

7 Tips to Deal with Childhood Obesity

Help Your
Child Live
a Healthier
Life!



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It's not easy to prevent a child from becoming obese in today's world. We've become so used to processed food, fast food, and sugar-loaded snacks - and even the food that's labeled "healthy" or "fat free" or "no sugar added" can be bad for your health and that of your child.

If your child is already overweight, it's even harder to reverse the damage. They probably already have their favorite foods, comfort foods, and family favorites that would be hard for them to quit eating.

So where do you start? Ideally, you would start before you have your baby. TIP #1 addresses this issue, as well as listing ten super foods, and the rest of the TIPS deal with what you can do now to make healthier eating and exercise a part of your child's life.

TIP#1. Take Care of Yourself Before You Have Your Baby to Instill Good Eating and Exercise Programs into Your Life

When does your responsibility for your child's nutrition begin? When they're born? In your womb? Or before they're even conceived? What you eat and the state of your health will determine how healthy your baby is when it's born. You must take responsibility for yourself and your baby, and you should start even before you conceive. Scary thought, right?

Water is one of the most important things for you and your unborn baby. But regular tap water or bottled water isn't enough. You need to supply your system with ionized alkaline water. This prevents your body from become too acidic. I can't stress how important this is for your health.

Here are some of the problems you can prevent by keeping your body alkaline instead of acidic:

- * It helps prevent your body from creating cholesterol, fatty acids, uric acid, kidney stones, plaque and other solid wastes

- * If your body is acidic, your blood can become thicker which causes problems with your circulation. If you are pregnant (and even if you're not) your body and legs can swell

- * Pregnant women are subject to gestational diabetes. If you keep your body alkalized this, as well as other problems, can be prevented

Your body undergoes many changes while you are pregnant. Some of the changes that impact your unborn baby are as follows:

- * Your baby receives all of it's nutrients from you through the umbilical cord. When these nutrients are "burnt" they become acidic waste.

- * Your blood vessels are not directly connected to the blood vessels of your baby, so the baby eliminates these acidic wastes through the placenta.

- * This results in your body losing alkaline minerals - to the placenta - so it has enough alkalinity to neutralize the acidic waste of your baby.

- * As a result, your blood supply turns acidic very quickly

- * Doctors in Japan discovered that this acidity in your blood is one of the main causes of morning sickness and that by drinking ionized alkaline water, this morning sickness can be relieved, or never occur

* Another benefit of drinking ionized alkaline water while you are pregnant is the prevention of the premature aging a lot of pregnant women experience.

* And finally, being in an alkaline state from drinking ionized alkaline water can help prevent jaundice occurring in your newborn.

Be careful to have enough alkaline reserves in your blood before, during, and after your pregnancy. Doing this will insure you have strong reserves for your health and your baby's health.

There are many water ionizer machines available on and offline that can convert your tap water to ionized alkaline water. One source I know of where you can get more information is: <http://www.kangenwatertexas.com>

The foods you eat while pregnant (and for the rest of your life) are also important to your unborn child. Ten "super foods" you should include in your diet, especially while you are pregnant, are as follows:

1. BEANS

Beans are a good source of protein and dietary fiber, as well as tryptophan (an amino acid) which aids in appetite control. Try to eat beans twice each week.

2. NUTS

Nuts are full of mono-saturated fatty acids which aid in appetite control and increase your metabolism.

3. WHOLE GRAINS

Whole grains are an excellent source of fiber, contain anti-oxidants which help fight free radicals, and control insulin, the hormone responsible for fat storage.

4. AVOCADOS AND OTHER HEALTHY FATS

Avocados also contain fiber and healthy fats, along with nuts and olive oil.

5. BERRIES

Berries are full of anti-oxidants which destroy free radicals. Good choices are cranberries, strawberries, black currants, blackberries, blueberries, and pomegranates are all good choices.

6. OATS

With about 10 grams of protein in each 1/2 cup serving, oats provide you with a steady supply of muscle building energy and are also high in fiber.

