

NOURISHING OUR CHILDREN

TIMELESS PRINCIPLES FOR SUPPORTING LEARNING, BEHAVIOR AND HEALTH THROUGH OPTIMAL NUTRITION



IN THE SAN FRANCISCO BAY AREA

Nourishing Our Children Presentation

IMAGINE.

Imagine a child raised according to the nutritional wisdom of our ancestors. This child grows up free of the common ailments and diseases that we currently take for granted. This child's strong, white teeth grow in straight – and free of tooth decay. This child is attentive and engaged, and can learn easily and readily because of optimal brain development. This child is energetic by day and sleeps soundly at night. This child has a strong immune system, does not experience childhood illnesses or allergies, and has a stable, cheerful and optimistic disposition.

NOT REALISTIC?

Schedule Nourishing Our Children's dynamic PowerPoint presentation for your group and learn how your child can experience his or her birthright – radiant health and wholeness. This presentation is free of charge and typically lasts up to 2 hours, followed by questions and answers. Audiences learn –

- ❖ Dietary principles to guide them during preconception and pregnancy, as well how to nourish rather than merely feed their children.
- ❖ The foundational nutritional principles Weston A. Price discovered during his extensive travels.
- ❖ The dangers of modern processed foods.
- ❖ Information about water and fluoride, traditional fats and oils, milk, soy, vital nutrients, and healthy meal preparation.

“ I do want you to know that our preschool community appreciated the Nourishing Our Children talk very much. The director said today that she thought that it was well-crafted and clear and that people changed their eating habits as a result. In addition, one of the mom's at the school today, who is a nurse, said that she thought it was very clear and well-presented. ”

Gabrielle Hildebrand

“ Our parents group wanted to learn more about healthy eating for kids. I invited the Nourishing Our Children campaign to speak since I've been incorporating these ideas into our family's diet for the last several years and feel they are so important. The presenters came and gave an interesting and very informative presentation. As a result of their compelling speech, a number of the parents in our group decided to make some immediate changes to their diets. I wish every parent could see this convincing presentation. ”

Karen Hamilton-Roth