from unhealthy CAFO (Confined Animal Feeding Operations) meats, eggs, dairy and fish as opposed to healthy free range, grass-fed, free-range or wild meats, eggs, dairy and fish. This leaves a dismal 12.5% of our diet coming from the phyto - rich fruits , veggies, beans, nuts, seeds and whole grains that can actually help prevent and reverse diseases in your child's body, as well as yours.



Best selling author Dr. Joel Fuhrman explains how the Standard American Diet is hurting us all.

Dr. Fuhrman says, “The Standard American Diet is simply deadly.” Your immune system is the mastermind behind your body’s ability to resist disease. Eating a diet deficient in micronutrients, weakens our immune system, causing the body not to be able to remove toxins and to repair itself, gradually increasing cellular damage. This cellular damage causes DNA defects. These defective cells are the ones that are now being regenerated and reproduced, and if uncontrolled, the defective cells multiply and develop into disease and cancer.

Though not every expert agrees fully with the following quote from his book; *Disease Proof Your Child*, it certainly provides food for thought when Dr.



Fuhrman passionately states that, “*What a child eats before their twelfth birthday has as much of an impact on their*

*developing cancer later in life than what they eat the next thirty years.*”

While the following article is a bit long, it really explains how the American diet has evolved, and how it is detrimental to our health.

## Dietary Report Card Disappoints

By JANE E. BRODY (NYTimes) 9/23/2013

*From time to time, the Center for Science in the Public Interest, a Washington-based advocacy group, prepares an updated “report card” on changes in the American diet. The latest, collated by the nutritionist Bonnie Liebman and published in the September issue of the center’s Nutrition Action Newsletter, is not one Americans should be especially proud of.*

*The analysis of changes in food consumption from 1970 to 2010 reveals that we still have a long way to go before we come close to meeting dietary guidelines for warding off obesity and chronic health problems like diabetes and heart disease.*

*The news isn’t all bad. Our consumption of added sweeteners, though still significantly higher than it was in 1970, has come down from the “sugar high” of 1999 when the average was 89 pounds per person. Nonetheless, an average of 78 pounds per person in 2010, mostly as sugar and high-fructose corn syrup, is still too much, Ms. Liebman points out.*

*Even our B-plus for cutting back on fats and oils, the*

*highest grade Ms. Liebman awarded, is a mixed bag. Yes, we've dramatically reduced consumption of heart- damaging trans fats and, to a lesser extent, saturated solid fats like margarine and shortening. But there's been a steady, steep climb in total fats added to the diet in the form of salad oils and cooking oils.*

*As a country, we have definitely not been on a "low-fat diet." The average person consumes 20 pounds more in total fat yearly than in 1970, which partly explains why the obesity rate among adults has more than doubled since then, when only 15 percent of Americans were obese.*

*In 2005, the Agriculture Department has reported, the average American consumed 645 calories a day in added fats and oils, not counting the fats naturally present in foods like meats and dairy.*

*Americans seem to think that if a food is considered a healthier alternative, it's O.K. to swallow as much of it as one might like. People forget, or never knew, that a tablespoon of olive oil or canola oil has about the same number of calories as a tablespoon of lard (about 115), and even more calories than a tablespoon of butter (90).*

*"We never were on a low-fat diet," Ms. Liebman said in an interview. "We increased our fat intake from pizzas, burgers, French fries, baked goods and restaurant- prepared foods."*

*Likewise, grain products. "There's been a huge increase in grains in the last 30 years — bread, cereal, pasta, rice, burritos, pizza crust, panini, muffins, scones — mostly made from white flour," she said. "We've been blaming the obesity epidemic on sweets, and we are eating too much sugar, but we need to pay more attention to grain.*

*It would not be great to simply replace refined grains like white flour and white rice with whole grains," she added. "We need to cut back on grains, period. Whether made from white flour or whole wheat, one unadorned New York-style bagel supplies about 500 calories, and a 21st century muffin often contains as many as 800 calories.*

*Though thinking has changed quite a bit regarding fats recently, it is currently believed that healthy or smart fats like grass-fed butter, olive oil, avocados, nuts, seeds and fats from hormone free, antibiotic free grass-fed beef, free-range chicken, eggs and wild fish is extremely healthy. What's still considered less healthy are vegetable oils, toxic fats from CAFO raised animals and farm raised fish. Definitely toxic are trans-fats and margarine, so avoid those at all costs.*

The following chart blew my mind when I first saw it. Our calorie intake has gone from 1800 per day to 2700 over the past 100 years. That's 900 calories a day, which equates to 99 pounds worth of added calories per year. No wonder we're getting fat. But most alarming from a health standpoint is the massive increase in sugar and processed carbohydrates (like white bread, white rice, pasta, white flour products, cookies, cakes, white potatoes) which has driven the diabetes and obesity epidemic in this country.

Year	1900	2010
Sugar	5 lbs/year	200 lbs/year
Oils/fat	4 lbs/year	74.1 lbs/year
Cheese	2 lbs/year	30 lbs/year
Meat	140 lbs/year	210 lbs/year
Artificial Sweeteners	Zero	24 lbs. /year
Ice Cream/ Pizza	2lbs/year	52lbs./year
Soft drinks	0	53 Gallons
TV	0	4 hours/day
Calories	1800	2700/day

# Food Additives

If you live in America, it's almost impossible to avoid processed cereals, snacks, and convenience/fast foods in your diet. However, a diet high in processed foods exposes your body to a litany of evil food additives, all of them artificially engineered and all of them bad for your kids' health.

Here are the top ten evil food additives to look out for...

Emily Lockhart, Activebeat.com

## 1. High Fructose Corn Syrup

High fructose corn syrup (or HFCS) is not only a mouthful to say, it's also pretty treacherous on the waistline as well, making up the bulk of empty calories in processed foods, and HFCS is an ingredient in pretty much all of them! Not only does this additive—found primarily in processed snacks, breads, salad dressings, cereals, and candy—raise LDL cholesterol (bad) levels; it aids weight gain, and contributes to type 2 diabetes.

## 2. Trans Fat

The dreaded trans fat got a lot of attention a few years back prompting consumers to scour shelved foods for this (literally)



heart-stopping substance. However, almost all deep-fried fast foods contain the bad fat that causes increased LDL (or bad) cholesterol levels, and in turn leading to heart disease, diabetes, chronic inflammatory disorders, and strokes. Look for trans fats in any deep fried goodies, chips, crackers, baked treats, or any foods made with margarine or partially hydrogenated vegetable oil.

### **3. Aspartame**

Aspartame, which is the chemical combination of E951, is rife in diet, no fat, and sugar free-labeled soda, gum, sweets, cereal, yogurt, and a plethora of other convenience foods and beverages. While it may mask itself as a dieters ally, Aspartame is a neurotoxin and carcinogen, which basically means that it's a toxic sweet poison that's been linked to brain tumors, diabetes, multiple sclerosis, Alzheimer's, anxiety disorders, and migraines.



### **4. Food Dyes**

Blue #1 and #2 (or E133), red #40 (or E124), yellow #6 (or E110), and yellow tartrazine (or E102)—most of these common,

artificial food dyes have been banned in European countries for causing brain and behavioral issues,



thyroid and adrenal cancer, and chromosomal damage. If you take the time to read the box, you'll find them hidden in North American sweet snack foods, boxed macaroni and cheese, cereal, soda, energy drinks, and ice cream.

## **5. Monosodium Glutamate**

MSG, the popular amino acid that's so flavor-enhancing that it literally makes you see spots. I'm not kidding; this popular excitotoxin—added to soups, salad dressings, and restaurant entrees—will eventually cause disorientation, impaired vision, headaches, and neurological damage if consumed in excess.



## 6. Sodium Nitrate

Sodium nitrate has put a black smear on processed lunchmeats—like bacon, ham, hot dogs, and other processed meats—for its carcinogenic



on the human digestive system. Sure, it adds to the preservation time and boosts color in these foods, but it also causes liver and pancreatic damage.

## 7. Potassium Bromate

A common additive that “fluffs” or boosts the volume of bread products made with refined, white flour, potassium bromate might give that crusty roll extra softness in the middle. However, trace amounts of potassium bromate led to several cancer diagnosis when it was fed to animals during food testing studies.



## 8. Sulfur Dioxide

Sulfur additives (or E220) is considered so toxic that the US Federal Drug Administration

(FDA) actually banned its use in soda, beer, juice, vinegar, and dried fruits. Once sprayed on raw fruits and vegetables for preservation at the grocery store, sulfur dioxide has been linked to causing hypotension, conjunctivitis, asthma, bronchitis, emphysema, and cardiovascular disease.

## **9. Sodium Sulfite**

The preservative also listed as E221 (or sulfites) on wine and foods containing processed dried fruit, is a prime cause of food sensitivities and associated headaches, rashes, and asthma. Those with severe allergies can actually suffer anaphylaxis (or restricted airways) and death due to consuming foods containing sulfites.

## **10. BHA and BHT**

Butylated hydroxyanisole (BHA) and butylated hydroxytoluene (BHT) are commonly added to foods to prevent spoilage as far as taste and color. You'll find this mood-altering, cancer-causing additive in boxed cereals, chewing gum, some frozen meats, jello, and potato chips made with vegetable oils or snacks made with shortening and lard.

Here's a very important article about food additives that every parent should read:

<http://renewwholehealth.com/food-additives-101-are-they-making-your-child-sick/>

## America's Literally Starving to Death



Believe it or not, this kid is starving... starving for the nutrients h e n e e d s that is. According to the USDA, while the average American consumes 530 more calories than they need each day, the overwhelming majority of Americans don't get the minimum daily requirement of nutrients. It is our lack of nutrients that results in food addictions, overeating, weight gain, and a weakened immune system, which leads to a whole host of chronic conditions from allergies to cancer.

The following article from the NY Times in June 2013 discusses how foods are losing their nutritional punch.

*It seems ridiculous that a nation of obese people could be nutritionally-starving to death, but the plain truth is that we are simply over-fed and under-nourished.*

*The nutritional value of foods is at risk, with the amount of nutrients found in fruits and vegetables having diminished greatly over the years. One apple today may carry half the amount of nutrients as an apple produced 50 years ago.*

*So, how exactly is it possible to be starving to death when the average American eats more than 2700 calories a day? The average person needs no more than 2200 calories per day. The CDC (Centers for Disease Control and Prevention) admits that obesity causes a plethora of disease: heart disease, type 2 diabetes, stroke, and some types of cancers, among them.*

### *Overeating, Nutritionally-Dead Food, and Ineffective Farm Practices*

*One problem is that even with all of this calorie consumption, people aren't obtaining the basic nutrients their bodies crave in order to carry out its basic functions. This, in turn, leads to more eating, as the body feels 'hunger' as a neurological response to depleted nutritional stores. Take for example, the chemical process that occurs when we eat high fructose corn syrup (often made from GMO corn). When we eat this nutrition-less black hole of a food, we undergo a fierce cycle of craving and eating instigated by circulating triglycerides.*

*Belly fat was especially pronounced in a Princeton study. Instead of feeling full after we drink sodas or eat processed foods that are made with high fructose corn syrup, we feel hungry again. Our natural satiety isn't quelled and the vicious loop to eat more foods with no nutrition ensues.*

*Second, many of our agriculture practices have completely ruined the soil we grow food in, so we no longer enjoy the proper nutrients that were once provided for abundantly by just having highly fertile turf on which to plant our crops. We eat too many processed foods, and when we do eat a vegetable or fruit, it often has been grown in a mineral-depleted soil that has been improperly used since at least the 1950's. The paradox of an overfed nation starving itself to death goes back to agricultural practices and simple, good nutrition...*

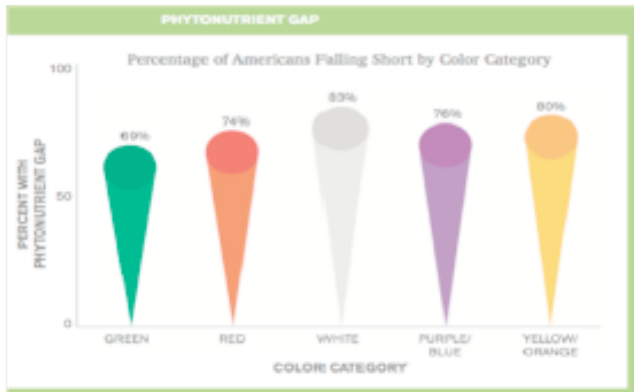
Maybe it's time to go back to the old saying, "If a food makes its own packaging, then eat it."

Or my favorite, "If it makes a health claim DON'T eat it!"

According to a recent [America's Phytonutrient Report](#), 83-percent of Americans do not eat an adequate amount of fruits and vegetables, resulting in a "phytonutrient gap" that is causing serious, widespread health problems.