7. CRUCIFEROUS VEGETABLES AND GREENS RICH IN FOLATE

Folate is one of the B Vitamins and some vegetables which contain folate are kale, cabbage, cauliflower, broccoli, brussel sprouts, and bok choy.

8. APPLES

Apples are high in fiber. Be sure to wash your apples well if you want to eat the peel so you remove any pesticides.

9. GRASS FED BEEF

Traditionally raised beef can have as much as 16.3 grams of fat in 3-1/2 ounces. Grass fed beef will only have about 2.4 fat grams of fat.

10. DARK CHOCOLATE

If you enjoy pure dark chocolate (70-80% cocoa solids) be glad that chocolate has more anti-oxidants than red wine or black tea and, and as we know, anti-oxidants destroy free radicals. Savor it in moderation.

If you nurse your baby, again, what you eat (and drink) is what your baby eats, so keep following the guidelines above. You are responsible for your child's nutrition until that child leaves home and is responsible for their own food. And still, your views on nutrition and how you taught your child about healthy eating will determine how your now-adult child eats. You, ultimately, are responsible for what your child eats his or her whole life.

TIP#2. **Clean the Junk Food Out of Your Home**

If you don't have junk food in the house, your child won't be able to eat things that are bad for his or her health.

Go through your cupboards and get rid of everything with partially hydrogenated oil or hydrogenated oil, including that can of Crisco! Check your brand of peanut butter. You're going to have to read labels - and I think you'll be amazed at what they sneak into your packaged foods! This is probably going to get rid of most of your "snack" foods, but we'll talk about healthy snacks as we continue.

In your refrigerator, look at the label on your margarine. Real butter is actually a healthier choice.

Another "poison" that can lead to cancer is cured meats, such as hot dogs and bologna, as they contain sodium nitrites and nitrates. These are used to add a nice red color to the "meat" to make it look fresher and also for preservation.

Now that we have refrigeration, it isn't necessary to add these substances to cured meat for preservation. Also, the "less red" meats taste exactly the same as the doctored ones and are much healthier.

If you have to have these types of products, search for the ones that don't contain nitrates and nitrites. They're not that hard to find.

Eliminate anything that lists any type of sugar (usually ends in -ose) or artificial sweeteners. These are pure poison for your body and your baby's body. I'll talk more about sugar later in this report.

TIP#3. Change the Rules about Where People Can Eat In Your Home

Limit eating to the kitchen or dining room. Don't let your child, you, or your other family members indulge in "mindless" eating in front of the television or the computer. For one thing, the foods usually "munched" on during these times is probably not healthy and the second thing is that when you eat without paying attention to "eating" you can consume way too much!

Another quick trick to keep your child from overeating is to serve each persons plate from the kitchen instead of putting big serving bowls and platters on the table. This will keep everyone from eating "just one more spoonful" of those delicious mashed potatoes!

TIP#4. Plan for More Healthy Snacks

When our kids are little, we start rewarding them right away with cookies. Even jars of baby food have "desserts" to help develop our baby's sweet tooth.

And it doesn't stop there. We constantly think of snacks as something sweet and made with refined starches, sugar, and fat. You can start, slowly, weaning your child away from these types of foods (especially if you've cleaned them all out of your cupboard!) and into eating a piece of fresh fruit. Even a sandwich made with good bread and sliced roast beef, for example, would be a good choice.

Another option, especially during the winter, is to make a bowl of soup for your child as an after school snack. Not only is this filling, but it is a good way to get more vegetables into your child. One trick a chef from Morocco taught me is to make a pot of vegetable soup, using fresh vegetables that are in season, and then blending it in a food processor or blender. Season it up to your child's taste, maybe put a dab of butter on top, and let them drink it from their favorite mug. You could even buy a special mug for "their" soup at the Dollar Store.

