

Afrikan Holistic Parenting

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High Fructose Corn Syrup Dangers

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Traces of mercury have been found in HFCS (High Fructose Corn Syrup).

HFCS is easy to avoid:

- Read Labels
- Don't buy processed foods
- By processed foods (ketchup, mustard, salad dressing, pastries, canned products, ice cream, sauces, bread, cereal, etc.) at natural food stores or co-ops.
- Choose 100% juice and avoid soft drinks. (HFCS) is the main ingredient in most soft drinks throughout the world.
- Don't eat fast food

Other Dangers:

- Behavioral problems (ADD/ADHD) in children and adults
- Affects Learning
- Diabetes
- Obesity
- Alzheimer's Disease

The Corn Refiners Association is now using the media to "sweeten" its image.

They are claiming that it is no worse than sugar. The group has spent up to 30 million dollars on media campaigns.

During the 1970's it was discovered that HFCS was much cheaper than sugar. Prior to this discovery sucrose was the main sweetener in processed foods. Places such as Mexico and Canada are using sugar instead of High Fructose Corn Syrup. The FDA chooses to keep quiet about HFCS dangers. To learn more about mercury being found in HFCS go to, <http://www.guardian.co.uk/science/2009/jan/27/high-fructose-corn-syrup-mercury> .

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Make Your Own Drinks!

Sesame Seed Milk

Ingredients

- 1 cup of sesame seeds
- 2 cups of water

Rinse the sesame seeds thoroughly. Soak the sesame seeds over night. This will begin the sprouting process. This water can be used to make the milk. The water the seeds were soaked in is high in nutrients. If you wish to use fresh water, this is ok too.

Place seeds and water in a blender, liquefy. Strain the

milk with your strainer of choice. Nut milk bags are available.

Add your additives and sweeteners and blend again. You can add vanilla extract/vanilla bean, agave, maple syrup, or carob. Get creative, there are many possibilities.

Sesame seeds are high in copper, magnesium, iron, manganese, zinc and B1.

A quick and simple drink is molasses milk. Simply add 1 tspn or tbsp of organic unsulphered molasses to a cup of non-dairy milk.

Molasses provides calcium, iron, and potassium. Just two teaspoons of blackstrap molasses will provide 13.3% of the daily recommended value for iron.



Rough Day?

If your child is irritable, anxious, or maybe a little cranky, try a therapeutic bath. Add four drops of lavender or chamomile essential oil to a teaspoon of carrier oil. You can choose from jojoba, almond, or olive oil. Pour this mixture into the bath. After the bath follow up with a massage. You can add up to seven drops of lavender or chamomile oils to an ounce of your carrier oil of choice. Once the child is sleeping the parent/s can take a bath

with essential oils and sea salt. Couples can then relax with a soothing massage. The entire family can relax and benefit from aromatherapy.

Do not use essential oils if you or your child has allergies to certain essential oils. Always test on a very small patch of skin.

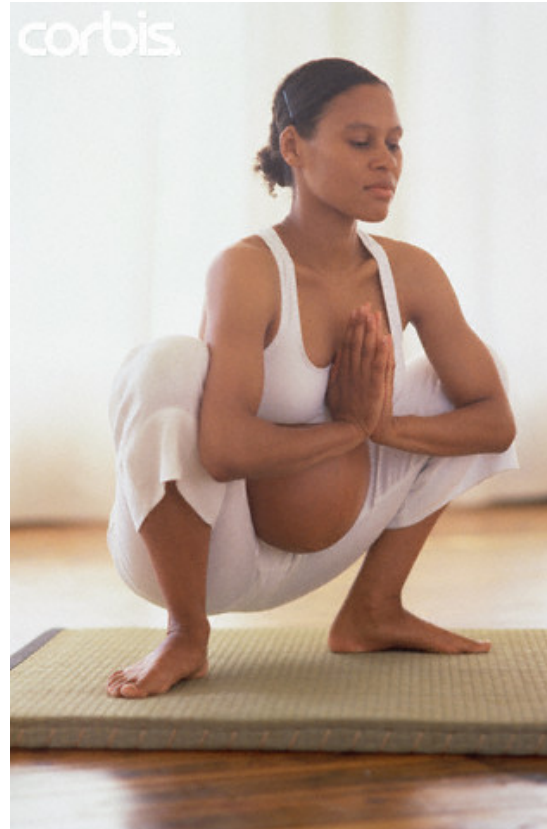


“The entire family can relax and benefit from aromatherapy.”

Squat!

Squatting exercises are great for the last month of pregnancy. Only use this position when your baby is engaged in the pelvis. It places the baby in the proper alignment for birth. Squatting tilts the uterus and pelvis forward placing the baby in the proper position for birth. Squatting will help increase the diameter of the pelvic outlet making birth easier. This can reduce the need for a forceps delivery. Squatting stretches the calves of your legs so that getting into a good pushing position will be easier.

The position is also good for delivering. The body is in ideal position for stronger and effective pushes. Squatting strengthens contractions while relieving back pressure. The position relaxes the pelvic floor, while gravity works with mother and baby.



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