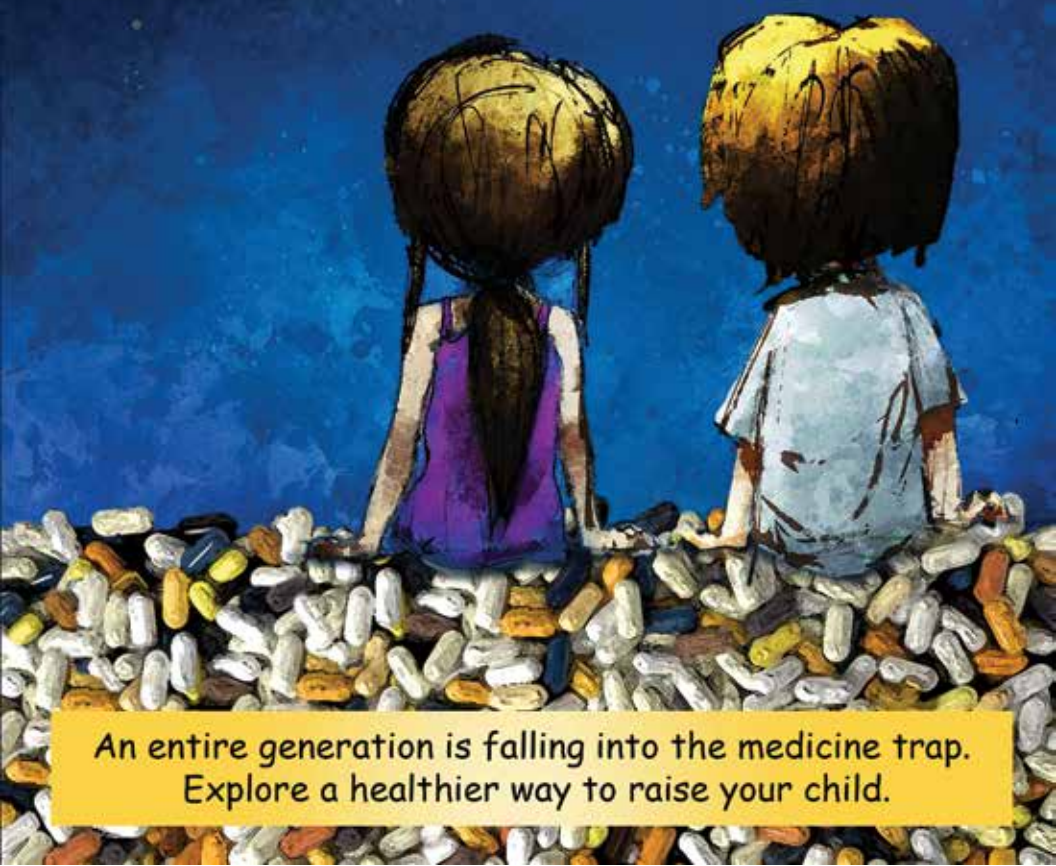


# MEDI-SIN CHILDREN

SHILPA SINGH



An entire generation is falling into the medicine trap.  
Explore a healthier way to raise your child.

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# **DISCLAIMER**

This book is not intended to replace medical attention. It is a collection of verified facts intended to help you make informed decisions about your health and that of your baby. The author and publisher shall not be responsible for any damage or loss incurred by the misapplication of the arguments and advice therein published. I am not a doctor, I am a mother who has done years of research into natural and organic living. Medi-Sin Children encourages its readers to seek the advice of a professional.

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# ACKNOWLEDGEMENTS

Thankyou, Arfeen Khan (peak performance life coach), for planting the seed of writing this book in my head so that I can share my knowledge and learnings with so many mothers that have the potential to raise their children without over depending on unnecessary intervention of modern medicines.

