

## CHAPTER 12

### WHAT CAN PARENTS THEMSELVES DO TO HELP THEIR CHILD?

*Avoid environmental factors to the extent possible in order to bypass genetic susceptibility*

1. Give your child the best nutrition available, i.e., fresh organic foods, while avoiding packaged foods. By doing this you will prevent further toxicity from heavy metals, pesticides, flavor enhancers like MSG (glutamate), artificial sweeteners, color additives, GMOs, preservatives and other waste products. Many studies mentioned in John Erb's book, *The Slow Poisoning of America*, link MSG to obesity, diabetes, migraines and headaches, autism, ADHD, and even Alzheimer's.
2. Give your child sourdough bread instead of yeast bread to prevent the binding of zinc and magnesium to an insoluble complex with phytine acid and to enable the assimilation of nutritional zinc and magnesium. Since whole wheat sourdough bread is often very heavy, it would be better to start with lighter bread.
3. Give your child enough pure water without copper or other toxins.
4. Avoid the use of microwaves for all food and drinks; avoid also as much as possible plastic containers and packages.
5. Avoid as much as possible sugar, sweets in general and artificial sweeteners. They are poisonous to the intestines and pancreas and

several other tissues. Sugar also inhibits the production of EPA and DHA, both omega-3 fatty acids that are of crucial importance to the brain tissue.

6. Provide a quiet and peaceful environment for your child, eliminating excess stimuli such as TV, Game Boys or computers. Try to really be there for your child.
7. Make sure your child is well grounded to the earth. Static electricity may give rise to both emotional/mental disorders and physical complaints. Synthetic clothing, isolating shoes (rubber or plastic soles) and synthetic floor coverings (vinyl) should therefore be avoided. Even wooden floors with a thin plastic covering can be harmful. Have your child walk around barefoot at home, and barefoot on the grass or earth as much as possible, if the environment is safe. Eliminate all electric appliances in the bedroom such as electric alarm clocks, TV, computers, cell phones (mobiles) or audio equipment.
8. Provide a healthy sleeping environment for your child. A healthy bed should not contain any metal, because it reinforces the magnetic disturbances of the earth and of the man-made electro-magnetic environment. If possible, have your child sleep facing north or east to align with the magnetic field of the earth which goes from the South Pole to the North Pole. Stop using babyphones and phones with DECT technology (most wireless (baby)phones), they give a very strong radiation field. A dark room is important for the production of melatonin (sleep hormone).
9. Avoid antibiotics since they impair intestinal flora and consequently increase underlying problems. In case of infection, opt for naturopathic solutions. In case medical treatment is necessary for your child, try to find energetic solutions such as homeopathy which boost the immune system, instead of symptomatic treat-