Kate Potter, Elmwood, IL

I get your monthly email newsletter and just wanted to say the Halloween one was GREAT. I did as you suggested: made my 5-year-old son eat a large fatty grassfed steak and a HUGE glass of raw milk before trick-or-treating. He had a great time, but didn’t ask ONCE to eat any of the candy! Wow. The next day I offered the trade you suggested: a toy for his bag full of candy. The toy won hands down. So, thanks so much for those wonderful ideas.