TIP#5. Monitor where your kids eat when away from home - and what

In pre-school they serve Kool-Aid and cookies for snacks, as well as in Kindergarten. If your child goes to a preschool, ask what they serve for snacks. If it's not acceptable to you, pack a snack for your child and take it to the preschool every day. If they don't like it – Hey, it's YOUR child - you can always change preschools.

School Lunches: This can be a real disaster. White bread, hot dogs, macaroni & cheese, and other starchy foods. And, as they get older, there are vending machines all over the school where they can buy sodas and other junk foods. You can avoid school lunches by packing a lunch for your child and giving them snacks for between classes - such as a mixture of almonds, raisins, and walnuts.

If you educate your child about healthy food, they won't be so tempted to buy from the vending machines, especially if they have a healthy snack with them.

Holidays and Special Events: In their minds, what do children think about when they think about Holidays? Usually, candy - Halloween, Christmas (candy canes), Easter (chocolate Easter eggs) - and the list goes on and on. You simply need to educate them about what's acceptable and healthy, and what isn't. Always make sure there is a healthy alternative for your child.

It's also important, especially at big family Holiday events, to set a good example for your child by what you eat and, equally important to not make a big deal about what you and your child are eating - or not eating.

Some people have a tendency to become defensive when they see someone trying to be "different." They can get the impression that you think you're better than everyone else, when this isn't the case at all.

Grandma may be offended when you won't let your child eat a piece of her "special" Pecan Pie (usually made with high fructose corn syrup, which is actually worse than straight sugar - see Dr. Mercola's report - the link is below in the section on sugar) and ice cream, but she'll get over it.

Your child will be better off having something a little healthier. Find a good recipe online for Pumpkin Pie made with Stevia (see information about stevia below) instead of sugar. You could even make it without crust (I do it all the time). And, don't serve it with that artificial "whipped cream" which is full of chemicals. Real, fresh whipped cream is, again, the healthier alternative. Not to mention that it tastes a whole lot better!

Fast Food Joints: Everything is "super sized" so one meal is about 3 x the amount of food anyone needs at one time, unless you're a Sumo Wrestler.

Some fast food joints are starting to add healthier items to their menus, but you have to ask for their nutrition information and read what's in their salads, etc., because sometimes they are full of hidden sugar and tons of fat.

Restaurants: Restaurant food can be tricky. High fat sauces, MSG, and sugar everywhere you look. And, the inevitable bread basket to fill you up before you even get started.

You can order a healthy entree and ask that the starch portion be replaced with more veggies. This sets a good example for your child, who will follow your lead. He can explain to the waitperson how he wants HIS healthy meal prepared. Kids love to do that! And - tell them not to bother to bring the bread basket to the table!

TIP#6. Be Aware of the Dangers of Sugar

Sugar does serious damage to your child's body. The complications of Type 2 Diabetes can be devastating and are caused by eating sugar and refined carbohydrates. Right now, in America, one child out of every three children will develop Type 2 Diabetes. This is totally unnecessary.

Your body considers a poison anything that will harm it and lead to a disease. Sugar falls into this classification. You will find processed sugar everywhere - in cookies, processed cereals, cakes, snack bars, etc.

Another bad side effect of sugar is that it causes the body to be in a state of acidosis. When I talked about drinking alkaline water, I discussed some of the dangers of having your body in an acid state. This applies to your child as well.

Your body will try to change from acidic to alkaline by stealing minerals from other bodily tissues. An example we can all relate to is tooth decay. If the body is too acidic, it can leach calcium from your child's bones and teeth to protect the acidity in their blood.

A good report by Dr. Joseph Mercola that talks about the dangers sugar, among other things, can be found at the link below. Please, read it carefully.

<http://articles.mercola.com/sites/articles/archive/2010/06/08/diet-tricks-that-really-work.aspx>

He also gives a lot of information about why High Fructose Corn Syrup is terrible for you and your child, including a chart of how much fructose is in a variety of fruits. This can guide you in choosing the more healthy alternatives.

