

KIDS HEALTH REVOLUTION

NATURAL SOLUTIONS BLUEPRINT.

Natural Solutions Blueprint

When it comes to supporting your child's health naturally there are 3 essential steps you cannot overlook. Hit on all 3 of them and you are giving your child's body the chance to find it's balance and thrive. This little blueprint serves as a handy little reminder of the areas of focus and to help guide you in making everyday decisions. Does it fit within the blueprint to supporting health or not?



1

Nutrient
Density



2

Gut
Healing



3

Detox
Home



1. Nutrient Density

Whole foods contain all the vitamins, minerals, enzymes and phytonutrients that your child's body requires to carry out the millions of processes it conducts each and every minute of the day. These nutrients simply are not abundant enough in the processed food diet. To improve health we must put our focus on whole foods, full of the good stuff and not just empty calories. Think colourful fresh fruit and veggies, meats and healthy fats. For a full list of "Go Foods" see your Foods Cheat Sheet that you also received with your membership.

2. Gut Healing

We cannot hope to improve the health of the body without also supporting the digestive system and the gut. These are absolutely fundamental in good health. If your child cannot properly digest his or her food then it will be difficult to get all the essential nutrients from that food and the body will suffer. This is the foundation of good health for all of us.

Supporting the gut means avoiding processed foods completely for some kids and as much as possible for others. Processed foods feed the bad bacteria in the gut and lead to a cascade of health consequences throughout the body. You also need to supply the body with gut supportive foods like **meat stocks**, which are full of gut friendly amino acids and **fermented foods**, that provide a wide variety of beneficial bacteria for the gut. Again, you can refer to the Foods Cheat Sheet for more information. The 20 Fab Freezer Meals document you received contains a recipe for gut healing meat stock.

3. Detoxify Your Home

The number and variety of chemicals found in our homes today is astounding. It has placed a heavy burden on our bodies to detoxify these substances day in and day out. For our kids with chronic illness this burden can sometimes be too much. Lifting some of that toxic load by replacing household cleaners with more natural options is a great start. You can clean most surfaces in your home with simple vinegar, water and a few drops of tea tree oil. If you need a little scrubbing power use baking soda. Switch out your laundry detergent for a more natural, scent free variety. Store food in glass containers and stainless steel instead of plastic. A few quick and easy swaps to significantly reduce the toxic exposure your child's body has to contend with everyday. For more ideas check out [the Kids Health Revolution Podcast](#)