Gratitude to Late Dr. Vijaya Venkat, Anju Venkat, and Team THAC- Worli, Mumbai for kick-starting my journey into the wellness world. I had never understood how beautifully body functions and heals naturally before I met her. Having lost 10 kgs of my post-pregnancy weight in 3 months of following holistic lifestyle and seeing my fitness & energy levels shoot up remarkably, it was natural for me to pass on the experience and benefits to my children too. Considering the enormous health benefits my kids received, I felt the need to document this journey and help mothers looking for alternative ways to take charge of their own health and spill the benefits they experience over to their children. After all, most of our health problems come from a lack of knowledge of proper living.

The book “How to raise a healthy child in spite of your doctor by Dr. Robert Mendelsohn impressed me, he shows how to treat and diagnose at home

everyday colds and flu, childhood illnesses, strep throat, allergies, emotional problems, facts about immunization and many more.

Gratitude to my two beautiful kids for trusting me always and learning to trust their bodies whenever they fell sick, got fever, cold, cough etc. by understanding body's miraculous powers, tolerating minor pains that is taking them higher and higher on the path of good health and healing saving us from countless visits to doctor's clinic all these years bringing in the peace of mind.

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Thank you for always conspiring to lead me towards solutions of the highest good when I opened up myself to receive them.

Gratitude to each part of my body to carry on its function in the best possible way and making me the person I am today. Alive and kicking!

# PREFACE

Doctors are wonderful people – they go through years of training to be able to offer help to sick adults and children. Yet, unfortunately, their training leaves little chance for the human body to recover. Instead, it is heavily-based on interventions via drugs and surgeries. This has particular significance when it comes to infants. Their body is equipped to deal with most ailments and has a small threshold for pain. However, mothers hardly know this. So, they submit their children to a painful process each time they fall sick.

I was guilty of the same thing too. I listened to too many pieces of advice from different people when I had my first pregnancy. Everyone had opinions to ease my pregnancy, and in the end, I had a million pieces of opinions, but none was mine, and very few seemed to work at all. My experience at childbirth and when my son fell sick when he was one year old made me realize that there had to be a different way. So, I began to research alternatives. I just couldn't bear the realization that my baby would go through the same process each time he fell sick.

My search brought me across THAC led by Dr. Vijaya Venkat and supported by her daughter Anju. I also came across the work of Dr. Robert Mendelsohn, a respected American paediatrician who also believes that mothers can raise a healthy child in spite of



a doctor. Armed with this information, I looked to change my lifestyle and prepare my body better for my second pregnancy which was easier. The knowledge taught me a lot about childbirth and raising healthy children. Today, I have two children – a boy and a girl who are very healthy. I wrote this book to tell you what I have found out through hard, careful research and my own experience. The entire book shows how I used information, knowledge and guidance to raise my children and teaches you how to create yours. This book,

- Will help you choose the best nutrition for you and your child.
- Explains why breastmilk is the best food you can give your child.
- Outlines and explains the alternatives that you can add to breastmilk.
- Deals with the myths and facts around vaccination. Explains why you make the best doctor for your child. Teaches you how to select the right doctor for your child.
- Contains the secrets of infants' appetites and how to know when and what your child should eat.
- Details how you can look after your mental health under the pressure that comes with raising a child.

With “Medi-Sin Children”, you have a detailed guide that can help you and your children to enjoy the best health possible. I wish you good luck!!

# INTRODUCTION

Children are the most beautiful gifts anyone can ever get. They come into our lives and add colour to everything we do. They smile and cause everyone around them to smile too. Sadly, because they are quite literally from out of this world, babies have to adjust to the new realities that Mother Earth throws at them from their first minute. They must cope with a lot of potential issues while growing up as well as they can. The biggest a child can have is his mother. Women are primarily nurturers by nature – empathy and compassion flow from deep within us. Therefore, as a primary caregiver, it becomes our duty to provide our children with a healthy childhood that can help them have a great, healthy future. That healthy future relies heavily on giving them a great start during their childhood by choosing the right, healthy options.

