

Raising Healthy Families

THE 30 DAY CHALLENGE



GETTING STARTED

The next 30 days aren't just about you. They are about the ones you care for the most. This challenge will help you navigate out of the pitfalls of health misinformation, so you and your family can achieve real, lasting health together.

Before you begin your 30 Day Challenge, please read the following rules:

- 1 You can follow this plan exactly as laid out, that's great!
- 2 If you complete all action steps in one evening, that's fine!
- 3 If you do not complete your first goal tonight, schedule time tomorrow to do it!
- 4 Keep your heart and mind focused on WHY you are Raising a Healthy Family and keep moving forward.

If you can't fly, then run.
If you can't run, then walk.
If you can't walk, then crawl.
But whatever you do, **keep moving.**

Martin Luther
King Jr.

STEP ONE

Write WHY you want a healthy family. A big enough **why** can overcome any **how**.

Kitchen Mini-Makeover

It's time to take the gloves off! Start thinking of your kitchen as a safe and healing environment for your family. It's time to take the dangers out of the kitchen. And that goes beyond just tossing out toxic bleaches and cleaners. It starts with the fuel to your body: food. By removing the excess sugars, additives, dyes, preservatives, bad fats and refined carbohydrates from your kitchen, you set the stage for your family's healthy lifestyle. Remember, success is the only option when connected to your WHY!

Kitchen Mini-Makeover Checklist

Below is a list of foods that contribute to a variety of health problems. Whether they are damaging to your child's nervous system, brain, blood vessels or are associated with hyperactivity or attention problems, the items on the following checklist should be eliminated from your kitchen.

- ✗ Canola oil
- ✗ Shortening
- ✗ HFCS (high fructose corn syrup or corn sugar)
- ✗ Splenda and other artificial sweeteners (Truvia, Equal etc.)
- ✗ Children's supplements with dyes, fructose
- ✗ White bread
- ✗ White pasta
- ✗ Juice & juice boxes with added sugar and/or color dyes
- ✗ Artificially flavored yogurts
- ✗ Processed cheese spreads
- ✗ Nitrate/nitrite containing lunch
- ✗ "Mechanically separated" meats- (commercial beef, pork hot dogs)
- ✗ Vegetable oils
- ✗ White sugar
- ✗ Commercial syrups
- ✗ Roasted nuts/seeds with hydrogenated oils
- ✗ High fructose corn syrup/ corn syrup/solids- read "other ingredients" on packaged foods
- ✗ White rice
- ✗ Skim and low fat milk
- ✗ Margarine/fake butters
- ✗ Processed cheese slices
- ✗ Pork products (like bacon, sausage or ham)
- ✗ Chemical preservatives ("If you can't read it...don't eat it.")

Your Family on the Core Plan

Here are the three main steps that put the Core Plan into action:

- 1 Remove sugars from the diet.** Replace them with non-toxic sweeteners such as stevia. Also remove all refined sugars such as white bread, white rice, and pasta from the diet.
- 2 Replace bad fats with good fats.** Healthy fats like avocado, raw nuts and extra virgin olive oil provide your body and brain with vital nutrients and consistent energy. Bad fats, on the other hand, wreak havoc on your hormones.
- 3 Avoid food toxins.** Initially, this will seem like your most challenging obstacle. However, it is one of the most impactful steps to take for your family. As you transition away from your old eating habits, your family will naturally consume fewer toxins.

Grab-and-Go Snack Ideas

These quick, convenient snacks are about planning! They take just a few minutes to prep each week but these tasty snacks are well worth the time (and they'll save you money!). Here's a list of some common "grab and go" baggies you can prepare ahead of time.

- Apple slices with organic cheese stick
- Apple slices with organic almond butter for dipping
- Rice crackers with nut butter; gluten-free crackers; all-natural fruit snacks
- Amasi/kefir with berries and/or stevia
- "No nitrites/no nitrates" turkey deli meat rolled with cheese and almond flour crackers
- Nuts and baggie of fresh or dried fruit (strawberries, blueberries, grapes, apples)
- Container of cantaloupe, peach slices, pear slices or berries and baggie of sunflower seeds
- Carrot sticks (celery, broccoli or pepper stripes) with veganaise ranch dip
- Organic yellow or blue corn chips with natural salsa
- Turkey rolls (1-2 slices of turkey rolled up) and sunflower seeds

- Organic cheese (raw and organic; Beyond Organic A2 is best)
- Gluten-free pretzels
- Gluten-free crackers, homemade crackers
- Pickles (check label and buy dye-free)
- Veganaise (dairy-free mayo) ranch dip
- Popcorn popped in coconut oil with butter buds or ghee and sea salt

Beverages:

- Filtered or reverse osmosis water
- Water with fresh squeezed lemon or lime, add stevia or local honey for lemonade or limeade
- Flavored stevia water
- Fruit-soaked & chilled water, with slices of cucumber or watermelon
- Blueberry or other herbal teas with sweetened with stevia

Make your own:

Mayonnaise • Servings: 1¹/₂ cups

This is a great way to make your own mayonnaise without a lot of fuss.