The NY Times reported June 2013: *“Deficiencies in vital phytonutrients is causing our nation’s obesity and chronic illness epidemic.”*

When it comes to fruits and vegetables, there are generally five color categories that are recognized. These include the GoBrite foods: G=green, O=orange/yellow, B=blue/purple, R=red and ITE=white. Each color category is said to play a different role in health. White, for instance, tends to inhibit cancer and high cholesterol levels while promoting heart health. The yellow and orange category contributes to healthy eyes, as do greens, which also restrict the growth of cancer cells in the body.



We're simply not eating enough of these  
colorful foods.





## Where to Get Your Protein: Beef vs. Broccoli?



Have you ever noticed how cows, our #1 source for protein, don't eat meat? They eat green grass. Hmmm?

While there is no debate that we are terribly deficient in healthy phytochemicals from brightly colored fruits, veggies, nuts, beans and seeds, there is still quite a debate raging in the scientific community over the role of how much meat we should be eating.

Expert opinions differ on both sides of this argument from paleo diets based on healthy meats (preferably grass-fed and always hormone-free and antibiotic free) and veggies to vegan

diets based on abstaining from all animal products or animal derived products (milk, dairy, eggs).

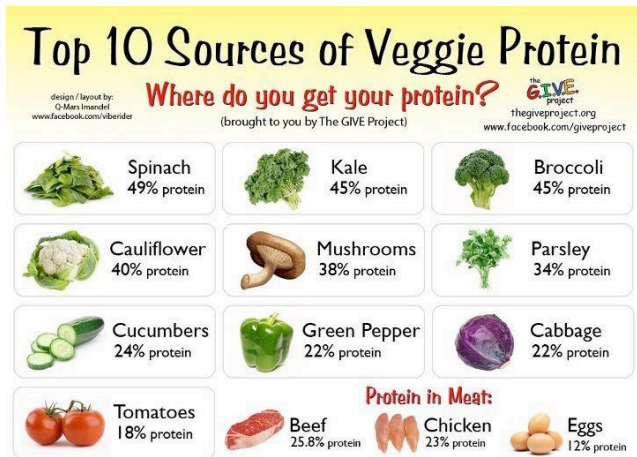
Functional medicine expert and best-selling New York Times author, Mark Hyman, M.D., probably said it best when he once found himself at a medical roundtable on healthy foods, where one expert to his left was espousing the benefits of a paleo meat-based diet and the other expert on his right was espousing the benefits of a vegan diet, so Dr. Hyman proudly announced to the audience that he must be a “pegan” because he felt the scientific literature best supports the combination of a largely plant based diet (about 75% of the plate) along with healthy meats (about 25% of the plate).

You will have to decide for yourself and your kids, but in general, science tends to favor a plate that is 75% plant based (veggies, fruits, grains, beans, nuts, seeds) and 25% meat based.

In terms of the amount of protein necessary for growing kids, most of the science tends to favor between 0.8 to 1.4 grams of protein per kilogram of ideal body weight. So a 75-pound child (75 lbs divided by 2.2 lbs/kg = 34 kg) should get between 27 (0.8 x 34) and 48 (1.2 x 34) grams of protein per day on average.

The National Health and Nutrition Examination Survey (NHANES) addresses the question, “What are the best protein sources?”

While animal proteins usually contain all of the essential amino acids forming complete proteins, eating a varied, plant-based diet can also meet all of your protein needs. One cup of dry beans, for example, contains about 16 grams of protein per serving, while a cup of brown rice contains 5 grams. Together these foods form a complete protein and also provide a healthy dose of fiber, which helps lower cholesterol, promotes regular bowel movements, regulates our blood sugar and helps us feel full. Plant-based proteins also don't have any saturated fat, and are usually lower in calories.



Question: What do gorillas and cows have in common?



Answer: They're both vegans. It's true. One of the strongest primates, the gorilla, and the animal from which we get most of our protein, cows, are both vegans. This fact does not in any way mean that meat is not healthy and good for your body, but it does help us realize that living organisms, including humans, are incredibly efficient at utilizing all forms of proteins (plant and animal based) to build healthy muscles and vital enzyme systems in the body. We so often think that we can only build muscle from animal protein, and that is simply wrong! Green vegetables are packed with plant-based proteins, and in many ways, they are healthier for you.

	Broccoli	Sirloin Steak
Calories	100	100
Protein	11.2 g	5.4 g
Calcium	182 mg	2.4 mg
Iron	2.2 mg	.7 mg
Magnesium	71.4 mg	5 mg
Potassium	643 mg	88 mg
Fiber	10.7 g	0
Phytochemicals	very high	0
Antioxidants	very high	0
Folate	107 mcg	3 mcg
Vitamin B2	.29 mg	.04 mg
Niacin	1.64 mg	1.1 mg
Zinc	1.1 mg	1.2 mg
Vitamin C	143 mg	0
Vitamin A	6757 IU	24 IU
Vitamin E	5 mg	0
Cholesterol	0	55 mg
Saturated Fat	0	1.7 g
Weight	357 g (12.6 oz)	24 g (.84 oz)

NOTE: Broccoli has more protein per calorie than sirloin steak, without many of the harmful saturated fats, calories and toxins that accumulate in meats. Not to say you can't enjoy an occasional burger or chicken, it's just nice to know there are healthy (and often cheaper) alternatives. The following chart compares 100-calorie servings of beef with three green vegetables.

As you can see, you can get quite a bit of protein from green vegetables, though it would take about 2 to 3 cups of broccoli to get the same grams of protein as found in only 2 ounces of beef. More importantly, look at all of the other vitamins and minerals you get from the broccoli, to say nothing of the phytochemicals that aren't even listed in this table.

## ***Kids eat too much salt***



**CBS NEWS**  
September 17,  
2012, 12:34 PM

*American kids eat about 1,000 milligrams of salt more than they should each day - just like adults, a new government study finds. That's about the sodium equivalent of a Big Mac. The study of U.S. children also shows that the extra salt is tied to an added risk for higher blood pressure, especially in kids who are overweight and obese.*

*For the study, researchers at the CDC looked at data on 6,200 kids aged 8 to 18 involved in 2003-08 national health surveys. The children were asked twice over several days to detail all foods they'd eaten the previous day; the researchers calculated salt intake from their answers.*

*The researchers found that overall, 15 percent had either high blood pressure or slightly elevated blood pressure called pre-hypertension.*

*Those who ate the most salt faced double the risk of having*

*elevated blood pressure, compared with those who ate few salty foods. Thirty-seven percent of the kids in the study were considered overweight or obese. Among them, the risk for high blood pressure was more than triple.*

*The recommended daily salt or sodium intake for kids and adults is no more than 1 teaspoon daily, or about 2,300 milligrams. On average, study kids ate nearly 3,400 milligrams daily. Male children were more likely to consume more salt than female children.*

*Here's a link to the article: <http://www.cbsnews.com/news/kids-eat-too-much-salt-and-its-raising-their-blood-pressure-cdc-study-finds/>*



## Sugar is the New Fat!

There's no doubt about it, in 2016, after decades of espousing the benefits of low fat, the medical experts have nearly completely reversed themselves and now healthy ("smart") fats are back in and sugar (and all processed carbs like white rice, pasta, bread and almost all white or whole wheat flour products) is now public health enemy #1!

**Sugar: America's Addiction**  
**Kids on Sweets: Are We Raising a Generation of Sugar Addicts?** Huffington Post 2013

*The American Heart Association recommends that children consume 3 to 8 teaspoons of added sugar per day, depending on their age and daily caloric*



*intake. Yet children as young as 1 year already consume **three to four times** the daily recommendation. By 4 to 8 years old, children are consuming an average of 21 teaspoons of sugar daily, and the average teenager consumes about 34 teaspoons each day -- even more than adults.*

*Research has tied high sugar intake to a number of serious health problems, including obesity, diabetes, high blood pressure, heart disease and tooth decay. Once confined to adults, we're now seeing the early signs of these conditions in young children. **In the early 1990s, Type 2 diabetes accounted for 3 percent of new cases of diabetes in children; by 2004, that number rose to 45 percent.***

*Moreover, sugar may be addictive. Like cocaine and other drugs, sugar activates the reward system in the brain. Rats hooked on sugar show classic symptoms of addiction, including tolerance, withdrawal and cravings, and have been known to bypass cocaine in favor of their primary drug of choice: sugar.*

# Study Shows Oreos as “Addictive” as Cocaine

**CNN Health October 16th, 2013**

<http://thechart.blogs.cnn.com/2013/10/16/oreos-as-addictive-as-cocaine-in-lab-rat-study/>



## 5 Reasons To Ditch Sugar For Happier & Healthier Kids. March 11, 2014 By Heather Haynes

*The sweetness that is sugar, also known as dextrose, maltose, corn syrup, glucose, or fructose is loved by the masses. Go to any celebratory occasion and you will likely see cake and soda as a focal point. My kids love sweet things, they always have. I try to stay mindful about sugar consumption in our house, but it's not easy.*

*Sugar lurks in almost all packaged goods; crackers, breads, cookies, cereals, protein bars, and more. While I will never eliminate sugar completely from our home, I try to keep sugar consumption to a minimum and reserved for special occasions like birthday parties. Why do I monitor my children's sugar intake?*

*1. Sugar makes kids moody.*

*Like many other toxic drugs, sugar is addictive. In fact it might be one of the most addictive substances in the world. When sugar is ingested it forces a release of the brain's happy hormones, which causes brain chemistry disturbance and leads to more and more sugar cravings to obtain that unnatural "high." The result is mood swings and constantly looking for a sugar fix.*

*2. Sugar causes inflammation and lowers immune response.*

*No matter how much we fight it, cold and flu season happens every year. We need our children's immune function running at full capacity. Unfortunately, consuming sugar has been shown to decrease immune response and increase inflammation. Chronic inflammation is the root of all disease. So, if your children eat sugar on a regular basis they could very well be walking around with chronically depressed immune systems. Couple this with chronic sugar-induced inflammation and your child is a good candidate for catching every cold and flu around.*

3. *Sugar makes kids tired.*

*Maintaining adequate energy levels depends on balanced blood sugar. When kids consume sugar their blood sugar levels spike too high—and what comes up must go down. Inevitably blood sugar then crashes leaving kids drained, hungry, and tired. Sugar consumption also puts enormous stress on the adrenal glands, that regulate energy levels and hormone production. Removing sugar from your children's diets and balancing meals with healthy fats and protein will ensure your kids have enough energy for all their daily activities.*

4. *Sugar feeds disease.*

*Sugar consumption has been associated with almost all contemporary diseases; obesity, type 2 diabetes, cancer, high blood pressure and heart disease. In fact, according to Julia Ross, author of *The Mood Cure* and *The Diet Cure*, sugar FEEDS cancer cells. Enough said.*

5. *Sugar robs the body of nutrients.*

*Sugar provides no nutritional value. In fact, sugar is considered an ANTI-nutrient. Meaning, in order for your body to process sugar, it actually has to pull nutrients from the body to digest it. Sugar is also hard on your liver. When sugar is ingested, the liver starts working overtime.*



### ***Finding a balance.***

*Sugar has nothing to offer our kids nutritionally.*

*When sugar is consumed, immune function suffers, nutrient levels suffer, and brain chemistry suffers. In children, this is particularly worrying because their bodies are so small and their brains are still developing. Balance, as always, is the key. We can't always avoid cookies and cake at parties, nor should we! Sweet treats are a part of life and should be enjoyed on occasion. If the bulk of a child's diet is full of real, whole, unprocessed food parents won't need to worry too much about a birthday party sugar-fest.*

## Are You Addicted to Food?

If you find yourself always talking about food, then the answer is probably yes. This article contains detailed information on addictions to food. It explains exactly what it is, how it works and what you can do to overcome it.