Unfortunately, and unavoidably, there will be hitches along the way, especially when it comes to their health. Human beings have a self-regulating immune system equipped to deal with most potential problems, but most of us just do not believe in our body's ability to self-regulate. The human body is one of the most magnificent biological complexes known to man. It is essentially a closed-circuit system that can automatically repair itself when down. Unfortunately, we often choose drugs and interventions instead of letting our body repair itself. So, we often pump

medicine and other external materials into the body to help it heal. Sure, these medicines may help in the short-term, but they disrupt the body's natural balance while trying to help. For adults, this may not be a big problem, but for babies and children, every slight distortion causes long-term effects if kept up. How did I learn this?

My name is Shilpa Singh, and I am the mother of two children, Aryamaan, 8 years old and Vedika, 4 years old. Like many other mothers, I wanted the best for my children while they grew up, and that's how I came to learn the right way to raise them. Up till the moment I had my first child, which involved listening to the doctors and swallowing everything hook, line, and sinker. That's what most people do anyway. Unfortunately, this is not always right.

I had to swallow supplements, I got induced for labour and went through a rather painful delivery process that I came to understand was not necessary. Like most intending mothers, I got the wrong advice and followed them all through. Everyone chipped in with their own opinion, and I relied a lot on the advice I got from the doctors. In the end, the journey from conception to delivery for me was a haze of medical advice that my body never really took to, medications and diet supplements, unnecessary pain and surgery that left me weak and in severe pain.

That wasn't all. Raising my little boy followed a similar pattern. At a point, it seemed the only answer to any issue or problem was to get more medications into the body system of my child. I continued this way

until something monumental happened on my son's first birthday to change my understanding of the child-rearing process.

That day, he absolutely refused to take anything. He grimaced and rejected even his favourite fruits and milk. I waited for eight hours and tried to give him food, but once again, he rejected it. He just lay there grumpy and not playing with his toys. Around 8 pm, he started vomiting even though he had not eaten anything of note. We were alarmed and scared, and we turned to the nearest clinic to get help.

One look at him and the doctor asked him to be admitted. As a first-time parent, I was worried. Why would my baby need to be hospitalized for puking? Was that the only way? I had these thoughts in my mind, but I could not ask them. I simply stood aside and allowed modern medicine to do its thing.

The result was that in next to no time at all, my poor child was hooked up to IV lines, his blood was drawn, and he was suddenly in pain. Medicines were forced down his mouth, and he puked even more. He was irritable and in discomfort. I could not bear to look at him in such pain, and I fled downstairs, but I could still hear his cries in my head and my ears. I returned to sit outside his ward for the rest of the night, highly discomfited. Over the night, we mulled our options – things did not just feel right. The modern system seemed to be more interested in our health insurance than our baby. Nobody had the time or patience to try to understand what our son wanted – they simply followed the process they had learnt in medical school.

Nobody understood that every individual's body was different and reacted in different ways. To the system, he was just another sick child. His discomfort was a price he had to pay for daring to be ill, and as parents, we felt helpless.

I didn't sleep a wink that night, and in the morning, the first thing I did was to ask to be discharged against medical advice. The reaction that caused is better imagined than seen. I was beset with varying versions of "Are you sure you know what you are doing?", "This baby needs more medications and attention" and "What are you going to do?". But I knew exactly what I had to do then. I couldn't allow my son to stay in that discomfort for a minute longer than necessary. I didn't know the alternative I had then, but I knew this wasn't right if it turned out to work. The whole setup just didn't seem right, and I could no longer bear it. So, I signed that discharge form against all medical advice and went home with my son and husband.

Five minutes after we got home, little Aryamaan was bubbling and playing in high spirits. He seemed to be full of energy as he crawled in the house and was obviously, so happy to be back home. His illness seemed gone, and I had the feeling he was just glad to be back in a safe, familiar environment. I am not sure if the medicines helped, but the greatest therapy my son received that day was love and warmth from familiar surroundings and people.

