

Hypoglycemia/Cranky/Constipated Children

- **Water** – the only thing that counts as water is water and tea—not soft drinks, coffee, lemonade, fruit juice, etc. Put in a slice of lemon. Filtered water. Yes, it’s worth the money. All the water w/lemon already added that I’ve seen contains high fructose corn syrup or an artificial sweetener. Do not drink distilled water.
- **Oatmeal** - once a day. This will help on so many levels. It will make elimination much more pleasant by helping the stool to “slide” out more easily. It will add fiber, which makes bm’s better. It will add **magnesium, which** is the number one treatment for the nervous system. **Do not get instant.** Even with whole oats, just add some hot water and let it sit a minute. It’s called soaked oats...seriously. Add slivered almonds. Organic coconut has a different taste than the plastic stuff, most kids like that. Add raisins or dried cherries (sulphur free)—there are all kinds of dried fruit available....all organic if possible. Bananas are the wonder fruit...slice 'em, dice 'em, eat 'em. **DO NOT BUY DRIED FRUIT IN PACKETS, THEY ARE PRESERVED WITH SULFUR OR SPRAYED WITH OTHER CHEMICALS.** Check out my oatmeal station in the photo section.
- **Baths** – soak in the tub....add sea salt, Dead Sea Salt if possible. Has loads of minerals – will heal outside and inside. Also add Epsom salts, very cheap, again w/minerals especially magnesium.
- **Raw veggies** -- baby, peeled carrots, ORGANIC. These are getting very popular, so they are in the mainstream grocery stores. Keep some in baggies to take **everywhere** to snack on. Most people who don’t care for cooked veggies will eat them raw. Make a yogurt dipping sauce...Raw veggies are double good because the fiber in them slows down sugar metabolism.
- **Almonds and other nuts and seeds** (except peanuts which is not a nut at all). All you can eat. Raw almonds are best. Roasting takes a little of the nutrients out. Use sea salt to taste. Don’t eat Planters nuts!!!
- **Whole food multi-vitamin/mineral such as Rainbow Light** Please, please do not take anything with artificial colors or artificial anything. You need WHOLE FOOD vitamins. This one mixes with liquid, which increases absorbability.
- **Complete Protein Diet**..it comes in vanilla or chocolate. It has 35 grams of protein, omega’s and vitamins. It’s made to mix in water, but can be mixed in milk.
- **Essential fatty acid supplement** – (DHA/EPA) with mercury removed such as Nordic Naturals, or Carlson. Read the label, if it processes out the mercury, it will say so. Nerve endings must have this and if they don’t get it, everything is affected, including behavior.
- **Chlorophyll**....even kids like this as it tastes minty. It helps retain calcium and helps the body absorb herbs. Most people crave this, as they just don’t get enough GREEN. Chlorophyll is only one molecule different than our blood...

- **Motherwort** is balancing and regulating!! This is great for young women.
- **Licorice root extract.** This is hypoglycemics best friend. It is also balancing to the adrenals. It's great when that sinking feeling starts...just carry it with you and take a squirt as needed. Glycerites are not as strong, but they taste better for children. Do not use licorice if you have high blood pressure or diabetes.
- This **tincture blend** is good too: Licorice root, dandelion root, horseradish root
- **Crazy Tea:** for when you feel crazy! 2 parts peppermint, ¼ part Licorice root, ¼ part cinnamon, ¼ part spearmint. Very minty. Add boiling water, steep it, strain it, add honey and keep it in the fridge.
- **NO HIGH FRUCTOSE CORN SYRUP. It's in everything, so monitor the labels. NO artificial sweeteners, colors, hormones or preservatives.** This is so important and worth the extra effort.

This holistic herbal regimen is intended for the maintenance of the best possible state of health and is not involve diagnosing or prognosticating a health condition. Rather, these educational recommendations are a holographic approach to optimal well-being.