

AFRIKAN HOLISTIC PARENTING

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YOGA FOR KIDS

Children spend a lot more time indoors during the winter months. However, they still have an abundance of energy. This energy can sometimes be a nuisance for parents. A great way for children to calm down and relax is yoga. Not, only is yoga great for relaxation, but immune/mental/physical health, coordination, strength, and flexibility.

Yoga imitates nature, plants, and animals. It is the perfect meditative exercise for children. This is their element. Children can take classes, or do it at home with an adult. Children's yoga must be gentle and parent's should monitor the child and their movements. In our home my son loves the Yoga DVD, "YogaKids® 2: ABCs for Ages 3-6 DVD". He also takes part during my yoga warm up in North African dance class.

Allowing oxygen to properly flow through the child's body will improve their overall health. Let's take advantage of the winter's meditative nature, go within, and heal!



Yoga is great for children with conditions that affect their limbs and movement. Kids too get stressed. Yoga also provides stress management!

CALMING CRYSTAL ELIXIR

Clear Quartz, Blue Lace Agate, and Green Calcite make a great calming crystal elixir. Never use malachite, galena, and kyanite for elixirs. There are more toxic crystals. Do your research!

Cleanse crystals by placing them in a bowl of sea salt for 24 to 48 hours. Rinse them with cool water, let the water graduate to hot. Once the crystals are rinsed leave in the sunlight, preferably outside on the ground, or in a tree. A sunny window is an option. Take distilled or spring water and drop all three crystals in a bottle or jar. Let them sit together in the sunlight for as long as possible, 6 plus hours, the longer the better. The elixir is now ready to drink.

The natural energy vibration of each stone which works with the nervous system assists the electric and magnetic aspect of the body, spirit, and mind in balancing and releasing blockages of all types.

Blue Lace Agate is a stone that eases tension. It helps the mind to be more restful. It caters to the mind being active in a more smooth and easy way. Blue Lace agate stimulates more finesse and calmness, than hyperactivity. It helps the child to achieve the results they want, without acting out. Blue lace agate is a great stones for bedding and massages. It also heals nerves and bones.

Green Calcite is a stone of refreshing energy it helps the energy of the body to stay clear and clean. It also deals with feeling of innocence and light heartedness.

Clear Quartz is the stone of balance and electromagnetic attunement.

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NON-TOXIC HOUSEHOLD CLEANING

Too many household cleaning products are toxic and deadly. Some can even lead to long-term health problems from just the fumes alone. Cleaning naturally improves the family's health as well and can help save money if created at home.

One of my favorite natural cleaning products is castile soap. It can be used for laundry, dishes, general purpose cleaning, floors, shampoo, and body soap.

I recently discovered Bon Ambi, a cleanser for the kitchen and bath retailing at 1.99 at Whole Foods. There is abundance of natural cleaning products, some cheap, and some expensive.

My favorite home-made cleanser is equal parts water and vinegar in a spray bottle. Natural pesticides, cleaners, furniture polishes, and much more, can all be made at home. Follow the link for some great non-toxic household care,

http://www.eartheasy.com/live_nontoxic_solutions.htm



SUPER FOODS FOR MOTHERS-TO-BE AND BREASTFEDING MOTHERS

Avocados provide unsaturated good fats, Vitamin C, folic acid, lutein, and potassium.

Nuts and seeds provide essential fatty acids and Vitamin E.

Berries provide antioxidants.

Sweet potatoes which are in season provide Vitamins A, C, and E.

Yogurt, a probiotic can deter bacterial and yeast infections. Both can be common during pregnancy and breastfeeding.

Whole grains (quinoa, millet, brown rice, etc.) provide B-Complex vitamins, and protein.

Dark leafy green vegetables provide vitamins A, fiber, folic acid, antioxidants, iron, and calcium.

Beans and legumes provide fiber, zinc, calcium, and

protein.

Blackstrap molasses provides iron, calcium and potassium.

Red raspberry leaf tea tones the uterus for easier childbirth and provides highly nutritious breast milk.



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