This incident convinced me that there had to be more to healing than just medicine. The hospital does not solve all problems, and it solved the ones it does,

in unfavourable ways. So, I set out to research the alternatives, and I came upon the work of Dr. Vijaya Venkat, the founder of “The Health Awareness Center.” At once, her philosophy of healthy living resonated with me. I could connect with some of her ideas, and they seemed more logical to me than conventional medicine.

First, I learned about the human body, how it works in synchronicity with nature, and the complex yet effective way the systems of the body function together. For the first time, I was learning about my body and why it was important not to disturb its natural actions with chemical messengers that essentially forced it against his will. I also developed a new way of looking at illnesses. For instance, Dr. Venkat’s philosophy taught me that popping pills weren’t always the best solution for every illness. Sometimes, you just need to eat fruits and raw foods to give your body the raw material to restore itself back to its default state without negative effects. In fact, her constant motto for healing is “Eat your way out of trouble.”

Therefore, I was better equipped for my second pregnancy – I knew my body better, and I respected it. In turn, my body seemed to be stronger and ready for me. I was able to tap into reserves of energy I didn’t even know I had, and there was only one slight complication during the process (caused by my doctors yet again). By listening to my body and going on a holistic lifestyle, I was able to save myself a lot of pain, cost, worry, and my babies were the better for it.

That's exactly why I wrote this book for you.

Are you a curious mother? Do you want to know the truth about hotly-disputed myths and topics such as vaccination? Do you feel overwhelmed by all the information everyone seems to be treating at you? Do you want a safer, more natural alternative to the decidedly-mechanical approach of conventional clinics? Do you want to learn how to raise healthy children who grow up strong and happy without having to depend on drugs for every cough or itch?

If you have answered "Yes" to any of the questions above, then this book is for you.

In my search for the truth, I came to realize that our body is a sufficient biological complex in existence. Our body knows what is wrong with it every time. It knows what it needs to fix and how to go about it. The problem is that most times, we hardly give our bodies the chance to fix itself. Driven by a heavily-incentivized pharmaceutical industry, we have been led to believe that we should alter our body's inner chemistry with medicines each time we feel sick, but this has severe consequences. Instead, the focus should be on allowing the body to express its healing powers.

I believe doctors are of great service to humanity, and they save a lot of lives daily, but we depend on them far too much. Normal discomforts like slight viral/bacterial infections that result in fever, cold, cough, and vomiting often cause us to ingest a lot of drugs. This is unnecessary and has major effects on overall wellbeing. The human body will resolve most

ailments on its own if given the time to do so. Doctors are meant to be there for more serious illnesses, surgeries, and conditions. I believe doctors should be visited only in emergencies/accidents and not for mere discomforts that rest and the right nutrition can resolve.

I set out on my journey to learn how to nurture my son better, but I ended up with a large cache of information that simplified the whole process of childbirth and upbringing for me. I devoured the work of Robert S. Mendelsohn and Dr. Vijaya Venkat extensively among others. Over half-a-decade, I read and went through numerous studies and ended up with a strategy that has seen me raise two, healthy children.

I have decided to compile this strategy, essential tips and the results of my research in this book as a means to help you understand your children better. You do not need to put in the effort to do your research as I have combined my personal experience and research to create this – a manual for raising healthy children on a fail-proof holistic lifestyle. Involving myself alongside Dr. Venkat’s “The Health Awareness Center,” I have helped dozens of other women learn about their children better. So, I have decided to share this knowledge in a book, as a way of contributing my quota to a healthier world for our children to live in.

I want to make a promise here now – If you read and apply the knowledge in this book, I offer you maximum guarantee that your children’s health will improve drastically. They will manifest more positive,



mental energy and find it smoother to ease into the succeeding phases of growth. In return, you must also promise to utilize the tips completely. That is the only way this can work – you need to have a change in mindset and learn that medicines are no substitute or equal for the body's own natural healing power.

