



## H2O MAY THE CHILDREN DRINK WELL FROM THE WELL

We all want our children (and ourselves) to be happy, healthy and wholesome.

Instill in them an understanding of **healthy choices in lifestyle and food**, and do the same for yourself. Remember when we are stressed, our kids are stressed. As parents, we ARE our children's first teachers, the ones that they will emulate and copy. So take care of yourself. Children model our behaviors. Give them role models that make you a star.

Teach them to take care of themselves, each other and our precious planet. Don't litter. Always find a trash bin or have a small bag in your car for refuse. Did you know that if you throw an aluminum can into the trash instead of the recycling bin, it takes around another 80-100 years to decompose?

Isn't that one more reason not to drink from cans or buy pop?

Did you know that carbonated, bubbly beverages can wreak havoc on our bodies' systems. Their main three ingredients:

- Phosphoric acid interferes with the absorption of calcium which is so important for nurturing our children's bones and impedes digestion since it neutralizes the hydrochloric acid in the stomach.
- Sugar increases the chances of high blood pressure and cholesterol, heart disease, diabetes and obesity.
- Aspartame is known to have 92 detrimental side effects including brain tumors, diabetes, emotional disorders, epilepsy and autism.
- Caffeine brings on the jitters and makes us all 'snap' easier, as well as invokes insomnia, depletes the body of vitamins and minerals, and interferes with the body's ability to use calcium, which can lead to osteoporosis and can soften the teeth and bones.

So, what's a parent to do? **DRINK WATER and ENCOURAGE YOUR CHILDREN TO DRINK WATER AS FREQUENTLY AS POSSIBLE.**

Instill and install H<sub>2</sub>O as their beverage of choice. Years ago when I took a son's friend out to dinner and ordered water as our beverage for the table, Richie stunned me when he said, "I don't like water. It tastes nasty". I had never thought of water even having a taste. "How about some juice?", I asked. "Nope. I only drink pop. It's the only thing I like."



Please be cautioned by canned and processed juices, which can contain many of the detriments of soda. Yet, **fresh juices** are life enhancing.

Fresh squeezed is best. Buy an electric juicer or the old fashioned, hand-held kind for orange, lemon or grapefruit juices. If you are lucky enough to have a juice bar in your neighborhood, take your children there instead of fast food junkie huts.

Let them see, smell and take part in where real food really comes from and how easy and fun it is to make it yourself. They'll see their food with the living technicolors of the rainbow without artificial dyes and disease provoking colorings. Teach your children how to juice anything from strawberries to carrots, oranges to bananas to make delicious and nutritious juices, smoothies and truly healthy popsicles as summer surely approaches. Of course, they must be supervised when using any kind of appliances, but they will feel healthy and proud when they prepare their own.

Soda is one of the main reasons, nutritionally speaking, why many people suffer health problems. Aside from the negative effects of the soda itself, drinking a lot of soda is likely to leave you with little appetite for vegetables, protein and other food that you and your children need.