### **Food Addiction – A Serious Problem With a Simple Solution, May, 2016, Food Authority**

*Eating healthy and losing weight seems downright impossible for many people. Despite their best intentions, they repeatedly find themselves eating large amounts of unhealthy foods, despite knowing that it is causing them harm.*

*The truth is... the effects of certain foods on the brain can lead to downright addiction. Food addiction is a very serious problem and one of the main reasons some people just can't control themselves around certain foods, no matter how hard they try.*

### **What is Food Addiction?**

*Food addiction is, quite simply, being addicted to junk food in the same way as drug addicts are addicted to drugs.*

*It involves the same areas in the brain, the same neurotransmitters and many of the symptoms are identical (1).*

*Food addiction is a relatively new (and controversial) term and there are no good statistics available on how common it is.*

*This is very similar to several other eating disorders, including binge eating disorder, bulimia, compulsive overeating and having an “unhealthy” relationship with food.*

## **How This Works**

*Processed junk foods have a powerful effect on the “reward” centers in the brain, involving brain neurotransmitters like dopamine (2).*

*The foods that seem to be the most problematic include typical “junk foods,” as well as foods that contain either sugar or wheat, or both.*

*Food addiction is not about a lack of willpower or anything like that, it is caused by the intense dopamine signal “hijacking” the biochemistry of the brain (3).*

*There are many studies that support the fact that food addiction is a real problem.*

## 8 Symptoms of Food Addiction

*There is no blood test available to diagnose food addiction. Just like with other addictions, it is based on behavioral symptoms.*

*Here are 8 common symptoms that are typical of food addicts:*

- *You frequently get cravings for certain foods, despite feeling full and having just finished a nutritious meal.*
- *When you give in and start eating a food you were craving, you often find yourself eating much more than you intended to.*
- *When you eat a food you were craving, you sometimes eat to the point of feeling excessively “stuffed.”*
- *You often feel guilty after eating particular foods, yet find yourself eating them again soon after.*
- *You sometimes make excuses in your head about why you should eat something that you are craving.*
- *You have repeatedly tried to quit eating or setting rules (includes cheat meals/days) about certain foods, but been unsuccessful.*
- *You often hide your consumption of unhealthy foods from others.*
- *You feel unable to control your consumption of unhealthy foods, despite knowing that they are causing you physical harm (includes weight gain).*

*New discoveries in science prove that industrial, processed, sugar-, fat-, and salt-laden food—food that is made in plant, rather than grown on a plant, as Michael Pollan would say—is biologically addictive.*

Dr. Mark Hyman



## Fast Food's Immediate Damage To Your Health

Posted: 12/03/2012 8:42 am EST

*Researchers and health professionals have long been aware of the consequences associated with eating fast food, but until now, no one realized how quickly the damage begins. A new study, published in the Canadian Journal of Cardiology, indicates that damage to the arteries occurs almost immediately after just one — that's right, one — junk food-type meal. Based on the science, moderation with junk food doesn't really exist.*

*The study compared the effects of a junk food meal and a Mediterranean based meal on the inner lining of the blood vessels. They tested this impact on 28 healthy, non-smoking men between 18 and 50 years old. The men were fed a Mediterranean-based meal — with eight grams of saturated fat and two grams of omega-3 fatty acids — which consisted of salmon, almonds and vegetables baked in olive oil. One week later, the subjects consumed 15 grams of saturated fat and zero grams of omega-3s from a fast food sausage, egg and cheese muffin sandwich and three hash browns.*

*The researchers collected their data by measuring the men's endothelial function — the ability of the blood vessels to dilate — after a 12-hour fast and again two and four hours after finishing each meal. The results were not pretty! Almost immediately after eating one fast food sausage, egg and cheese sandwich, the men's arteries dilated 24 percent less than when the subjects were in a fasted state. Poor endothelial function is a significant precursor of*

*atherosclerosis, a hardening of the arteries that can block blood flow.*

*This study provides evidence that endothelial function declines after consuming only one junk food meal. With that in mind, can you imagine the arterial damage from consistently consuming one fast food egg muffin every day? Isn't it time we assess the true "value" of that value meal?*

Though this study shows a definite decline in the health of the inner lining of the arteries after just one fast food meal, it doesn't mean you can't enjoy an occasional meal out at the golden arches, but you definitely don't want to make it a habit.

Here's a link to the entire article.

[http://www.huffingtonpost.com/2012/11/27/fast-food-health-arteries-beauty\\_n\\_2198725.html](http://www.huffingtonpost.com/2012/11/27/fast-food-health-arteries-beauty_n_2198725.html)

Also, when you see how many calories and how much sodium and trans-fats are in these foods, it's best to really steer clear of fast food whenever possible. There are now some healthy alternatives like salads and fruits, but your kids deserve healthier foods than you can get at most fast food joints, unless you really know what you're doing. Sometimes when we travel, we'll stop and get something fast because there's just nothing else around. However, usually within fifteen minutes we have a stomach ache or worse. Now that we're used to really healthy foods, our bodies are just not used to all of the

fat and sodium, and it has an immediate reaction.

The following charts will give you an idea of just how fattening fast food is for you and how much exercise is required to burn off all those calories.

<b>Fast-Food &amp; Exercise</b>	<b>Calories</b>	<b>Miles you would need to walk to burn off these calories</b>	<b>How long you have to walk</b>
<b>Appetizer/Starters</b>			
Chili's Awesome Blossom	2,710	27 miles	9 hours
Denny's Mini burgers w/onion rings	2,044	20 miles	7 hours
<b>Entrées</b>			
McDonald's hamburger	260	3 miles	1 hour
McDonald's Big Mac	560	5 miles	2 hours
Romano's Macaroni Grill Spaghetti & Meatballs dinner	2,270	22 miles	7 hours
Nathan's Famous Seafood Sampler	3,379	33 miles	11 hours
Shoney's Deluxe Pancake Plate	1,609	16 miles	5 hours
Lone Star Steakhouse Lone Star Wings	1,759	17 miles	6 hours
O'Charley's chicken tenders dinner	1,359	13 miles	4 hours
<b>Dessert</b>			
Romano's Macaroni Grill New York cheesecake with caramel fudge sauce	1,760	17 miles	6 hours

## Chicken's No Better

The chicken sandwiches found in fast food joints are really no better than the burgers, and in some cases worse. They are high in calories, fat and sodium as the chart below shows. So, what should you get when you go to a fast food restaurant? OUT! That's right, get out. Your best bet is to get a salad or move on.

Chicken (Individual Pieces) Compared								
Fast Food Restaurant	Type	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbs (g) ▼	Sodium (mg)
Wendy's	Chicken Nuggets (5pc)	Unknown	230	15	3	0	12	520
McDonald's	Chicken McNuggets (6pc)	96	250	15	3	1.5	15	670
White Castle	Chicken Rings (6pc)	110	340	23	4.5	4	15	670
Burger King	Chicken Tenders (6pc)	92	250	15	3.5	2.5	16	720
Burger King	Chicken Fries (6pc)	85	260	15	3.5	3	18	650
KFC	Popcorn Chicken (large)	160	550	35	6	0	30	1600
Arby's	Popcorn Chicken (large)	184	531	26	6	1	39	1666
Hardee's	Chicken Strips (5pc)	241	630	34	6	Unknown	45	2260
McDonald's	Chicken Selects Premium Strips (5pc)	221	630	33	6	4.5	46	1550
Carl's Jr.	Chicken Breast Strips (5pc)	215	710	41	6	Unknown	46	2020
Arby's	Chicken Tenders (5pc)	218	630	31	5	0	47	1977
Dairy Queen	Chicken Strip Basket (6pc)	531	1270	67	11	12	121	2910

## THE FAST-FOOD HAMBURGER



<http://www.thankyourbody.com/mcdonalds-hamburger/>

“What’s in a McDonald’s hamburger? A 100% beef patty that’s seasoned with a pinch of salt and pepper, topped with melty cheese, tangy pickles, minced onions, and (of course) ketchup and mustard. Duh.

Sounds pretty good, right? This is how the McDonad’s hamburger is advertised. Sounds simple enough. And from a real food perspective, it sounds... well, *real*.

**But what’s REALLY is in a McDonald’s hamburger?**

Ah, I’m glad you asked.

## The McDonald's hamburger deconstructed

Let's take a quick look at what's in a McDonald's hamburger as outlined in their nutritional information. It shows a *fairly* harmless ingredient list:

- 100% beef patty
- regular bun
- pastuerized process American cheese
- ketchup
- mustard
- pickle slices
- onions

Despite what many Americans think, I don't see hamburgers as the typical "junk food" villain. Under the right circumstances I am totally game for a real hamburger. And by "real" I mean that the beef is grass-fed, the cheese isn't processed, the bun is sourdough or sprouted, and the condiments are not full of nasty stuff.

Not too surprising, but the McDonald's hamburger isn't quite so **real**. In fact, you have to scroll down their 30 page nutritional information guide to get the whole scary truth.

**Let's get to it, shall we?**

**What's REALLY in a McDonald's Hamburger: The Ingredient Breakdown**

### **100% Beef Patty:**

*Ingredients: 100% pure USDA inspected beef; no fillers, no extenders. Prepared with grill seasoning (salt, black pepper).*

Thankfully, McDonald's and several other chains recently stopped using the "pink slime" in their beef. But the vast majority of fast food beef comes from CAFO (concentrated agricultural feeding operation) cows. Not only is this horrible for the animals and the environment, but eating meat from sick animals will only make you sick. Eat a McDonald's hamburger and you might be getting a mouth full of antibiotics, hormones, and dangerous bacteria.

### **Regular Bun:**

*Ingredients: Enriched flour (bleached wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), water, high fructose corn syrup and/or sugar, yeast, soybean oil and/or canola oil, contains 2% or less of the following: salt, wheat gluten, calcium sulfate, calcium carbonate, ammonium sulfate, ammonium chloride, dough conditioners (may contain one or more of the following: sodium stearoyl lactylate, datem, ascorbic acid, azodicarbonamide, mono- and diglycerides, ethoxylated monoglycerides, monocalcium phosphate, enzymes, guar gum, calcium peroxide), sorbic acid, calcium propionate and/or sodium propionate (preservatives), soy lecithin.*

Oh boy. Where do I start? How about we just look at the length of this ingredient list. All of this for a bun? Did you know you can make your own bread using just

flour, salt, and water? Seriously. The extra 20 – 30 ingredients here is stuff your body doesn't need.

Lets look at just a few of the above ingredients:

- Ammonium chloride... sounds tasty right? Did you know it is also an ingredient in fireworks, safety matches and contact explosives? Eat up.
- Ammonium sulfate is used most commonly as an **artificial fertilizer** for alkaline soils. It's also in flame retardant materials. Ammonium sulfate activates yeast, so it helps to get industrially produced bread to rise.
- The soybean and/or canola oil used here are most likely GMO. They are also foods I generally avoid for a number of reasons.
- The high fructose corn syrup (HFCS), despite the desperate marketing strategies to persuade otherwise, is not natural. And because it's in so much of our processed foods, not only is it hard to avoid, but it can be doing major damage to your health.

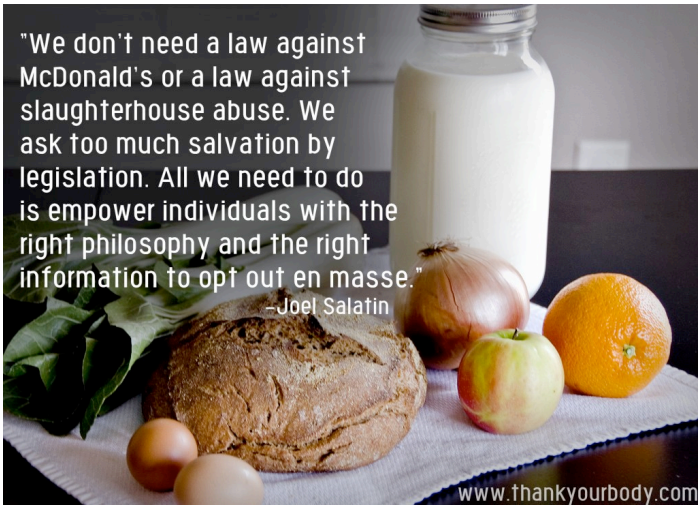
“Enriched” flour sounds harmless enough. But “enriched” just means that all the nutrition was taken out in the first place. Refined flours are also hard for your body to digest, even before the mess of chemicals are added to it.

**So... what's the verdict about what's really in a McDonald's hamburger?**



Well for an ingredient list with 50+ questionable items... I think I'll pass on the McDonad's hamburger. Forever. And before you think I have something against McDonald's, realize that this list will look very similar for any fast food hamburger.

Remember, food is what helps your body thrive. Feed your body sick food and guess how you'll end up? Sick. Ultimately, however, it's not McDonald's we should be mad at. Nobody is forcing us to eat this garbage. What we need is to help educate people and let them know what they are putting in their bodies. I think Joel Salatin says it well:"



"We don't need a law against McDonald's or a law against slaughterhouse abuse. We ask too much salvation by legislation. All we need to do is empower individuals with the right philosophy and the right information to opt out en masse."

—Joel Salatin

[www.thankyourbody.com](http://www.thankyourbody.com)

Got Milk?  
You Decide.



This is a HUGE debate in the nutrition world. I figured it's important to at least provide access to the data that shows how milk may not be the healthiest thing to feed your kids.

I'm sure you've seen the nationwide slogan "Got Milk," or you've heard that "Milk makes your bones grow strong," or that it's the "best source of vitamin D and Calcium."

