Back to School? Time to Kick Food Choices Up a Notch!

Oh, the flurry of excitement of back to school time!

Shiny, new school supplies and autumn clothes. Let's take this opportunity to make a fresh start with our children's meals as well.

I urge my students to reassess their dietary habits yearly, just like a corporation regularly evaluates its efficiency and productivity. I urge you to clean house and consider potential culprits that may be silently attacking your child's health.

Too many refined carbohydrates are detrimental to good health and one of the worst offenders is gluten-laden foods.

I know, I know. Cakes, cookies, biscuits and such are attractive, tasty and inexpensive, but if your child can't overcome certain health challenges, including emotional and/or intellectual ones, these might be likely to blame.

I often recommend that a child abstain from **ALL** gluten products for 60 days. I don't mean fewer of these products, or smaller bites of them. I mean **totally eliminate** them from his diet.

Unfortunately, this means not only Cap’n Crunch has to go, but otherwise wholesome oats, wheat, spelt and rye must be eliminated as well. Instead, try delicious hot cereals such as teff or quinoa; they make a lovely breakfast along with eggs.

Substitute rice pasta for wheat/semolina. Tinkyada Brand is good source of many kinds of pasta.

As an Italian American, I can tell you that if you cook this pasta according to the directions, it tastes authentic.

After the 60 day fast, allow your child a gluten feast! For example, give him wheat toast for breakfast, a wheat bread sandwich for lunch, a bagel for a snack, and pasta for dinner.

Now watch his behavior, sleep, respiratory and gastrointestinal activity. Note his energy, his color, and his odor. Is there darkness under his eyes? Is he wiggly, itchy, too chilly or warm?

If you notice any of these changes after gluten has been reintroduced into his diet, then you will know that the child is sensitive to gluten and must be kept away from it. The same experiment can be done for any suspected food sensitivity such as pasteurized dairy products, sugar cane, corn syrup, dyes or preservative-laden foods, etc.

Here’s a powerful clue: the food that most often does the worst harm is the one that’s the most craved. Does your child cry or carry on when you tell him he must have eggs instead of toast? If so, then regard gluten a possible culprit.

Homeopathy has a history of resolving the problem. If gluten intolerance is part of the family history—something that his father and grandmother have— he’ll still be able, in large part, to overcome this tendency. It’s a matter of selecting the correct and deep-acting constitutional remedy that is person specific.

Interestingly, in my experience, I've observed a proclivity for gluten intolerance more often in Italian-Americans and Irish-Americans. I've also noted that many children don't present this problem until they've been treated with antibiotics, vaccinations or the like.

If you're working with a classical homeopath, every symptom, no matter how minute, is important to disclose; it will help your homeopath determine the constitutional remedy that will uproot the propensity for this problem in the first place.

After all, getting to the bottom of the problem is what homeopathy does best!

Nutrition is fundamental to the work I do with homeopathy! Read more about how the correct remedy helped to bring Liz's diet into alignment here. Lots more articles and free information on homeopathyworks.net.