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Reshape The Family Diet — Avoid Dinnertime Trouble/Cyndi Thomas, ND

By Joan Bramsch

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Reshape The Family Diet — Avoid Dinnertime Trouble

by Cyndi Thomas, ND

When I announced that my family needed to change its diet somewhat... well, to say my children weren't as excited as me would be an understatement.

More than once they cried: What? Salad again! When are we going to have some real food?

My understanding reply was usually, "This is dinner...eat it or starve." After all, I had taken it upon myself to get my family in the best possible health — NO MATTER WHAT!

I had decided no more junk food. We were going to sprout alfalfa and have produce delivered by truck once a week. We were going to have meals made up of just fruits and vegetables. We were going to drink juice made from... gulp, barley grass and carrots. My kids were going to be thrilled with the change!

So I sat them down — all seven of them — and gave a brilliant lecture on the importance of good nutrition. I even had charts and graphs. I knew that once they understood, the change wouldn't be a problem at all. After all, I had intelligent kids. They would understand. Right? Wrong!

C'mon mom... do you really mean no more hot dogs, hamburgers, ice cream, brownies, potato chips and soda pop. You don't expect me to give up soda pop — DO YOU?

I no longer recommend anyone do what I did. My path to healthy living was paved with good intentions. But my family suffered the potholes that accompanied my attempt to overhaul their eating habits overnight.

You won't have to endure as much agony. I've compiled a few guidelines to make such a transition easier for the caring mother (or father) wanting what's best for her or his family:

1. Do not say anything to the family about what is to transpire. (The exception here is if the family already has an excellent, above-average level of communication and they would rather have apples instead of Ding-Dongs for dessert!) So like I said, "Don't say anything."

2. Without comment -- and over a period of months -- the meals should gradually become more nutritious.

3. To complement to the regular meat main course, you serve lightly steamed vegetables and a tossed green salad. Less high-fat dairy products, fried foods, pre-prepared foods and canned foods appear on the table.

4. Make a deal with the kids: We eat like I say five days a week... twice weekly, you can pick the menu. Most kids would be agreeable to that. Mine were. Of course, it took me a month to realize the importance of letting them choose occasionally.

(It was during that month that my then 16-year-old son came home one night with two large pepperoni pizzas. He walked in with a smile and a grin-delivered greeting: "Gee mom, you work so hard. I thought I'd take care of dinner tonight!" With his minimum wage salary from sacking groceries, takeout pizza was something he couldn't afford very often.)

The transition is much smoother when mom AND Dad agree on the diet change. Still the rule is the less fanfare, the better. Slowly introduce more nutritious menus and set a good example of eating and enjoying. Make positive comments about how good the vegetables taste -- and how good they are for the body.

If questions are raised as to why the menus are different, be honest and direct: "We've been reading (or the doctor told us -- or Bob and Mary have been telling us) that junk food makes our bodies sick."

Follow with statements on how much better you have been feeling since eating "right" and comment on any noticed changes in the children's health or behavior. For example: "Johnny, you sure have been easier to get out of bed in the mornings since we've changed our diet."

Don't neglect an opportunity to point out to the children when a slip away from healthful eating produces direct negative physical discomfort. Whether it's affecting you ("Boy, that ice cream sure gave me a headache!") or them ("Johnny, see how you are acting since you've eaten that piece of cake?")

Keep the "wrong" food out of the house. That way your kids won't be tempted into eating something they shouldn't. If you must go to the store to get something, you will often think twice about whether it's needed -- OR NOT.

Children learn by example. A household that manages food properly will help children adopt healthy eating habits.

Here are a few quick additional tips:

- Praise your child's efforts to make better dietary choices.
- Stock the pantry with healthy foods.
- Provide balanced meals at regular times.
- Keep snacks healthy (raw fruits, veggies, etc.)
- Lead by example. You MUST also eat healthy.
- Reward good behavior with nonfood items, such as CDs and clothes.

Changing a lifestyle doesn't have to be complicated. Slow and steady always wins the race.

My pop drinker rarely indulges anymore. My sugar addict gets a headache when she indulges. My younger ones can't eat off the children's menu at restaurants -- they don't offer salads on the kid's menu!

And, my husband totally avoids dairy to keep his allergies from becoming a problem.

Are we perfect? Of course not. But we now spend more time eating the right things as opposed to the wrong. And it does get easier with time.

I know your family is worth the effort. And someday they will realize how right you were and maybe even thank you for it!

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Cyndi is a Naturopath (N.D. from the College of Natural Health) and is a member of the American Association of Certified Consultants. Cyndi has overcome numerous physical problems through the principles of Naturopathy. She has been published in ezines and magazines, is the author of "Vibrant Health – It Can Be Yours" and is the editor of the online newsletter, BNHealth. Cyndi lives in Oklahoma with her husband, Paul and their seven children, whom she home schools. You can visit her site at: <http://www.schoolofhealth.com> or email her at [cyndi@schoolofhealth.com](mailto:cyndi@schoolofhealth.com)

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JOAN BRAMSCH is a family person, educator, writer and E-publisher. Her articles appear internationally in print and online. Six of her best-selling adult novels – near one million copies – have worldwide distribution. Her Empowered Parenting Ezine serves 1000 parents around the globe.

<http://www.JoanBramsch.com> <mailto:hijoan@joanbramsch.com>

## **4 Simple Steps To Success**

**By Cyndi Smasal**

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Thanks,  
Cyndi Smasal

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## 4 Simple Steps To Success

Cyndi Smasal

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What if success had very little to do with what you DO?

Stop and think for a moment about a typical day, week, or month. How much of your time is spent on activities that really matter? If you're like most people, less than 20% of your time is spent doing the things that matter the most. So if your not spending most of your time doing things that make you successful, what determines your success?

To answer this look a little deeper and think about who you are. You are a human-being, not a human-doing. What you do at work is not who you are. Success has more to do with who you are than what you do.

Stop and think about who you want to BE (not just what you want to do). What makes someone successful? What makes you successful?

Most of the successful people I coach are:

- \* Passionate – love what they do
- \* Persistent – never give up
- \* Patient – have a long-term (future) perspective
- \* Positive – look on the bright side of things

What would it take for you to be more successful?

Here are 4 simple steps toward being more successful:

1. Take time to reflect and learn from what you are doing now.
2. Evaluate who you are in comparison to who you want to be.
3. Plan specific actions that reflect the person you want to be.
3. Do one of the actions everyday.

Get the support you need. Find a friend or coach that will challenge you, strengthen you and encourage you to BE your best not just DO your best.

All of these little steps will lead you in the direction of becoming who you want to be – Successful! Take a step today.

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Cyndi Smasal: Jump–Start Coach & Inspirational Speaker  
Gives focused one–on–one Coaching to people who want their business to succeed in 90 days or less.

<http://www.JumpStartCoach.com>

Send email to <mailto:csmasal@CyndiSmasal.com> for a FREE 30–minute Jump–Start Coaching session.

Ph:512/842/1111

Cyndi Smasal is a "Jump–Start" Coach and Inspirational Speaker who inspires people to manifest their dream. She has a Bachelor's Degree in Computer Science, 15 years start–up experience and specializes in working with entrepreneurs who want to start, focus, or expand their business without giving up their life. Send e–mail to <mailto:csmasal@cyndismasal.com> for a FREE Coaching Session or visit <http://www.JumpStartCoach.com> for more information.



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