**According to numerous documented studies, we're overdosing on milk.**

However, before I show you the research, please consider the following:

- **Humans are the only mammals that still drink milk after infancy.**
- **Humans are also the only mammals that drink another mammal's milk.**

Mark Hyman, M.D., wrote an article in the Huffington Post. Here's an excerpt:

*Milk is not nature's perfect food unless you are a calf, and should not be consumed in large quantities by most people, because it can promote weight gain, cancer, and even cause osteoporosis. Write to your congressmen to encourage them to support changes to our food and farm bill policies that shape our nutritional guidelines and make them evidence based. The answer to the question, "Got Proof?" Heck no!*

Here's another article that explains some of issues surrounding milk.

[http://www.nutritionmd.org/nutrition\\_tips/nutrition\\_tips\\_infant\\_nutrition/bones\\_milk.html](http://www.nutritionmd.org/nutrition_tips/nutrition_tips_infant_nutrition/bones_milk.html)

In Norway, 1422 individuals were followed for 11 years. Those drinking 2 or more glasses of milk per day had 3.5 times the incidence of cancer of the lymphatic organs. British Med. Journal 61:456-9, March 1990.

"Besides prostate cancer, milk has been linked to asthma, anemia, allergies, juvenile-onset diabetes, obesity, heart disease, and ovarian and breast cancer." Amy Lanou, Ph.D., the nutrition director of the Physicians Committee for Responsible Medicine (PCRM)



Go to [www.notmilk.com](http://www.notmilk.com)

MYTH: The healthiest source of calcium and vitamin D is milk. FALSE! Calcium can be found in many foods that are not loaded with saturated fats and harmful hormones. In addition, humans absorb calcium more efficiently from vegetables than from milk:

Common Food Sources of Calcium			
Food	Serving Size	Amount	%DV*
Yogurt, fruit, low fat	1 cup	345 mg	35%
Milk, low fat	1 cup	305 mg	31%
Orange juice, calcium fortified	1 cup	300 mg	30%
Sardines, canned with bone	3 ounces	325 mg	33%
Collard greens, boiled	1 cup	266 mg	27%
Cereal, cream of wheat, cooked	1 cup	232 mg	23%
Cheese, cheddar	1 ounce	204 mg	20%
Beans, white, boiled	1 cup	191 mg	19%
Fish, salmon, canned	3 ounces	181 mg	18 %
Soybeans, boiled	1 cup	175 mg	18 %
Cottage cheese, low-fat	1 cup	138 mg	14%
Kale, boiled	1 cup	94 mg	9%
Beans, pinto, boiled	1 cup	79 mg	8%
Almonds	1 ounce	75 mg	8%
Broccoli, boiled	1 cup	62 mg	6%
Figs, dried	2 figs	62 mg	6%
Oranges, raw	1 medium	52 mg	5%
Source: USDA Nutrient Database.			
* Daily Value (DV) is the daily reference amount used on food and supplement labels.			

The bottom line is... there are healthier sources of calcium and other essential vitamins than milk. We drink **Vanilla Flavor, Un-Sweetened Almond Milk**. It's got 1/5 the calories of milk. I Love It!

## Best sources of Calcium

Almonds

1serving contains 750 mg of calcium

Collard Greens. kale, chard. broccoli. bok choy,  
turnip greens

1cup boiled collard greens contains 358 mg calcium

Baked Beans. navy beans. white beans, garbanzo  
beans, tofu

1serving baked beans contain 100 mg calcium

Oatmeal and Quinoa

1 bowl of oatmeal contains between 100-150 mg of calcium

Sesame Seeds. unhulled

1tsp contains about 88 mg of calcium



Our bodies are better able to absorb the calcium in  
vegetables than in dairy products or supplements.



## How Clean Is Your Food?



On October 6, 2003, Jeff Cook took his family out to dinner at the Chi-Chi's Restaurant in the Beaver Valley Mall, north of Pittsburgh. When his chicken-and-steak fajitas arrived at the table, they were accompanied by the obvious—sautéed peppers, onions, sour cream—and the invisible—a helping of hepatitis A. Cook, 38, healthy and energetic on that autumn evening, died of acute liver failure a month later.

Read more about the TEN Dirtiest Foods. You're probably eating them all.  
[http://www.menshealth.com/mhlists/foodborne\\_illnesses#ixzz31bdvZVJu](http://www.menshealth.com/mhlists/foodborne_illnesses#ixzz31bdvZVJu)

## The “Dirty Dozen”

*Some **65 percent** of the produce samples analyzed by the U.S. Department of Agriculture **test positive** for pesticide residues. That's bad news for the growing number of Americans who want to minimize their consumption of pesticides.*

*Parents' concerns have been validated by the American Academy of Pediatrics, which in 2012 issued an important report that said that children have "unique susceptibilities to [pesticide residues'] potential toxicity." The pediatricians' organization cited research that linked pesticide exposures in early life and "pediatric cancers, decreased cognitive function, and behavioral problems."*

EWG's Dirty Dozen™ list of produce includes apples, strawberries, grapes, celery, peaches, spinach, sweet bell peppers, imported nectarines, cucumbers, cherry tomatoes, imported snap peas and potatoes. Each of these foods contained a number of different pesticide residues and showed high concentrations of pesticides relative to other produce items. BUY ORGANIC.

**<http://www.ewg.org/foodnews/summary.php>**



According to the Centers for Disease Control and Prevention (CDC), every year one out of six Americans gets sick from food borne illness, and of those people, 128,000 are hospitalized. Given the public concern about this issue, in 2009 the Center for Science in the Public Interest (CSPI) compiled a list of foods regulated by the U.S. Food and Drug Administration (FDA) that are most likely to infect people with food borne diseases, such as salmonella, E. coli and listeria.



Although leafy greens, like spinach, romaine lettuce and arugula, pack a nutritional punch, they also rank at the top of the CSPI's list of riskiest foods. According to the organization's findings, leafy greens were responsible for 24% of all food- related

outbreaks between 1990 and 2009.

"These greens are grown on large fields, which are susceptible to E.coli contamination from grazing animals who are tracking manure, or from contaminated irrigation water," says Sarah Klein,

food safety policy expert at the Center for Science in the Public Interest. Instead of buying pre-bagged lettuce—which includes leaves culled from thousands of different heads of lettuce, any of which could be contaminated—Klein recommends buying one head of lettuce or romaine hearts and prepping it yourself.



According to the CSPI, eggs were responsible for 11,163 food borne illnesses between 1990 and 2009, mostly due to salmonella. The problem, according to Donald Schaffner, PhD, professor of microbiology at Rutgers University, is how easily

eggs can become infected.

"Eggs can be contaminated while still inside the chicken, if the hen is infected. They can also become infected in the hen house," he says. To protect yourself and (especially) any small children or elderly adults in your household, make sure to refrigerate eggs as soon as possible. Cheryl Luptowski, consumer affairs officer for NSF International, a public health and safety company, recommends adding eggs as well as dairy and meat items to your grocery cart last and heading directly home afterward. But this isn't the

only way to reduce your risk when it comes to eggs; if you like them undercooked (over-easy, soft-boiled or poached) you may want to reconsider how you prepare them. According to the U.S. Department of Agriculture (USDA), eggs should be cooked until the yolk and white are firm; egg dishes should be cooked to an internal temperature of 160°. An even safer bet is to opt for pasteurized liquid eggs because the heat from the pasteurization process kills any bacteria and viruses.

### The Clean 15

On a budget, choose these conventionally.  
(Listed from lowest pesticide content)

1. Onions



2. Sweet Corn



3. Pineapple



4. Avocado



5. Asparagus



6. Sweet Peas



7. Mangoes



8. Eggplant



9. Cantaloupe



10. Kiwi



11. Cabbage



12. Watermelon



13. Sweet Potatoes



14. Grapefruit



15. Mushrooms



### The Dirty Dozen

Always buy these organic.  
(Listed from highest pesticide content to least)

1. Apples



2. Celery



3. Strawberries



4. Peaches



5. Spinach



6. Nectarines



7. Grapes



8. Sweet Bell Peppers



9. Potatoes



10. Blueberries



11. Lettuce

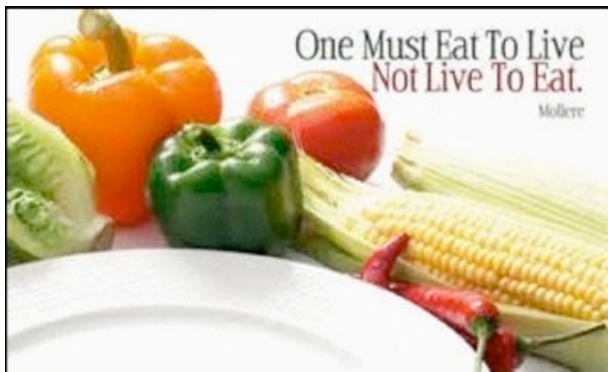


12. Kale/Collard Greens



Source: Environmental Working Group 2011

## Nutrition 101



When I started this project, I knew nothing about the science of nutrition. Now that I can have a somewhat intelligent conversation about the subject, I thought it would be helpful to share with you what I've learned.

A nutrient is a chemical that an organism needs to live and grow or a substance used in an organism's metabolism, which must be taken in from its environment. They are used to build and repair tissues, regulate body processes and are converted to and used as energy. (Wikipedia)

As humans, we get energy from calories in our food. When speaking of the energy (calories) found in foods,

the unit of measure is called a kilocalorie or 1000 calories. In addition to water, there are five essential nutrients the body needs in order to survive. They are found in **macronutrients** (carbohydrates, fats and protein) and **micronutrients** (vitamins and minerals). Each nutrient has a specific function and is used by the body differently.

Though the article below on “Macronutrients and Their Importance” is helpful in understanding the roles that macronutrients play, there are two ideas mentioned that are no longer considered accurate: 1) saturated fats are no longer considered “bad” for you, though excess amounts can cause more inflammation and 2) there is still some controversy about the correct ratios for fats, proteins and carbohydrates. Though it will vary based on individual differences, the general rule of thumb is now 30% fats, 30% protein and 40% carbohydrates.

## Macronutrients and Their Importance

[www.FitDay.com](http://www.FitDay.com)

The 3 macronutrients of protein, fat, and carbohydrates all perform essential roles in the human body. Macronutrients are the main components of our diet. All three macronutrients are needed in the diet, as each perform vital functions in the body.



**Protein:** Protein should consist of about 10 to 35 percent of your diet. Amino acids are the building blocks of protein. They are linked together in complex formations. There are 20

different amino acids, 9 of which are considered essential because our bodies cannot produce them naturally, and therefore they must be obtained through the diet. Proteins that contain all 20 amino acids are called complete proteins. Complete proteins are found in animal products such as meat, eggs and milk. Proteins crucial role in the body includes building, maintaining and repairing body tissue. All enzymes and hormones, which perform vital functions, are proteins. In addition, proteins are used to aid in the immune process.



***Fat:** The misconception about fat is that it is always bad for you. In fact, fat is essential for maintaining a healthy body. Your diet should consist of*

*about 20 percent fat. The trick is to eat more of the good fats and less of the bad fats. Saturated and trans fats should be avoided while increased levels of unsaturated and the essential fatty acids, such as omega 3 and omega 6, can be good for you. Replacing sweets and high fat meats with foods such as nuts, avocados, and olive oil will help shift the balance away from unhealthy towards those fats that are useful to the body.*

*Fat has many roles in the human body. One of fats main functions is protection. This includes insulation to keep body temperature and cushioning to protect body organs. It also promotes growth and development, as well as maintaining cell membranes. Fat, in addition, plays a vital role in the digestion of vitamins. Vitamins A, D, E, and K are fat-soluble vitamins, meaning they need fat in order to be absorbed into the body.*

***Carbohydrates*** are the main energy source of the body. They are chains of small, simple sugars that are broken down and enter the body as glucose. Glucose is essential for the body, as it is the preferred source of energy in our brain, heart and central nervous system. For this reason, your diet should consist of at least 45 to 65 percent carbohydrates.

Carbohydrates are found in many foods. However, you should stay away from sweet foods with excess sugar. Instead, opt for healthier options like fruits, vegetables, beans and nuts, as well as whole grains. These foods also contain fiber. Your body cannot digest fiber, however, fiber aids in our intestine expel waste and can help lower cholesterol.