If you want something sweet, use stevia - a natural herb that is 8x sweeter than sugar. You can get it in liquid or powder form. If you can't find it at your local health food store, you can get it online at: www.steivasweetener.com

I also highly recommend you get a copy of "Sugar Blues" by William Duffy. It's an easy read and an older child will probably enjoy it as well. Duffy talks about his addiction with sugar (he was particularly fond of Grape Soda).

Just click on the link below and it will take you to a page where you can order it and have it in your arsenal of information for making your child healthier. You can get it [here](#).

TIP#7. **Exercise**

You can go to many countries in this world and you won't find that the children are fat. I've been to Morocco and I never saw a fat child while I was there. What do you suppose the reason is? Well, here is an example of a typical day for a Moroccan child:

During the week they get up and go to school just like anyone else. They only eat whatever food is prepared in their home. Going to a "fast food" place and getting a high-fat, high-sugar food is not even an option.

Most homes don't even have processed foods. Everything is fresh and home-cooked. Most of the food is purchased at the local Farmer's Markets (called Souks). So, after school they usually have a piece of fruit or a bakery product made in their home. (Unfortunately, usually with too much sugar and refined flour.)

Then they go out side and play, and play, and play. They walk almost everywhere they need to go. The only time they watch television is after dark when they can't be outside. Most homes don't have computers. If they need to do research on the internet when they're a little older, they go to one of the cyber cafes that are in almost every block.

Even when the weather is bad, they stay active in their homes.

The typical diet in Morocco is very high in sugar and bread is one of the most important foods they eat. But, with all the physical activity, it doesn't seem to make them fat. However, they have some of the worst teeth I've ever seen!

Compare this to your child's typical "school day" and see what they snack on after school and how much time they spend in front of the television, or computer, or just being sedentary. How much time do they spend outdoors, playing ball or riding their bikes?

How can you get your child used to physical activity?

Before your child even starts to go to school, you can go to playgrounds, and parks, and let them run around with the other kids. Another option is to go for walks with them, or walk to close-by stores to do a little shopping.

When they get old enough, you can enroll them in programs at the local Parks & Recreation Departments. They offer many different activities, such as swimming lessons, sports programs, exercise classes, to name a few.

If your child has a favorite sport, encourage them to go out for the team in their school's sports program. It doesn't matter if he or she isn't the best hitter on the team. If they love the sport, they will get a lot of good physical exercise and discipline from being part of a team.

When your child is a little older, they can go to a gym or health club. Maybe the local YMCA or Boys Club or Girls Club has physical activities they can participate in - like boxing! Not only is boxing good physical exercise, it helps get rid of stress. Hang a punching bag in the garage or patio and the whole family can use it.

There are many online fitness programs you can buy for your child. Some of them have great videos that show exactly how to do the routines. One that comes to mind is Craig Ballantyne's "Turbulence Training." When I was looking into this program, I was amazed at all the YouTube videos he has made, and they're free - <http://www.youtube.com/user/cbathletics>. You can access his paid program [here](#).

Most of these sites that sell programs also offer an amazing amount of free information and ebooks on their sites. It's well worth checking out. Maybe you'll find something you like also, or a program you can do with your child.

Actually, one program you might want to check out while you are pregnant is "Fit Mummy Yummy" by Holly Rigsby. She not only teaches you how to be fit and healthy while you are pregnant, but how to get back into shape quickly after your baby is born. She recognizes that new moms are very busy and has structured the exercise part of her program to only take 90 minutes a week (4 - 15 minutes sessions).

And to make eating easier, she offers meal plans, recipes, and shopping lists - all based on healthy eating. This will benefit your whole family. Check it out [here](#).

I hope you've enjoyed this special report and it has given you some useful ideas on how to deal with childhood obesity.

Some online sources you may want to check out are as follows:

http://www.kidshealth.org/parent/general/body/overweight_obesity.html

<http://www.acefitness.org/ofk/>

<http://pediatrics.aappublications.org/cgi/content/abstract/121/6/e1604>

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