



360 Homeopathy, LLC

Lora Roberts — Classical Homeopath
6117 Monona Drive Suite 5
Monona, WI 53716
(608) 222-0321

If you were unable to join us on March 11, 2014 for the monthly TACA Meeting, Lora Roberts was the featured presenter and gave a talk on encouraging nourishing foods for children.

If you missed it, we still want to share some invaluable information that was presented during the presentation.

Below you will find notes from the talk, and [we're always available](#) if you have any follow up questions!

Tips for eating a nourishing gluten-free and dairy free diet

- Eat foods from nature (organic fruits and vegetables and pasture raised meats).
- Don't substitute gluten or dairy junk food for gluten-free dairy free junk food.
- Cook from scratch.
- Keep it simple.
- Reduce your intake of packaged foods.
- Reduce sugar intake.

Organics – A fairly easy step is to simply stop buying conventionally grown foods and buy certified organic. Budget may be an issue but you can prioritize certain foods and find more wiggle room in the budget by eliminating other purchases.

Pastured Dairy and Meat – The “You are what you eat” mantra applies to animals too. If you buy that \$1.99 a pound factory farmed burger from a Commercial grocery store you are eating an animal that was likely in poor health due to substandard living conditions and inappropriate feed. Eating meat and dairy from sick, run down animals will not make you healthy. You ARE what you eat. Seek out meat from animals who are allowed to graze freely and eat the healthy food that they were intended to with minimal pesticide ingestion. Buy farm fresh eggs from farms where the chickens are cage free and allowed to roam and eat grass, seeds, bugs, fruit, and other foods more natural to them.

Eat Fewer Grains and Eat Better Ones – Americans are kind of obsessed with pasta and bread. We need to eat fewer grains because grains may actually be leaching nutrients from your body ... not adding them. Try to eat more long grain and wild rice, sourdough breads and pastas, sprouted wheat, and Quinoa. Technically sprouted grains are gluten free as the gluten is transformed into a different protein when it sprouts. Unfortunately all the commercial products actually add gluten to the product so that it will stick better. If the grains are properly sprouted with no unsprouted seeds and no gluten added, it is gluten free.

Hide the Veggies – By adding Kale, spinach, or collard greens with some fruit and blending it into a smoothie we get kids to eat more greens! I love to combine spinach, honey, and frozen raspberries, blueberries, or blackberries and make a frozen sorbet or add a nut milk and make a smoothie.

Fermented Foods – Fermenting foods ups the nutritional value and aids in nutrient absorption. Some fermented foods to try include... kefir and yogurt, kombucha, sourdough, kimchi, pickles, sauerkraut, etc.

Natural Sweeteners – Instead of processed sugars start using more raw honey, real maple syrup, stevia and fresh and dehydrated fruits. Dehydrated dates make an awesome sweetener as does fresh fruit.

Buy a Produce Bin/Box – One thing that has worked well for us is to get a produce box every week. The kids are excited to see what we get every week and they want to try everything they see.

Pick Your Own and Grow Your Own – “You pick” farms make the process of gathering good food a whole lot of fun. Giving our kids real food experiences makes real food more exciting. This goes for growing their own food as well.

Let Kids Cook – get them involved in the process of cooking...most families spend most of their time in the kitchen so get them working!

Why are healthy fats beneficial in our diet?

1. Low-fat diets can lead to vitamin deficiency because fat-soluble vitamins, particularly vitamin D, are found only in the fatty (or oily) part of food.
2. Moderate amounts of saturated fat are needed to increase the bio-availability of fat-soluble nutrients and are essential for many critical biological functions.
3. Dietary fat promotes satiation, slowing digestion by triggering the release of the satiety hormone cholecystokinin (CCK) and controlling the metabolism of carbohydrates.
4. Dietary fat is required to support physical and psychological changes during growth and maturation in children.

4 Pillars of World Cuisine

Foods that program your body for beauty, brains and health...wisdom from the book, “Deep Nutrition, Why Your Genes Need Traditional Food” by Catherine and Luke Shanahan

1. Meat on the bone

- Fat, bone, marrow, skin and other connective tissue that stays together the better they are absorbed.
- Don't overcook meat...fat, protein, and sugar molecules get tangled when overcooked and requires more digestion and the nutrients are ruined.
- Heat kills nutrients and also causes a reaction forming new chemical compound including carcinogens.
- Cooking meat slow is the best way to get all the nutrients.
- Slow cooking allows the water molecules to chop the proteins apart and gently tenderize the toughest tissue.
- Water molecules tug apart connective tissue releasing glucosamine molecules (awesome supplement for joints).
- Mineral salts are released from bone and cartilage during stewing...these tissues are rich in calcium, potassium, iron, phosphates, sodium and chloride.
- Use the fat...fat is a major building material for our cells. Unlike sugar, fat doesn't trigger the release of insulin.
- We need the fat in order to absorb fat soluble minerals A, D, E and K.
- Make bone stock...cheapest way to get glucosamine and helps collagen production, builds healthy joints and helps bones grow.

2. Organ Meat is good for you

- The liver is the storage place for the body and contains excess vitamins, proteins and minerals

Don't have access to grass-fed liver? You can get desiccated (dehydrated) grass-fed liver in powder or capsule form from a trusted source

3. Fermentation

- Fermented foods are an enzyme rich food source. Fermented foods such as yogurt, kefir, raw sauerkraut and kombucha are very important for good health. The good bacteria and yeast are beneficial to the digestive tract, crowd out and kill bad bacteria and pathogenic bacteria and increase enzyme and nutrient content in food. Some fermentation are bacteria only fermentation such as sauerkraut and yogurt. Others contain a combination of bacteria and yeast (that kills candida) such as kefir and kombucha.
- Natural probiotics help the intestinal tract from invading pathogens.

4. Fresh, and the benefits of raw

- All fresh fruits and vegetables contain antioxidants and flavonoids better than any supplement out there
- Eating a variety of greens will give you a large blend of antioxidants.
- Fresh greens and fruits protect our tissues against oxygen damage and free radical damage.
- The more intense taste the more nutritional power the plant has...pungent vegetables like garlic, peppers, broccoli, and arugula contain more antioxidants than tubers such as potatoes and turnips.
- Fermented dairy removes the lactose sugar so it is less irritating for those with lactose intolerance
- Pasteurized milk can be highly irritating for the intestinal tract because of chemical changes.
- Raw milk contains bioavailable minerals and fat globules that help your body recognize milk as a helpful substance as opposed to a invasive bacteria...raw milk also contains active enzymes to help the digestive process.