## Micronutrients: What They Are and Why They're Essential (FitDay.com)

*Micronutrients are different from macronutrients (like carbohydrates, protein and fat) because they are necessary only in very tiny amounts. Nevertheless, micronutrients are essential for good health, and micronutrient deficiencies can cause serious health problems. Micronutrients include such dietary minerals as zinc and iodine, and they are necessary for the healthy functioning of all your body's systems, from bone growth to brain function.*

*What Are Micronutrients... and Their Role in Your Health.*

*Micronutrients are what are commonly referred to as "vitamins and minerals." Micronutrients include such minerals as fluoride, selenium, sodium, iodine, copper and zinc. They also include vitamins such as vitamin C, A, D, E and K, as well as the B-complex vitamins. (As mentioned, micronutrients are different from the macronutrients protein, carbohydrate and fat, and micronutrients are called "micro"-nutrients because your body needs only very small quantities of them for survival. However, if your body doesn't get the small quantities of micronutrients that it needs, serious health problems can result—like death.)*

*Micronutrients are vital to the proper functioning of all of your body's systems. Sodium, for instance, is responsible for maintaining the proper fluid balance in your body; it helps fluids pass through cell walls and helps regulate appropriate pH levels in your blood. Here are some of the ways that other micronutrients help maintain your body's systems:*

*Manganese promotes bone formation and energy production, and helps your body metabolize the macronutrients, protein, carbohydrate and fat.*

*Magnesium helps your heart maintain its normal rhythm. It helps your body convert glucose (blood sugar) into energy, and it is necessary for the metabolism of the micronutrients calcium and vitamin C.*

*Iron helps your body produce red blood cells and lymphocytes.*

*Iodine helps your thyroid gland develop and function. It helps your body to metabolize fats, and promotes energy production and growth.*

*Chloride helps regulate water and electrolytes within your cells, as well as helping to maintain appropriate cellular pH.*

Foods have a huge variation of micronutrient density as the chart below shows. For example, kale is 3x more nutrient dense than asparagus.



## **Phytonutrients are** ***“The Future of Medicine.”***

Referring to phytonutrients... “I don’t think there’s been this much excitement since vitamins and minerals were discovered more than 100 years ago,” says Beverly Clevidence, PhD, the research leader at the USDA-funded Food Components and Health Laboratory in Beltsville, Md.

“Just eating lots of fruits and vegetables is not the answer, people need more of the fruits and vegetables that have the phytonutrients they require for optimum health.” NY Times, June 2013

GoBrite is all about getting your kids properly nourished with the phytonutrients they need to live healthy, active and smart.

Phytonutrients (also referred to as phytochemicals) are compounds found in plants. They serve various functions in plants, helping to protect the plant's vitality. For example, some phytonutrients protect the plant from UV radiation while others protect it from insect attack.

*Not only do phytonutrients award benefit to the plants but they also provide benefits to those who enjoy plant food. That's because they have health-promoting properties including antioxidant, anti-inflammatory, and liver-health-promoting activities.*

Fruits and vegetables are concentrated sources of phytonutrients; other plant foods like whole grains, legumes/beans, nuts and seeds, and herbs and spices also contain phytonutrients. Since many phytonutrients also serve as the pigment that gives foods their deep hues, you can identify many phytonutrient-rich foods by looking for colorful foods; for example, look for foods that are blue or purple like blueberries, blackberries and red cabbage (rich in flavonoids); yellow-orange foods like carrots, winter squash, papaya, and melon (rich in beta-carotene); red or pink foods like tomatoes, guava, and watermelon (rich in lycopene); and green foods like kale, spinach, and collard greens (rich in chlorophyll).

Yet, since not all phytonutrients give color, it's important to not overlook some off-white foods as well—for example, garlic, onions, and leeks are rich in powerful sulfur-containing phytonutrients.

Clearly, with such a wide variety of protective phytochemicals in fruits, vegetables, whole grains, nuts, legumes, and herbal seasonings, the regular consumption of these foods is essential to ensuring a healthier child, a child that is healthy, active and smart.

## **Phytonutrient Benefits:**

- Phytonutrients promote health by strengthening the human immune system.
- Phytonutrients turn on your fat burning hormones T4 and Leptin.
- Phytonutrients have been found to inactivate cancer-causing substances.
- Phytonutrients help protect the heart and eyes from disease.
- Phytonutrients helps to boost enzyme activity to increase the benefits of the various protective enzymes consumed within the diet.
- Phytonutrients have been proven to reduce bad cholesterol levels.
- Phytonutrients are anti-aging.
- Broccoli, cabbage, kale, brussels sprouts and other cruciferous vegetables contain phyto that may reduce the risk of breast and colon cancer.

# The Power of Phytonutrients

COLOR	PHYTONUTRIENT	BENEFITS	PRESENT IN
GREEN	 Lutein (Yellow-green and Leafy greens)	Helps maintain good vision. Reduces risk of Cataracts.	Leafy Spinach, leafy greens, Lettuce, Peas, Kiwi fruit.
ORANGE	 Beta-carotene (Dark Orange)	Reduces risk of cancers like breast and prostate cancer. Powerful antioxidant. Reduces risk of heart disease and cancer.	Broccoli, cabbage, turnips, cauliflower, carrot, pumpkin, Mangoes, Apricots, Peaches.
RED	 Lycopene	Helps maintain good vision, teeth/bones and overall health. Also, powerful antioxidants.	Oranges, grapefruits, lemons, lemons.
RED	 Anthocyanins	Helps control high blood pressure. Reduces risk of cancers and early atherosclerosis.	Tomato-based products, fresh tomatoes.
BLUE	 Anthocyanins	Powerful antioxidants. Reduces risk of cancer, diabetes, Alzheimer's.	Strawberries, raspberries, red apples, cabbage.
BLUE	 Anthocyanins	Powerful antioxidants. Reduce risk of cancer, heart disease, diabetes and age-related dementia.	Blueberries, blackberries, purple grapes, black currants.
WHITE	 Allicin	Powerful antioxidants. May slow effects of aging.	Eggplant, dried raisins, plums.
WHITE	 Allicin	Helps lower high blood pressure and high cholesterol. Reduces risk of heart attacks and cancer.	Garlic, onions, leeks, scallions, chives.

## Summary

At this point, you can now consider yourself one of the smartest moms on the block, if not in town! However, there's no test, and you're only required to remember a few important points:

- Get your kids off the sugar.
- Stay out of fast food restaurants.
- Lay off the salt when cooking.
- Make your kids diet as colorful as possible. GO BRITE = Green, Orange/Yellow, Blue/Purple, Red and White.

If you can build lots of these five colors into your child's diet, they will live a healthier, more productive life.



The following section will show you how to do this... and it all begins with a big smoothie in the morning.

This one simple change will provide more than half of what your kids need every day. It takes about 2-minutes, and it's easy to drink as they run out the door. Make enough for yourself.





# **The Personal *Direction* to Help Kids Grow Up Healthy, Active and Smart.**

*You must serve only the LORD your God. If you do, I will bless you with food and water, and I will protect you from illness.*

*Exodus 23:25*

*“Two-thirds of our health is determined not by the medical care we receive, but by our eating behavior and health habits.”* Institute of Medicine

## Your Child H.A.S the Potential to be Healthy, Active and Smart!

### **Objective #1: I Want Healthy Kids!**

As we've learned, the #1 cause of most of our health problems in America is that 83% of kids don't get the minimum daily requirement of phytonutrients. When we began to change our eating behavior at home, we didn't make a list of things we had to stop eating; we made a list of the foods that we had to eat every day. It's really that simple.

By just focusing on adding the FIVE GOBRITE colors into your daily routine, your kids will become so much healthier. These foods are packed with the phytonutrients that have been proven to help prevent and reverse many diseases. The following chart will help you select the right GOBRITE foods everyday. I know it sounds like a lot of eating, but you can get most of what you need by making a big green smoothie every morning.

# PHYTONUTRIENTS



## Red/Pink

### Lycopene

**Foods:** Tomatoes, Pink Grapefruit, Red Peppers, Watermelon

**Benefits:** Cancer Prevention, Heart Health



## Orange/Dark Green

### Beta-Carotene

**Foods:** Pumpkin, Sweet Potato, Carrots, Cantaloupe, Apricots, Spinach, Kale, Broccoli

**Benefits:** Immune System, Vision, Skin Health, Bone Health



## Green

### Lutein

**Foods:** Spinach, Kale, Broccoli, Brussels, Sprouts, Lettuces, Artichokes

**Benefits:** Eye Health, Cancer Prevention, Heart Health



## Red/Purple

### Anthocyanidins

**Foods:** Berries, Plums, Red Onions, Red Potatoes, Red Radishes

**Benefits:** Blood Vessel Health



## Red/Brown

### Resveratrol

**Foods:** Grapes, Red Wine, Peanuts

**Benefits:** Heart Health, Cancer Prevention, Lung Health, Inflammation

## Objective #2: I Want Active Kids... But Not Too Active!

As we stated in the “sugar” section of the book, you don’t want your kids eating too much sugar or products that are packed with sugar like cereals and cookies. These foods spike your kid’s energy so they are bouncing off the walls for a while, and then they drop like a lead balloon. I remember when I was young; we had a big kid on our soccer team that would show up eating a bagel. By the middle of the second half he would walk off the field he was so tired. The following are foods that have healthy energy so your kids can sustain without bouncing around.



## Objective #3: I Want Smart Kids

60% of your brain consists of fats (especially the Omega-3 fat called DHA) that help create all the cell membranes in your body. These membranes are so critical to healthy cells that cell biologist Bruce Lipton, Ph.D. refers to them as your cell mem-BRAINS. If your diet is loaded with bad fats, your brain can only make low-quality nerve cell membranes that don't function well. If your diet is made up of good fats, your brain cells manufacture high-quality cell membranes and everything functions better, including your kid's behavior and brain power. There you have it, good fats make your child healthy and smart, while bad fats make it hard for them to think well or behave well. One report showed that kids who ate bad fats for lunch scored 14% lower on an IQ test taken after lunch.



## Brain-Boosting Food for Kids...

[www.whattoexpect.com/toddler-nutrition/brain-food-for-kids.aspx](http://www.whattoexpect.com/toddler-nutrition/brain-food-for-kids.aspx)

When it comes to nurturing your toddler's noggin, mealtime is just as important as playtime. That's why you'd be wise to stock your kitchen with these brain foods for kids.

During the first 36 months of your child's life, and even beyond, their brain is growing, growing, growing as she soaks up everything around her and figures out how to think, react, and solve important problems like, *How do I get that toy over there? How do I stand up... crawl... walk... run?* Activities like reading to your child, listening to music, building with blocks together, playing games with her, and letting her explore her surroundings, all encourage brain development. But those aren't the only ways you can help your toddler's brain blossom. Feeding them right is important, too. Foods that contain antioxidants, choline, omega-3 fatty acids, and complex carbohydrates are all particularly helpful in boosting brain health. Of course, a steady diet of brain food isn't a guarantee that your child will grow up to achieve a perfect score on the SAT's and earn a full scholarship to the college of her choice, but making sure your toddler gets plenty of these key nutrients is a smart start.

## Brain Food for Kids: Antioxidants

What they are: You can think of antioxidants as the nutritional equivalent of scotch guard — these nutrients protect your toddler's brain from normal wear and tear.

Where you'll find them: Blueberries are packed with antioxidants. Strawberries, raspberries, and blackberries are great choices, too. You'll also find antioxidants in tons of other fruits and vegetables — the more brightly colored, the more nutrient dense. In addition, nuts, seeds, and nut/seed butters are good sources of the antioxidant vitamin E, which protects brain-cell membranes from damage.

How to tempt your toddler: That classic peanut butter and jelly sandwich is a brain-building powerhouse when you start with peanut butter enriched with omega-3s (see the brain benefits of omega-3s below) and use sliced blueberries or strawberries instead of jam. Another antioxidant-rich recipe: Stir fresh berries into plain low-fat yogurt (which is rich in choline); or toss the yogurt and fruit, along with some low-fat milk, into the blender to make a smoothie.

## Brain Food for Kids: Complex Carbohydrates

What they are: Complex carbohydrates are fiber-rich whole grains (or starches). They are crucial to the brain's functioning because they are its main source of fuel. When the body absorbs complex carbohydrates, they're broken down into glucose, which the body (and brain) uses as energy. If you're thinking that glucose is a fancy word for sugar, keep in mind that sweets and candy don't make the grade here. That's because they are simple carbohydrates (which lack fiber), and when they're broken down by the body into glucose, they're absorbed very quickly, causing fast energy highs and even faster lows. The fiber in complex carbohydrates, on the other hand, slows the body's absorption of energy, which ensures that the brain gets a slow and steady supply of fuel.

Where you'll find it: Whole-grain breads, pastas, crackers, cereals, pancakes, waffles, and brown rice.



## 10 Foods That Make Kids Smarter

Fire up your focus and sharpen your smarts with these healthy brain-boosting foods.

**Beets** bring vitamin B to the brain game. This vital nutrient helps you quickly process data and sort through your memories. Fresh beets even serve as natural antidepressants!

**Anchovies:** Your brain thrives on omega-3 fatty acids. The polyunsaturated fats help protect your brain from accelerated aging and memory loss, while shooing away depression and bad moods.

**Old-Fashioned Eggs:** Just like anchovies, pastured eggs are chock-full of brain-protecting omega-3 fatty acids. **Eggs have even been called the perfect brain food!**

**Berries** are brain boosters, and for several different reasons. Raspberries and blueberries contain



anthocyanin compounds that protect brain neurons linked to memory. Strawberries' fisetin compounds build long-term memory strength. A British study found that

eating about a cup of blueberries a day can markedly improve memory in just a few months.

