

THE ULTIMATELY COOLEST WAY TO RAISE YOUR KIDS IN THE NEW ERA

GEEK PARENTING

Issue #33: September 2015

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BACK TO BASICS,
FOR YOU AND YOUR
FAMILY





BACK TO BASICS FOR YOU AND YOUR FAMILY...

As a mum of two beloved little people, I know how hard-core parenthood is. We're always piling the pressure on ourselves to do more, be more, earn more. It's a tough gig. So with these monthly articles, I'll try to pass on my knowledge in bite-size pieces to help you understand how the food and lifestyle choices you make for yourself and your family affect your bodies, mind and soul. I will aim to cover a

bunch of topics that affect our busy family lives... everything from great recipes to cook with your kids, how to eat healthy in a hurry, the nutritional requirements we need to meet for optimal health and disease prevention; to natural remedies for fevers, how to get better zzzzz's, and stress management. (Promise to try to teach, not preach!)

Hopefully you're still with me....

So a good way to get started is to talk about the idea of eating and living 'clean'. It's a buzz word in the press right now but what exactly is 'clean living'? Well, it's pretty simple really. It's about going back to our roots and eating natural, whole (un-messed with) nutritious food and what it means to live well. We're not looking at 'quick-fix' answers, dieting or calorie counting. It's about long-term lifestyle changes, and eating better to feel better and giving our kids the best start in life! To be healthy but realistic within the context of our already busy lives. Here are my five basic ground rules to give you a taster:

1. Get back-to-basics:

Go local. Go organic where you can. Eat REAL whole foods that you can trace back to the source. Look for farmers markets or reputable online suppliers. Take your kids along and get them involved in where their food is coming from. If they pick out a new food, they're more likely to eat it. Let's keep it simple. Just eat real food.

2. Befriend your plants

Scientific research has demonstrated the many health benefits of eating more plant foods from the earth: fruits, vegetables, nuts, seeds, grains, pseudo-grains like quinoa or buckwheat, legumes and beans. Rather than taking out your favourite foods, start by adding in these healthy powerhouses of nutrition. Encourage your kids to add a fruit or vegetable to every meal.

3. Find out who your farmer is

If animal proteins feature in your diet, provenance is key. We need to make sure they have been humanely reared and have been fed their natural diets. Ask about how they lived (i.e. grass fed, wild caught, pasture raised, free-range, organic, etc.).

This is also key to getting the maximum nutrition and minimal nasties into your body. Sure, eating better quality meat may be more money but what better investment is there than your health? Eat a little less red meat and try experimenting with a meat-free day once a week to even out the costs.

4. Don't eat anything with a longer expiration date than you!

If you need a dictionary to explain the ingredients, then put it back on the shelf and suss out the real deal without all those e-numbers and colours that are going to turn your kids loopy. Or better still, know exactly what has gone into your food and make a meal from scratch at home. You'll feel damn righteous you did - stay tuned for lots of foolproof easy-peasy recipes that I guarantee everyone can make.

5. Discover mindfulness!

Discover mindfulness! Nutrition isn't all about counting calories, grams of fat or fibre. Do we eat to live or live to eat? We should take a minute to think about all the many ways food is involved in our lives and our cultures and celebrate it. We all, myself included, should start listening to our bodies more, being more intuitive about what works for us as individuals. We should relax about nutritional 'rules' and all the confusing and contradictory reports you see in the papers and just eat as much real food as you can! (You got it now - don't overthink it - it's all basically about eating real food and then waiting for your body to say thanks!)

Consistency is the key to change. What you do the majority of the time really does make a difference and adds up over time. No one is perfect, but if you can implement a few changes, I am sure you will notice enough differences to your's and your family's health and energy levels it will be worth it!



About the author

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