- 2 Egg Yolks
- 1 Tablespoon Apple Cider Vinegar
- 1 Teaspoon Dry Mustard
- 1/2 Teaspoon Salt
- 1¹/₄ Cups Olive Oil

In a food processor, combine egg yolks, apple cider vinegar, dry mustard, and salt. With machine running very slowly, add olive oil through the feed tube.

Ranch Dressing • Servings: 4-6

Ranch dressing is very popular but typically contains sugars, bad fats, additives and preservatives. This homemade recipe will appease ranch lovers with none of the negatives.

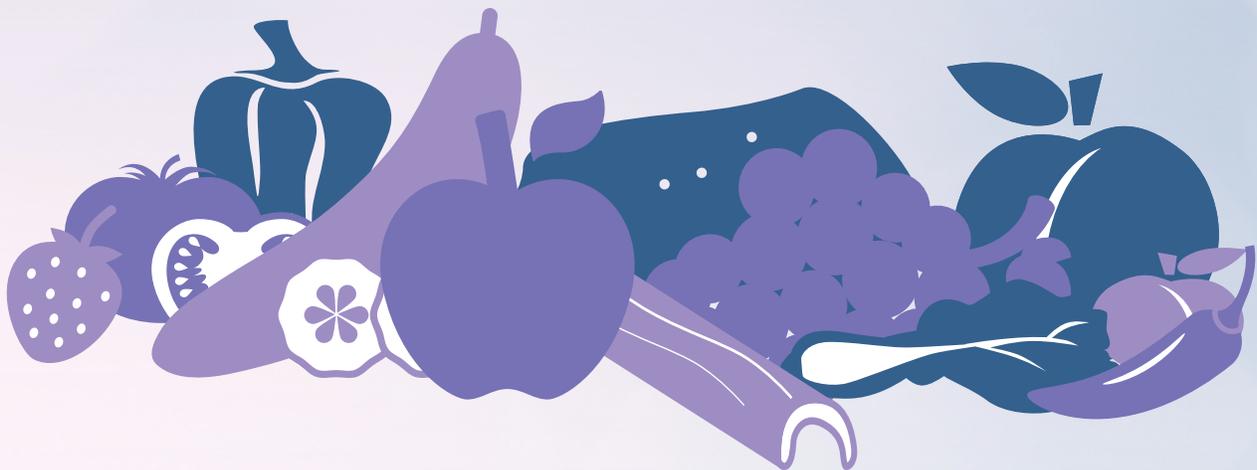
- 1 Cup Mayonnaise (see recipe)
- 1/2 Cup Sour Cream
- 1/2 Teaspoon Dried Chives
- 1/2 Teaspoon Dried Parsley
- 1/2 Teaspoon Dried Dill Weed
- 1/4 Teaspoon Garlic Powder
- 1/4 Teaspoon Onion Powder
- 1/8 Teaspoon Salt
- 1/8 Teaspoon Ground Black Pepper

In a large bowl, whisk together the mayonnaise, sour cream, chives, parsley, dill, garlic powder, onion powder, salt and pepper. Cover and refrigerate for 30 minutes before serving.

The Dirty Dozen

Fruits and vegetables that often contain high levels of pesticides. You should make sure to buy these organic.

- Apples. The dirtiest of the bunch. Ninety-nine percent of apples contained at least one pesticide.
- Celery. At worst, a single sample revealed 13 different pesticides.
- Cherry Tomatoes. Similar to celery, one sample also contained the residue of 13 pesticides.
- Cucumbers. The third most contaminated vegetable, these should always be peeled and rinsed before eating.
- Grapes. A single grape has been shown to contain as many as 15 different pesticides.
- Hot Peppers. Previously not on the list, recent tests showed these contain the seventh greatest amount of pesticide residues.
- Nectarines (Imported). Every imported nectarine tested was shown to contain pesticide residue.
- Peaches. Contained the fourth highest amount of pesticides among all fruits tested.
- Potatoes. Typically contain the highest total weight of pesticides of all food crops.
- Spinach. The second most contaminated conventional vegetable.
- Strawberries. The second dirtiest conventionally grown fruit on the market.
- Sweet Bell Peppers. One of these was as contaminated as a single grape.



WEEK THREE

Let's Cook Clean!

Kitchen Equipment

Your kitchen doesn't have to be overloaded with all the bells and whistles for you to be a good cook. Use non-toxic cookware. Your best options are cast iron, enameled cast iron, Thermolon, glass, ceramic or stainless steel.



Avoid Teflon products or non-stick cookware. These products have been linked to toxins that leach into foods causing hormone imbalances and risks for cancer.

WEEK FOUR

Continue Removing Toxins

If you continue to remove and replace as you go, your environment will be cleaned up in no time. For now start here:

- 1 Remove any fragranced/air fresheners like wall plug-ins, aerosol sprays from your home.
- 2 Throw away any fluoride toothpaste.
- 3 Remove toxic fabric softeners, dryer sheets and dryer bars.

Ask your doctor for the recipes to make your own safe, effective and affordable solutions. **Popular non-toxic brands:**

- Seventh Generation- *Local stores, Target*
- Tom's of Maine Fluoride-Free Toothpaste
- JÄSÖN (kids shampoos, toothpaste, body wash)
- ECOS (laundry soap, dish soap) *Costco*
- Earth Friendly Products- *Walmart, local grocery stores*
- BioKleen *Target*
- method *most local stores, Target*