**Cayenne Peppers:** Hot peppers are bursting with capsaicin, a compound most famous for its use as a natural fat fighter and pain reliever. But according to 'The Happiness Diet' authors Tyler Graham and Drew Ramsey, M.D., our brains benefit from the heat-packing compound, too. The human brain is actually loaded with receptors for capsaicin, which release calmness-promoting endorphins, making it easier for us to focus.

**Brussels Sprouts:** Here's a good reason to eat your Brussels sprouts: Scientists have proven that the cruciferous plant is packed with molecules that our bodies convert into diindolymethane, an immune-system booster that helps protect new brain cells. Its antioxidant content helps clean up cancer-causing free radicals, waste products your body makes when it uses fuel to create energy.





**Kale:** Just like Brussels sprouts, kale and its cruciferous cousins, cabbage, broccoli and cauliflower act as potent anti-aging agents for the brain. A Harvard Medical School study of more than 13,000 women found that eating these veggies lowered brain age by 1 to 2 years. (More on kale later)

**Pumpkin seeds** are tiny treasures filled with tryptophan, a crucial building block of brain health used to create serotonin, a key component of mood and brain health.

**Apples:** “An apple a day keeps the doctor away” is very likely true when you consider that this formidable fruit contains catechins, substances that show promise in protecting us from brain damaging chemicals all too common in everyday products. Just be sure to choose organic apples; the catechins are in the fruit’s skin, the part exposed to pesticides in chemical farming.



***Dark Chocolate:*** *Flavonol compounds in dark chocolate help boost your circulatory system, promoting better blood flow to the brain. In fact, they could even improve your math skills. A 2009 study asking study participants to count backwards groups of three discovered in IQ3 that those who drank flavonol-fueled hot cocoa calculated more quickly.*

## Kale Is King!

Kale is being called “the new beef”, “the queen of greens” and “a nutritional powerhouse.” Here are ten great benefits of adding more kale to your diet:

*1. Kale is low in calorie, high in fiber and has zero fat.*

One cup of kale has only 36 calories, 5 grams of fiber and 0 grams of fat. It is great for aiding in digestion and elimination with its great fiber content. It's also filled with so many nutrients, vitamins, folate and magnesium as well as those listed below.

*2. Kale is high in iron.*

Per calorie, kale has more iron than beef. Iron is essential for good health, such as the formation of hemoglobin and enzymes, transporting oxygen to various parts of the body, cell growth, proper liver function and more.

*3. Kale is high in Vitamin K.*

Eating a diet high in Vitamin K can help protect against various cancers. It is also necessary for a wide variety of bodily functions including normal bone health and blood clotting. Also increased levels of vitamin K can help people suffering from Alzheimer's disease.

*4. Kale is filled with powerful antioxidants.*

Antioxidants, such as carotenoids and flavonoids help protect against various cancers.

*5. Kale is a great anti-inflammatory food.*

One cup of kale is filled with 10% of the RDA of omega-3 fatty acids, which help, fight against arthritis, asthma and autoimmune disorders.

*6. Kale is great for cardiovascular support.*

Eating more kale can help lower cholesterol levels.

*7. Kale is high in Vitamin A.*

Vitamin A is great for your vision, your skin as well as helping to prevent lung and oral cavity cancers.

*8. Kale is high in Vitamin C.*

This is very helpful for your immune system, your metabolism and your hydration.

*9. Kale is high in calcium.*

Per calorie, kale has more calcium than milk, which aids in preventing bone loss, preventing osteoporosis and maintaining a healthy metabolism. Vitamin C is also helpful to maintain cartilage and joint flexibility

*10. Kale is a great detox food.*

Kale is filled with fiber and sulfur, both great for detoxifying your body and keeping your liver healthy.

# The Power of GoBrite

The following is a list of foods, by color, that will make you and your child healthy, active and smart. As you will see, each of these categories (colors) is critical to your child's development. In this list of fruits and vegetables, you can see how many health benefits exist, and why you should eat as many as you can every day.

These miraculous foods are low in fat, calories, and sodium. They also have no cholesterol, and are high in fiber. Nothing but good!

Fiber from fruits and vegetables helps fill you up so you don't feel like eating more, and it also helps move the digestive process along. (I've included a brief section on this critical topic.) Of course, these foods are also full of vitamins and minerals that provide your body with energy while keeping it healthy.

Most people eat too few of the fruits and veggies on this list, both in quantity a day and in variety. The most consumed vegetables in America are potatoes, lettuce, and tomatoes. The people who eat the most vegetables and fruits in the USA have the lowest risk for developing chronic diseases.

## Red Fruits and Vegetable

It's not a coincidence that the color Red reminds people of love and passion. Red is also the color of food t h a t is related directly to the health of your heart, brain and urinary system. GoBrite RED fruits and vegetables are rich in antioxidants and lycopene. These components can also prevent cancer, especially lung cancer, prostate cancer and gastrointestinal cancer. They also help keep you looking younger by slowing the aging process. Red foods are also great for your eyes.

The phyto in red foods are carotenoids and anthocyanins. One of the most abundant carotenoids is lycopene. Lycopene helps reduce damage from free radicals in your body and it also prevents heart disease, cancer, prostate problems, and reduces the skin damage from the sun. These red foods help memory function, urinary tract health, and make your heart healthy. Red fruits and vegetables are also often very high in vitamin C, which helps encourage cellular renewal in your body.

Here are some of the benefits of eating red foods. Strawberries are one of the healthiest fruits you can eat. They contain 80% water and plenty of vitamin C. Strawberries also help to lower your



cholesterol. Red cherries are packed with vitamin B, potassium and iron.

Red apples are rich in pectin, sugar and vitamin C. The natural medicine believes that red apples can resist diarrhea, anemia and asthma. What's more, it can also ease the tension of the nervous system and promote sleep. Eating a red apple every night can help you fall asleep very quickly. In addition, it is also useful for people who want to stay in shape, because it almost contains no fat, with less than 8 calories per 100 grams.

## **Health Benefits of Apple**

- Bone Protection
- Asthma Help
- Lung, Breast, Colon, Liver Cancer Prevention
- Alzheimer's Prevention
- Lower Cholesterol
- Diabetes Management
- Weight Loss



HEALTH REMEDIES  
(AWHW)

Tomatoes contain large amounts of lycopene and antioxidants, which can reduce the risk of chronic diseases, particularly prostate cancer and cardiovascular disease. Tomatoes help reduce inflammation in the body.

## My Favorite GoBrite Red Foods



Red Apples



Blood Oranges



Cherries



Cranberries



Red Grapes



Pink/Red Grapefruit



Red Pears



Pomegranate



Raspberries



Strawberries



Watermelon



Red Beets



Red Peppers



Red Cabbage



Radishes



Radicchio



Red Onions



Red Potatoes



Rhubarb



Tomatoes

## GoBrite Orange Fruits and Vegetables

Orange foods are packed with the powerful phytonutrients called carotenoids. Carotenoids help to repair the DNA in our body and also help to prevent cancer and heart disease. Orange foods also make your eyesight better. Mom was right, eat your carrots! Orange foods are full of potassium and vitamin A, which help to keep our eyes and skin healthy and protect us against infections. Orange foods are loaded with Vitamin C, which boosts your immune system. Here are some orange foods that you should include in your diet.



## GoBrite Yellow Fruits and Vegetables

Yellow foods are loaded with antioxidants like vitamin C. Vitamin C is critical to your child's health because it promotes healthy teeth and gums. Vitamin C also helps to heal cuts and improves the mucus membranes, like when you have a cold. Yellow foods also help prevent inflammation and improve your circulation. Some of the darker yellow foods also cross over with the health benefits of orange foods.



Yellow Apples



Yellow Figs



Lemons



Yellow Kiwi



Lemons



Yellow Pears



Pineapple



Yellow Watermelon



Yellow Beets



Yellow Peppers



Yellow Potatoes



Rutabagas/  
Turnips



Summer Squash



Yellow Corn



Yellow Tomatoes



Winter Squash/  
Acorn Squash

# GoBrite Green Fruits and Vegetables

Green is the most powerful of all the colors. They are packed with phytonutrients, which prevent cancer. They are also good for the circulatory system and have good vitamin B and minerals. Green foods are also loaded with vital micronutrients. For instance, kale has three times the micronutrients of romaine lettuce and seven times more than an apple. Eat all your greens, but definitely focus on getting as many green leafy vegetables into your diet as possible.



## GoBrite White Fruits and Vegetables

White veggies (including those with mixed white/green colors) have phytonutrients that have an anti-bacterial, anti-fungal, and anti-viral chemical environment in your body. Some white foods also help prevent cancer and heart disease and lower cholesterol levels. Celery is sometimes considered a useless vegetable because it has no calories, but it does have lots of minerals like good sodium that helps keep your joints healthy. The selenium in mushrooms helps prevent cancer.



Bananas



White Pear



Dates



White Nectarine



White Peaches



Cauliflower



Chives



Fennel



Garlic



Ginger



Green Onions



Jerusalem Artichoke



Jicama



Kohlrabi



Leeks



Mushrooms



Onions



Parsnips



Potatoes



Shallots

## GoBrite Blue/Purple Fruits and Vegetables

These are some of my favorite GO BRITE foods. Blue fruits and vegetables keep you young because they have tons of antioxidants. Some blue and purple fruits and vegetables are also really high in vitamin C. Foods in this category will help improve circulation and prevent blood clots, so they are great for the heart and can help prevent heart disease. They are also known to help memory function and urinary tract health. Purple potatoes are so much more nourishing than white ones.



Blackberries



Blueberries



Black Currants



Elderberries



Figs



Purple Grapes



Plums



Prunes



Raisins



Purple Asparagus



Purple Cabbage



Eggplant



Purple Carrots



Purple Pepper



Purple Potatoes



Purple Kohlrabi

The following is from the Juicing for Life Website. It does a great job of explaining the value of phytonutrients and where they can be found.

## *How Do Phytonutrients Work?*

*Studies after studies have shown that individuals with high intake of the four plant-based food groups—fruits, vegetables, whole grains and legumes—have a much lower risk of degenerative diseases such as cancer, diabetes, heart disease, hypertension, etc.*

*How do phytonutrients help prevent these diseases? To understand this, we need to backtrack a little and understand how diseases are formed. Read about antioxidants here.*

*An example: When free radicals run rampant in our body, through the air we breathe, the food we eat, or merely from stress, they cause deterioration and destruction of our healthy cells. This process ultimately results in degenerative diseases in the weakest parts of our body that succumb to the attack.*

*When we eat food that has phytonutrients, it will quickly activate a group of enzymes that go around cleaning up the free radicals before they cause any harm to the body. In very much the same way, it works like antioxidants.*





## Eat At Home... It's Healthier!

"The more you eat in, the more you can control, and the healthier your plate is going to be," says Rachel Brandeis of the American Dietetic Association. "I wish people would think that when they are eating, they could be lowering their cancer risk. When dining out, people tend to gravitate toward all the wrong things. People consume 50% more calories, fat and sodium when they eat out than when they cook at home."

Our family is as busy as yours, so we find ways to take food with us. Our school does a pretty good job, but we like to take salads and salad wraps to school. My mom's great about getting up and making us lunch. When we eat out, we stay away from the fried food, **and always order big salads to start. Start**

## **Your GoBrite Four-Step Plan**

When we began the process of eating healthier in our house we incorporated four changes into our diet. These four simple changes became the cornerstone of the Leville family diet. Yes, we filled in with other foods, but these four were the key:

**Step One: Eat A Large Salad Every Day For Lunch Or Dinner**

**Step Two: Add A Smoothie For Breakfast**

**Step Three: Add One Serving Of Beans Each Day**

**Step Four: Eat Two Servings Of Steamed Veggies Every Day.**

It's that simple! Build these four behaviors into your daily routine over the next 20-days and you'll be amazed at how fast you begin to see the difference in your kids, and how much better you will feel. You will have more energy. You'll lose weight. Your blood numbers will normalize. And most important, you'll be insuring your kids are getting the nutrients they need.

## Step One: **Eat at least 1 (ONE) large salad every day!**



Every night there is a **huge** bowl of salad on the dinner table when we sit down. Mom knows we're hungriest when we first get there so she puts the salad on the table while she's getting everything else ready to eat. That way we chow down on the greens, the healthiest part of the dinner.

Greens are your “superfood,” but ironically, it is also the food most missing from our diets. Nearly all the phytonutrients you need can be found in a big salad filled with cucumbers, red onions, dried cranberries, walnuts and seeds.

Beginning tomorrow, have a **large** salad every day! Start off by making your kids a salad wrap for lunch. Later, you can make the salad your main dish by throwing on some grilled chicken or shrimp. Remember, it's not about removing foods you like, so if you like chicken or shrimp, throw it on top.

