

Afrikan Holistic Parenting



A Senegalese mother and her child.

Features

- Breastfeeding
- Herb Pantry
- Kale
- Stress and Birth Defects

"One cup of chopped, cooked kale has almost as much vitamin C as an orange and as much calcium as 1/3 cup of milk."

One more reason to breastfeed!

Traces of melamine (formaldehyde) have been found in US infant formula. The FDA finds low levels of melamine to be acceptable. The question is what do you as parents find acceptable for your babies?

Much higher levels of melamine were found in formula sold and made in China. Three babies died and thousands became ill. To read more:

<http://www.msnbc.msn.com/id/27914218/>

Need more reasons?

- Breastfeeding promotes womb healing. The uterus is allowed to naturally contract and reduce hemorrhaging.
- Breastfeeding burns calories, allowing the body to get back in shape faster.
- Exclusive breastfeeding delays ovulation for most women during the first six

months and acts as a natural contraceptive method. However, every woman's body is different.

- Breastfeeding helps to prevent breast and ovarian cancer.
- Breastfeeding can prevent postpartum depression.
- Oxytocin is secreted during breastfeeding creating feelings of joy and love. Breastfeeding mothers are happier moms.
- Breastfeeding can help to prevent osteoporosis.

Buy the book,
"Holistic Parenting
from the Pan-
Afrikan Perspective
today at
www.afrikanparenting.com!



Herb Pantry

Cinnamon Milk

It aids ailments such as stomach aches, gas, cramps, indigestion, and diarrhea.

- Heat 1 cup of non-dairy milk in pot until it is almost boiling.
- Add one teaspoon of powdered cinnamon.
- Sweeten with maple syrup if you wish.

Garlic Juice

You can buy liquid garlic or press your own into olive oil. This can be added to meals, once on the plate. Do not cook with the garlic juice.

Or you can place orange juice in a blender with a clove of garlic or two. This can be taken once a week to keep the immune system healthy or can be used daily when battling the cold or flu.

Live Recipes

Kale is a great super food that can help your family stay healthy all year. *"Children grow and develop at a rapid rate, and their proper nutrition is vital. Kale is extremely rich in vitamin A - essential for visual and immune functions. One cup of chopped, cooked kale has almost as much vitamin C as an orange and as much calcium as 1/3 cup of milk."*

http://www.mothering.com/articles/body_soul/bodywise/kale.html

Raw Kale

- 1 or 2 bunches of kale (washed and drained thoroughly)
- ¼ cup of tamari sauce, ¼ cup of sesame oil, 1/8 cup of olive oil
- Creamed Garlic

Chop and place Kale in a bowl.

Creamed Garlic (Place at least 5 cloves of garlic in a small food processor and add a little olive oil as needed until it creams.)

Place tamari, sesame, olive oil, and 1 -2 tablespoons of creamed garlic in a bowl and stir. Place a good portion of the liquid over the kale. Use your hands to bring the dressing and kale together. Taste, a little and then decide whether to add more of the dressing to the kale. You can add more creamed garlic if needed. It is better to add a little instead of a lot initially, because if you add too much, you cannot take it back.



Stress during Pregnancy Can Cause Birth Defects

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Stress during the first trimester of pregnancy has been linked to causing birth defects. B-Complex supplements can help aid stress. Not only does it aid stress, but is essential for the baby's development, preventing anemia, back, joint and leg pains, fatigue, still births, cleft lip, and more. Consult your healthcare provider for more information concerning B- Complex.

- Vitamin B1 (thiamine)
- Vitamin B2 (riboflavin)
- Vitamin B3 (niacin)
- Vitamin B5 (pantothenic acid)
- Vitamin B6 (pyridoxine)
- Vitamin B7 (biotin)
- Vitamin B9 (folic acid)
- Vitamin B12 (cobalamin)



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I hope you enjoyed the December 2008 newsletter. If you would like to contribute to the January 2009 issue with an article, event, or a question, please email me at iyaraet@yahoo.com by December 25th.

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