



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare

Susan L. Levy, D.C., DABCO, FIACA

Author of *Your Body Can Talk* & *Your AGING Body Can Talk*

[facebook/YourBodyCanTalk](https://www.facebook.com/YourBodyCanTalk)

YourBodyCanTalk2@Gmail.com

www.YourBodyCanTalk.com

Dr. Susan Levy's 11 Steps to Promoting Children's Health

1. SAFETY FIRST.

Be observant of surroundings and potential dangers at home, at play, and recreation. Think safety first wherever you take your children.

2. Consistently provide a healthy diet of clean and unprocessed foods and beverages for your children.



Focus on non-GMO verified nongmoproject.org and organic or pesticide-free foods.

3. Read the introduction [repeat link here] to (or preferably read the entire book) **WHAT'S MAKING OUR CHILDREN SICK?** to understand the importance of step #2.

4. Involve your children in growing a pesticide-free and herbicide-free garden.

5. Proactively involve your children in food selection [Click [HERE](#) for Dr. Levy's food selection newsletter], reading labels and patronizing your local farmers market. To find a local food source near you see:

<https://www.localharvest.org/>

<http://www.localfarmmarkets.org/>

<https://www.ams.usda.gov/local-food-directories/farmersmarkets>

<http://www.pbs.org/food/features/farmers-market-listings/>



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare

Susan L. Levy, D.C., DABCO, FIACA

Author of ***Your Body Can Talk*** & ***Your AGING Body Can Talk***

[facebook/YourBodyCanTalk](https://www.facebook.com/YourBodyCanTalk)

YourBodyCanTalk2@Gmail.com

www.YourBodyCanTalk.com

6. **Involve your children in meal planning and preparation** of your simple and delicious healthy meals.

7. **Pursue non-drug solutions** to simple and self-limiting health problems whenever possible. Proactively read and learn about appropriate alternatives. Know that helpful resources are in chapter 13 and Chapter 14 of [YOUR BODY CAN TALK, 2nd Edition](#).

8. **Choose a natural healthcare practitioner** who works well with children and have your child evaluated 2 to 4 times a year, or as needed.

9. **Study and use discernment when considering vaccinations.** Valuable new information is becoming more accessible to the public. A comprehensive fact-filled book to read about this is [HOW TO END THE AUTISM EPIDEMIC](#) by J. B. Handey. Also check out the [Vaccine Information Center](#) website.

10. **Be SURE that your children know how very much you love them** and that you wish only the best for them.

11. **Learn about [positive parenting techniques](#).** Be thoughtful, creative, and compassionate in your parenting. Genuine and direct communication is of paramount importance.