Keep it creative and fun – change the greens: romaine, bibb, red-leaf, spinach, kale, collards or even a little iceberg. Then try adding these raw veggies and toppings to your salad for variety: tomatoes, peppers, celery, anise, snow pea pods, carrots, beets, cucumbers, water chestnuts, beans, artichokes, nuts, cranberries, green and red cabbage, onion, kale, collards, swiss chard, spinach, bok choy, parsley.



Store bought salad dressings with vegetable oils can kill a healthy salad! Instead, try olive oil, which is a healthy anti-inflammatory oil that has 130 calories per tablespoon. Flavored vinegars are a fabulous addition that have fewer calories than oils. Here are a few recipes you may enjoy.

## Orange Sesame Salad Dressing

Serves: 2 — Prep Time: 15 minutes

### INGREDIENTS

3 tablespoons sesame seeds, toasted\*, divided

12 raw cashew nuts 1/2

cup orange juice

2 tablespoons (Riesling) Raisin Vinegar or seasoned  
rice vinegar

### DIRECTIONS

In a high-powered blender, blend 2 tablespoons sesame seeds, cashews, orange juice, and vinegar until creamy and smooth. Add additional orange juice to thin if necessary.

## Quick Balsamic Vinaigrette

INGREDIENTS – Prep Time: 2 minutes

4 tablespoons balsamic vinegar

2 tablespoons fig preserves

1 tablespoon olive oil (or less)

## Step Two: **Add a Morning Smoothie**



We start every day with a G O BRITE smoothie. Sometimes its pinkish/ red, which means there's no spinach, and sometimes it's green which means Mom thinks we haven't

been eating enough veggies. Either way, they're delicious.

Remember, our primary objective is to get your kids properly nourished. A “smoothie” contains whole food that is blended into a drink. The benefit of smoothies is that you do not have to chew, and therefore you get 100% of the nutrients. Smoothies are great to incorporate into your diet because not only will they make you feel full and give you energy, but the fiber is also great for colon health. Smoothies can help cleanse toxins out of your body.

It's an easy way to get a couple of servings of veggies and fruit into your diet, and it will keep you going all morning.

## Nancy's Simple Morning Smoothie



3-cup vanilla flavored  
unsweetened almond milk  
1 banana  
1 cup fresh or frozen  
strawberries or your  
favorite fruit  
Splash of maple syrup

In high-speed blender, blend all ingredients until smooth.

## Green Power Smoothie

1-cup soy or rice milk  
1 banana  
1 mango peeled, or 1/2 c frozen  
2 tbs maple syrup or 1 date pitted  
1/2 t vanilla bean or extract, sprinkle of cinnamon  
1 handful of spinach  
4-5 leaves of kale

*In high speed-blender, blend all ingredients.*

## Claire's Toasted Almond



1-cup vanilla flavored almond milk  
2 tablespoons of almond butter  
A splash of vanilla extract  
1 banana  
2 cups of frozen strawberries  
2 cups of spinach

In blender, blend all until smooth.



## Step Three: **Have Beans Every Day!**



We never eat a salad without beans. In fact, I think we have beans on our plate most nights. There are so many kinds of beans so it's easy to find ones that you like. I like black beans, and Claire likes pinto beans better.

Beans or legumes are among the world's most perfect foods. They stabilize blood sugar, blunt your desire for sweets, and prevent mid-afternoon food cravings. They're a super diet food because they fill you up and burn off easily.

Beans are a wonderful way to add high-quality, plant-based protein to your diet. They are high in iron, B vitamins and fiber, and are so versatile that they add delicious variety to many dishes. There are many beans or legumes to choose from: chickpeas, black-eyed peas, black beans, green peas, lima beans, lentils, kidney beans, soybeans and adzuki beans.

## Step Four: **Eat Two Servings of Steamed Vegetables Each Day**



Every day without fail!  
No matter what we eat,  
there are always at least  
two veggies on the  
table. While leafy greens  
should be the  
foundation of your  
eating, colorful

vegetables offer lots of phytonutrients that help you lose weight or reverse a chronic condition. Some of the best vegetables are: kale, spinach, broccoli, eggplant, mushrooms, tomatoes, peppers, onions and garlic.

Certain nutrients are better absorbed via cooked vegetables, such as carrots and tomatoes.

Another way Mom gets us to eat veggies is by leaving them on the counter for us to nibble on all day. Carrots and celery are always around. Put a little almond butter on celery. Your kids will love them all day.

## Tips for Adding Phytos to Your Diet

1. Make a Green Juice Smoothie. One juice can easily include 2 - 3 servings of green vegetables and 3-4 servings of fruit.
2. Always add fruit to your oatmeal or cereal.
3. Add frozen vegetables to your soups and pasta sauces.
4. Make salads for lunch. Lay off the bacon.
5. If you have pizza, make it whole-wheat crust, little cheese, and lots of veggies like spinach, broccoli, peppers, mushrooms and onions.
6. Add beans to just about everything. Salads, soups, main dishes.
7. Keep a bowl of berries and carrot sticks on the kitchen counter to nibble on.
8. Eat 3+ servings of vegetables every day.
9. Eat whole fruit instead of fruit juice.
10. Add herbs and spices such as basil, garlic, ginger, oregano, parsley and turmeric to your foods. They're loaded with phytos!
11. Buy jars of chopped garlic, ginger, and basil to speed up cooking.
12. Grab a frozen vegetable mix and serve with rice, pasta, couscous, or other favorite grain.

<http://life.gaiam.com/article/10-ways-get-kids-eat-healthier>



# The Support You Need to Succeed.

*A cheerful heart does good like medicine,  
but a broken spirit makes one sick.*

Proverbs 17:22

# TOP 10 MISTAKES IN BEHAVIOR

## SOME \WAYS TO FIX IT....

### 1. Relying on Willpower for Long-Term Change

- Imagine willpower doesn't exist
- That's step 1 to a better future

### 2. Attempting a Big Leap Instead of Baby Steps

- Seek tiny successes
- One after another

### 3. Ignore how Environment Shapes Behavior

- Change your context
- You change your life

### 4. Trying to Stop Old Behavior Instead of Creating New Ones

- Focus on ACTION -Not AVOIDANCE

### 5. Blaming Failures on Lack of Motivation

- Make the behavior easier to do

### 6. Understand the Power of Triggers

- No behavior happens without a trigger

### 7. Believing That Information Leads to Action

- We humans aren't that rational

### 8. Focusing on Abstract Goals More Than Concrete Behavior

- Abstract: Get in Shape
- Concrete: Walk 15-minutes Today

### 9. Seeking to Change a Behavior Forever, not a Short Time

- A fixed period (30-days) works better than forever.

### 10. Assuming That Behavior Change is Difficult

- Behavior change is not so hard when you have the right process and support

## **MOST IMPORTANT THINGS TO REMEMBER ABOUT EATING FOR HEALTH:**

1. Let Food Be Your Cure. (Keep this in mind every day along your journey)
1. Focus on micronutrients not macronutrients
3. You may feel worse before feeling better. (You will experience a detox)
4. Taste buds change in as little as 14 days- so hang in there
5. Learn to tell the difference between toxic and true hunger
6. When you eat right, cravings/addictions get crowded out (trust your body)
7. Eat real food: nutrient-dense, plant-based, phyto-powered, whole food
8. Focus on what you must eat, not what you can't eat
9. DIETS DON'T WORK! It's only a matter of time before the weight returns.
10. Challenge conventional things you have been told: snacking, olive oil, meat protein

## **FIVE CORNERSTONES OF HEALTHY EATING:**

### **1.) EAT A LARGE SALAD EVERYDAY!**

Not already eating salad every day?  
Start by having a small salad before a meal. Later, make the salad the main dish and top it with a great tasting healthful dressing.



**2) AT LEAST A HALF-CUP SERVING OF BEANS/LEGUMES IN SOUP, SALAD OR A DISH ONCE DAILY**



Beans or legumes are among the world's most perfect foods. They stabilize blood sugar, blunt your desire for sweets and prevent mid-afternoon food cravings. Dried beans are your most economical, high nutrient food and there are some great no/low sodium canned options available.

**3) AT LEAST 3 FRESH FRUITS A DAY**

Have at least three fruits every day. It's a wonderful way to start your day as well as the perfect dessert after lunch and dinner. Fresh fruit not only satisfies a sweet tooth, it's also rich in antioxidants and pectins which offer anti-aging benefits as well as reversing heart disease.



#### **4) AT LEAST ONE OUNCE OF RAW NUTS AND SEEDS A DAY**

High fat plant foods are high in the essential fatty acids our bodies need. Keep lots of raw nuts, seeds, flaxseed and avocados on hand. They're one of nature's ideal foods and the best way for us to get our healthy fats. They satisfy hunger better than oils because they're rich in critical nutrients and fiber and have one-quarter the calories of an equal amount of oil.



#### **5) AT LEAST ONE LARGE (DOUBLE-SIZE) SERVING OF STEAMED GREEN (NON-STARCHY) VEGETABLES DAILY**

Increase the amount of vegetables you eat. In addition to your daily salad, have plenty of raw vegetables with healthy dressings or dips. An easy way to increase the amount you eat is to add frozen spinach to any low-sodium store-bought soup (when you are first starting out to eat this way.)



Greens are the number one

veggie of choice. Include one green at dinner. And, in the world of greens, Kale is King! It offers the most nutrients on a per-calorie basis - more than any other food. For optimum health and weight loss, greens must be an essential part of your daily eating plan. Veggies have a low-impact on blood sugar; they're an integral component of your Heart Disease Plan. This is the one food group that's okay to eat as much as you'd like.



## **Chronic Health Problems Soar in Kids... Asthma, Obesity, and ADHD Top the List** By Kathleen Dohe June 26, 200

*The number of U.S. children with chronic health conditions has risen dramatically in the past four decades, according to a new report.*

*"We have 80 million children in America today, and about 8%, or 6.5 million children and adolescents, have chronic conditions that interfere with regular daily activities," says James M. Perrin, MD, professor of pediatrics at Harvard Medical School.*

*The term "chronic condition"—by definition—implies a permanent problem. Chronic conditions such as obesity, asthma, diabetes or attention-deficit hyperactivity disorder tend to be permanent among adults but are not necessarily so in children, according to the study.*

*"The number of children with chronic conditions is on the rise, but some children and adolescents get rid of chronic diseases," said James Perrin, M.D., one of the study's co-authors. "These findings present a strong opportunity to institute preventative programs to keep kids from getting these conditions and also to find ways to help children get rid of those conditions, where possible."*

# Asthma



Asthma is the most common chronic disease of childhood. The prevalence of asthma is increasing.

According to recent CDC data, asthma affects approximately 8% of the pediatric population in the U.S., or more than 9 million children. Asthma accounts for more school absences and more hospitalizations than any other chronic condition in this country.

Can foods I eat affect my asthma symptoms? James T C Li, M.D.,  
Ph.D. Mayo Clinic

*There's no asthma diet that will eliminate your symptoms. But these steps may help:*

*Eat plenty of fruits and vegetables. They're a good source of antioxidants such as beta carotene and vitamins C and E, which may help reduce lung swelling and irritation (inflammation) caused by cell-damaging chemicals known as free radicals.*

*Take in vitamin D. People with more severe asthma may have*

*low vitamin D levels. Milk, eggs and fish such as salmon, all contain vitamin D. Even spending time outdoors in the sun can increase vitamin D levels.*

*Avoid sulfites. Sulfites can trigger asthma symptoms in some people. Used as a preservative, sulfites can be found in wine, dried fruits, pickles, fresh and frozen shrimp and some other foods.*

*Avoid allergy-triggering foods. Having asthma puts you at increased risk for having a food allergy. And allergic food reactions can cause asthma symptoms. In some people, exercising after eating an allergy-causing food leads to asthma symptoms.*

*Eat to maintain a healthy weight. Being overweight can worsen asthma. Even losing a little weight can improve your symptoms. Learn how to eat right to maintain a healthy weight over the long term.*

*It's also possible that eating less salt (sodium) or eating foods rich in omega-3 fatty acids (oils found in cold water fish and some nuts and seeds) may reduce asthma symptoms. But more research is needed to verify this.*

## Allergies!



Whenever I speak about my project with parents, they always seem to bring up “allergies.” It’s no wonder. The prevalence of skin and food allergies jumped by 50% between 1997 and

2011 in children, according to the CDC. An estimated 50 million people have allergies, according to the American College of Allergy, Asthma, and Immunology. These allergies usually show up in infancy or childhood. When a kid has allergies, an overly sensitive immune system kicks in to defend against what is considered a normal substance, acting as if it’s fighting off a foreign invader. The culprit can be food, pet dander, or pollen from grasses or trees. Here are some numbers.

