



5 Tips For Keeping Your Kids Healthy

1. A Better Understanding:

People do not get sick more often because there are more germs and bugs floating around. They get sick more often because they are LESS healthy and strong than they usually are, often because their environment changes from season to season. If you simply understand that you have to encourage your kids to practice healthy habits, your kids will be healthier and happier year round.

We do not get sick from simply being exposed to germs, we get sick when we are too weak to fight them off. The key to staying healthy is having a healthy and strong immune system. Mainstream media, and most medical doctor's offices, will do their best to convince you to "get your flu shot", but vaccines and drugs provide artificial immunity at best, and their overuse can lead to weakened immune systems... the opposite of what you want for your kids. A message centered around things that proactively boost and strengthen your immune response is what you and your family need to hear and adopt!

2. Take a Vitamin D Supplement:

The human body is incredible. It has the ability to transform sunlight into energy and Vitamin D. However, many of us live in regions where we see very little sunlight during the winter months. And those who live in better warmer climates still don't get outside enough, especially in summer when it can get very hot. As a result of less exposure to sunlight, our bodies produce an insufficient amount of Vitamin D on our own. While some foods are now fortified with Vitamin D, it is simply not enough by itself.

Vitamin D is crucial for immune support, and helps to fight off colds, flu and respiratory infections. It's estimated that a full 80% of the population is deficient in Vitamin D. And the only way to address that is to get your kids outside more when you can, and give them proper supplementation when spending time outside is not possible. You can get quality Vitamin D supplements for you and your children in most health food stores.

3. Get Plenty of Exercise:

In our modern world, with video games and iPads and big screen movies on demand, most kids do not get sufficient

amounts of exercise. And that can get even worse when the weather makes it difficult to venture outside for long periods of time. However, nothing has been proven to be as immune-boosting and mood-boosting as **GETTING YOUR KIDS MOVING!**

The best form of exercise is what we term “functional fitness” – meaning that it offers a variety of different types of exercise (cardio, strength training, endurance, stretching, etc.), keeping your kids constantly motivated and excited, while keeping them fit, healthy, and strong. We strongly recommend you get your kids off the couch, and outdoors moving! Building a snowman or shoveling a sidewalk in winter and early spring. Going to the beach or your city or county park to run around and go swimming in summer. Or just getting them in the habit of going for a brisk walk, no matter what time of year. Encouraging them to get outside and make a habit of healthy activities will make a big difference in their health, year round.

4. Get Your Kids To Eat More Fruits and Veggies:

You’ve heard this one a million times and you just can’t seem to get your kids to do it! Well, stop listening to their excuses and start making it a reality. You can visit your local Farmer’s market and keep your house stocked with good fresh fruits and veggies. Or you can try one very easy option, by signing up for a food co-op or business that delivers healthy, organic produce to your door, making it **EASY** and **CONVENIENT!** One example my family uses and loves is Door To Door Organics. If Door to Door is not in your town or city, look for something similar!

Committing to one box per of fruits and veggies per week ensures that you will have organic produce in your home on a regular basis, and supply your family with the highest quality of produce while saving \$\$\$ compared to buying it in the store. So you get more bang for your buck.

Other great options and tips include shopping at Trader Joe’s and Whole Foods, ordering your kids a side of veggies or fruit instead of fries and potatoes when eating out, and linking up with local farmers to get their produce.

Perhaps the easiest, fastest, and best way to ensure your kids consume all of the goodness you’re bringing home, is to make the commitment and purchase a Vitamix or similar blender! Having one on hand makes getting your kids to consume fruits and veggies much easier. You simply buy fruits and veggies, put them in the Vitamix, turn it on and blend them up, so you kids can have a fun and tasty drink! There are a many books available on juicing and smoothie recipe creations, buy one and mark some favorites and make this part of your family’s daily routine!

5. Get Your Kids Regular Chiropractic Adjustments... Don’t Wait Until They’re “Sick”

Regular chiropractic care has been shown to boost immunity, improve DNA repair, improve mood, and much more! Not only that, by getting all those benefits and staying healthy through preventative or wellness-based adjustments, you’ll save tons of \$\$\$!!!

Getting sick is very costly! Between visits to the doctor, pediatrician and pharmacy things add up quickly... not even to mention the additional costs of time off work if you need to stay home with your child, and all the lost productivity there.

This point was well illustrated by a recent study of 70,000 Chicagoland chiropractic patients compared to patients under the care of a Medical Doctor. Those under the care of a Doctor of Chiropractic demonstrated decreases of 60.2% in-hospital admissions, 59.0% less hospital days, 62.0% less outpatient surgeries and procedures, and 83% decreased pharmaceutical costs.”

Another study showed that compared to the non-chiropractic patients, kids getting adjusted had a 200% **STRONGER** immune system than those who don’t! That takes us back to our original advice of doing things that **BOOST** your immune system. And chiropractic adjustments may be the best option out there for that! Kids (and adults) who get adjusted on a regular basis get far less colds, infections and bouts with the flu. And when they do, they get over them far faster than kids who don’t get chiropractic adjustments!

No one wants their family to get sick! And the drugs designed to treat sickness are often worthless, or actually dangerous, so don’t rely on them. Be proactive, and keep your kids healthy with these 5 simple tips for staying happy and healthy year round!