- 6.7 million kids have hay fever.
- 8.3 million children have respiratory allergies.
- 9.5 million American children have skin allergies.
- 6 million or 8% of children have food allergies.

According to the Mayo Clinic, these eight foods contribute to 90 percent of food allergies:

1. Milk
2. Eggs
3. Peanuts
4. Almonds, cashews, walnuts, and other tree nuts
5. Fish (bass, cod, flounder)
6. Shellfish (crab, lobster, shrimp)
7. Soy
8. Wheat

In addition, some children can't tolerate citrus fruits. You may have to become a food label detective to confirm a possible link between something your child has eaten and allergy symptoms. The connection isn't always obvious.

By the way, I have read that one of the reasons for peanut allergies is that "peanut oil" is used in most infant vaccines. Here's an articles that explains this.

[http://www.naturalnews.com/039192\\_peanut\\_oil\\_vaccines\\_allergies.html](http://www.naturalnews.com/039192_peanut_oil_vaccines_allergies.html)

**With a diet enriched with these foods, individuals allergic to spring can find comfort and relief.** Natural News Website

*Citrus fruits.* There are several studies that prove the power of vitamin C and what better way to get a load of C but with citrus fruits. Oranges, lemons and grapefruit, among others, are rich sources of this vitamin.

*Red grapes.* One of the most troublesome effects of allergies is the inflammation that comes with it. Eating foods rich in antioxidants can help lessen inflammation that may occur in the entire body. What antioxidants do is work for the protection of the cells from oxidative damage. Such may cause several diseases. Moreover, the red grapes skin is also rich in resveratrol, which is equally effective for anti-inflammation.

*Broccoli.* A blocked up sinus can be relieved by eating broccoli. But that is not the only benefit to this produce. It is also enriched with vitamin C. As a matter of fact, according to researchers, a cup of raw broccoli contains up to 80mg of the vitamin.

*Collard greens* contain phytochemicals, specifically carotenoids. This component is well known for easing allergic reactions. To further boost the effects of carotenoids, allergy stricken individuals should consume the vegetable with a fat source.

*Nuts. Nuts are filled with magnesium and vitamin E. Magnesium can work against wheezing that often comes with asthma. Vitamin E, on the other hand, can help improve immunity. This vitamin also works to aid the body's protection against free radicals, thereby preventing inflammation and damage on the tissue.*

*Apples. According to a Crete diet study, individuals who eat apples regularly have greater chances of protection from allergies and asthma. This fruit contains quercetin, which is a kind of flavonoid that is effective for use against inflammation. The peel from apple is also rich in antioxidants, specifically polyphenols, which protect the cells from damage.*

*Fish. Fish is a great source of omega-3 fatty acids known for their anti-inflammatory properties. Omega-3s can also help improve the immune system so the body can better fight off allergies.*

*Onions and garlic. Onions and garlic are also rich in quercetin. As a matter of fact, they can act much like how an antihistamine does which make them very effective when incorporated to an anti-spring allergy diet.*



## ADHD

### 15 Best Foods For Kids With ADHD

By: Angela Ayles, March 11th, 2013

*According to the CDC (Center for Disease Control and Prevention), 8.4 percent of children aged 3-17 years in the US suffer from ADHD. Managing this condition can be difficult enough on its own but trying to cope with a child who has it can seem almost impossible.*

*To help control some of the symptoms of ADHD, many parents and doctors have turned to nutrition. What you feed your child on a daily basis can have a huge impact on the severity and frequency of his/her symptoms.*

*There are certain types of foods that have been known to either help or hurt children suffering from ADHD. Foods that contain artificial sweeteners, foods that contain high amounts of sugar, saturated fat or caffeine and processed foods like deli*



*meat have been linked to triggering ADHD symptoms in children. On the other hand, foods high in Vitamin B, protein, calcium and trace minerals have the opposite effect on children and can actually reduce symptoms on a regular basis.*

*Apples: Apples are a great source of complex carbohydrates. Doctors have recommended that children with ADHD increase their intake of complex carbohydrates. Eating these types of foods right before bed has also been known to help children sleep better. An apple a day will keep your ADHD symptoms at bay.*

*Goat's Cheese: Cheese is a great source of protein. However, many who suffer from ADHD suffer with a cow's milk allergy or intolerance, which can exacerbate ADHD symptoms. If you suspect your child has an allergy to cow's milk/dairy, try switching to goat cheese instead to improve concentration and improve how ADHD medication works.*

**Pears:** *Much like apples, pears are a good source of complex carbohydrates. If your child doesn't like apples (or you're just looking to add more variety to their diet), pears are a great alternative. Similar to apples and other complex carbs, eating pears at night can help aid sleep.*

*Tuna: Omega 3 fatty acids have been known to significantly decrease ADHD symptoms in many children. Tuna is a*

*phenomenal source of Omega-3 fatty acids. Using tuna to make things like wraps, sandwiches and pasta salads for kids' lunches is a great way to try and help control their symptoms.*

*Eggs are also a great source of protein. Protein is essential in maintaining a balanced diet and controlling symptoms in children with ADHD. Much like cheese, eggs will improve concentration and increase the time ADHD medications work.*

*Nuts: Similar to tuna, nuts are a great source of Omega-3 fatty acids. Walnuts and Brazil nuts have been shown to have the most impact when managing ADHD symptoms but other types like almonds are a great alternative as well.*

*Spinach is one of the most effective vegetables when it comes to controlling ADHD symptoms in children. Doctors often recommend leafy green vegetables and spinach is most definitely at the top of that list. There are many ways to add spinach to your diet. If your child refuses to eat it, blend it up alongside berries and other fruits in a smoothie and they'll never even know they're eating it.*

*Oranges: Eating oranges – and drinking 100 percent pure orange juice – are both great ways to add more complex carbohydrates to your child's diet. These foods are known to help aid with sleep (falling asleep can be very difficult for kids with ADHD) and are a great source of Vitamin C as well.*

*Having a glass of orange juice with your breakfast – or eating an orange for an after school snack will go a long way in helping to control ADHD symptoms.*

*Kiwi: Kids love kinvis! Much like oranges, apples and pears, kinvis are an incredible source of complex carbohydrates. This fruit is not only delicious and fun to eat but it's a great alternative for parents looking to add more variety to their children's diets. Eating apples and pears everyday can get boring. Adding in some kiwi will put a smile on your kids' faces and will ensure they're eating well too!*

*Salmon: Eating salmon at least once a week will help alleviate some of the symptoms your child might be experiencing from ADHD. Salmon is one of the best sources of Omega-3 fatty acids and is one of the healthiest fish you can eat. If you're looking to mix things up a little, cut up salmon fillets and make a healthy spinach salad for dinner. It will be refreshing and healthy and will help eliminate ADHD symptoms for your child.*

*Cereal can be a very healthy breakfast option for kids suffering from ADHD but there are a few key things to remember. First, you'll always want to choose multi-grain options. Instead of normal Cheerios, choose multigrain. Secondly, you'll want to avoid cereals with artificial colors and artificial sweeteners.*

*White fish is a great way to incorporate more Omega-3 fatty acids into you and your child's diet. If you're eating too much salmon (or simply looking for an alternative or addition to salmon) white fish is a great option.*

*Beans, much like cheese and eggs, are a great source of protein. We can't stress enough how important it is for children with ADHD to maintain a protein-healthy diet, so a handful of beans each day will go a long way in controlling their symptoms.*

*Grapefruit: Looking for interesting ways to add some more complex carbohydrates to your child's diet? Apples, pears and oranges are a great source, but if you're looking to change things up a little, grapefruit is a great alternative.*

*Chicken (BEST) Chicken boasts countless health benefits but the biggest nutritional factor when it comes to chicken is the amount of protein. Most kids love chicken and there are countless ways to incorporate it into your weekly meal planning. From chicken salads and chicken pizza to soups and stuffed chicken, there are an endless number of options that your kids will love. Adding protein to your child's meals will improve their concentration and will increase the time their ADHD medication works.*

## Organic Causes of Weight Gain and Obesity

*The most harmful misconception about obesity is that overweight people have only themselves to blame for their extra pounds. They're often presumed to be self-indulgent and weak-willed, which explains the lack of support and understanding accorded many large children and adults.*

*If overeating and under exercising were the sole causes of this chronic condition, the rate of long-term dieting success stories wouldn't be an abysmal one in fifty. A number of factors contribute to obesity, beginning with genetic inheritance. Doctors at New York's Columbia University College of Physicians and Surgeons studied 132 twins, aged three to seventeen. In every one of the sixty-six pairs, both youngsters had similar body-mass indexes and percentages of body fat, leading the researchers to conclude that a child's body composition is 80 percent preprogrammed at conception.*

*Playing devil's advocate for a moment, it stands to reason that twins would have similar body types. After all, they live in the same household and probably have adopted the family's eating habits. But other studies have found that even siblings raised in different homes usually shared near-identical body mass indexes. One landmark Danish study compared the BMIs of adult adoptees with those of their birth parents and those of the couples who adopted them. Most of the adopted men's and women's body composition mirrored those of their biological parents, not their adoptive parents.*

*Heredity also determines to a large extent a person's metabolism: the process by which the body converts the nutrients in our diet into energy (calories). The basal metabolic rate (BMR) is the pace at which we burn energy while resting. Sixty to 75 percent of our total energy is expended in this state, to maintain vital functions such as breathing, circulation, body temperature, digestion and glandular activity.*

*One person's metabolic "tempo" may be as much as 20 percent faster or slower than someone else's. That amounts to a difference of four hundred calories per day. So two teenagers can go bike riding together and eat the same number of calories, but the one with the naturally lower BMR is going to burn fewer calories. When more calories are taken in than are expended, the surplus gets stored for future use in the form of body fat. Obese adolescents frequently had lower than normal resting metabolic rates as children, before they became heavy. Still other organic factors partly determine which kids can eat anything they want and never seem to gain an ounce, and which kids face a lifelong struggle to keep their weight in check.*

*Insulin resistance.*

*Ordinarily, the hormone insulin binds to tissue cells and assists them in absorbing blood sugar (glucose), the body's fuel. In youngsters who are resistant, the insulin fails to work effectively. Instead of being burned for energy, the sugar builds up in the body. Insulin resistance can eventually lead to noninsulin-dependent diabetes, also known as type II diabetes. Low leptin levels.*

*Some people are deficient in leptin, a hormone that appears to regulate weight in two ways. The substance, produced by the fat cells, essentially signals the brain when the body has had its fill of food. It also inhibits the production of an enzyme crucial to fat production. In studies of heavy men and women, blood tests consistently revealed extremely low concentrations of leptin. The substance is currently being tested in volunteers as a potential weight-loss drug.*

# BRITE NOTES

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# Global Children's Wellness, Inc.

A Registered 501c3. ID: 47-4552166

Global Children's Wellness is a non-profit public charity created to end childhood malnutrition so kids can live healthy and achieve their full potential

In order to reach all of America's families, GCW will implement two campaigns: **I'm a Brite Kid** for schools and **Save God's Kids** for churches. Because God called on us, we will begin our movement by introducing the Save God's Kids campaign in churches. Our solutions will be offered in English, Spanish and Portuguese.

## Help Us Save God's Kids

30% of families don't have access to the internet so we must print our solutions for distribution through churches and other organizations. Another 20% can't afford to buy the healthy foods their kids need.

Please help us support these families with a tax-deductible donation so all members of our church and community can live healthy and serve strong.

A \$25.00 donation will provide over 100 healthy meals, or enable us to educate 150 families. Go to:

**[www.savegodskids.org](http://www.savegodskids.org)**

## The Founders of Global Children's Wellness, Inc.



Emma  
Dahill

Justine  
Jorgensen

Nancy  
Leville

Natalie  
Rau

Claire  
Leville



# Join the Movement to Save *God's* Kids!

- 54% of kids have a nutrition-related chronic condition.
- Eight year old kids are developing hypertension, type 2 diabetes, high cholesterol and other adult diseases.
- 83% of America's kids don't get the minimum daily requirement of the nutrients they need. Either do you!

The crisis has become so severe, a US Surgeon General has predicted;

*"This will be the first generation of kids in our nation's history not to live as long as their parents."*

Save God's Kids was created by a small group of concerned Christian teens. Our mission is to empower millions of young Christians to help strengthen our church by facilitating a movement of physical and spiritual health.



Nancy Leville is a nineteen-year-old Catholic Christian. She attends Belmont University in Nashville, TN., where she is a proud member of the Phi Mu sorority. Nancy is the Founder and Executive Director of Global Children's Wellness, Inc. Nancy also serves on the advisory board of the One World Literacy Foundation.

*Mother Teresa- 'I alone cannot change the world, but I can cast a stone across the waters to create many ripples.'*

**Let's Create Some Ripples  
in Your House!**

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