Children are gifts unto us – we must love them and cherish them. You should not turn your children into crawling vessels of residual medicine and pain. It is highly important for you to learn how to understand them better and help them better. All the information you will ever need is in your hands right now, and you only need to start acting on them if you want your children to be held up as living proof of healthy living.

Good Luck!

## CHAPTER ONE

# **What I Learned About Doctors During My Pregnancy**

In a way, I am unique in my experience with childbearing. I had my first pregnancy swallowing every advice I was given, and that caused me untold hardship and a lot of unwanted pain. Luckily, my second pregnancy was certainly easier for me because of the changes I had made.

Before I go further, it is important for you to know exactly why medicines should not be our first line of defence each time we are sick. Let me use my story to explain this.

My first encounter with a gynaecologist occurred during my first pregnancy. Right from the start, I held distaste for the sheer amount and variety of supplements and vitamins I had to take – everything from omega-3 tablets to calcium supplements. I hated the taste that omega 3 tablets left in my mouth of fish oil. I duly obeyed these instructions for two weeks before I let go of them..There was absolutely no way I was pumping my unborn child full of tablets before I had even seen him. Another advice I received was to take two eggs each day to build my protein reserve. I took this advice despite the fact that it required me to go against my vegetarian diet, but I never enjoyed it at all. Eventually, I had to stop when I continued to throw

up each time. If this advice that caused my body and mind to send negative signals weren't enough, then my experience at birth certainly was.

On 16th November 2011, I was in my 38th week and on a regular phone call to my doctor to update her about my progress. She asked me to come to the hospital immediately. According to her I was overdue. I was not in any pain, but I duly packed my bags and headed to the hospital. I was admitted and examined, and over an hour after I got admitted, the doctor decided to induce me orally. In her words, she said my contractions were coming at intervals too far apart. About five minutes after I got induced, I began to experience severe lower back pain. I was told to push, but I could barely move any part of my body. I felt very hot and clammy. Tears and sweat rolled off my face as one. What was my doctor's response? I was given an epidural injection to block the lower spinal nerves and reduce my pain.

Still, I pushed in pain until my doctor said the baby's heartbeat was faint and an emergency Caesarean section had to be performed. There was no other option but to sign the papers and the surgery was performed to deliver my son. At the end of the surgery, I felt very miserable and weak. I had no energy, and my voice was very hoarse. It took me five hours to get up from my bed and walk to the NICU to see the baby.

The effect of so much medicine delivered to me in a single day had wreaked the physical and mental dangers in me. It took me thirty-five days to recover

from chronic pain. By this time, my son was already used to being bottle-fed. I did my best, but he just preferred using a bottle. Around this time, a lot of negative energy started to build around me. I snapped at people around me, I picked up little quarrels with my husband, and I was generally very moody.

(To learn about what labour feels like, stages of labour, what to ask your doctor, I recommend you to read [mom365.com/pregnancy/labour and delivery](http://mom365.com/pregnancy/labour%20and%20delivery))

It took me a few weeks to realize I was suffering from postpartum depression. There was no other way to put the negativity around me. I gained around 27 pounds, and I hated my body. My clothes no longer fitted me, and I was afraid to look in the mirror. I ate ravenously to compensate, and I hated the weight I put on. I had no close friends because I had given them all some distance after I got married. I generally became sore and a changed person.

By the time my son was closing in on his first birthday, there was no doubt that something had to change, but I didn't know how to induce the changes. Luckily for me, I came upon Dr. Vijaya Venkat, and my journey towards being a better parent began in earnest.

The human body is designed to take care of itself. Take fever, for example. It is one of the most-treated ailments daily in the world. Yet, does fever really need any medication to subside? A fever is usually an indication that your immune system is actively working to resolve a specific or current infection. It is not a sickness itself; it is a manifestation of the

reactions going on in the body. I have covered more on fever in chapter six.

## **Why Mothers Make the Best Doctors for their children**

My previous experience, though, prepared my mind for the new truths I came across. I was able to understand why conventional medicine's solution to every physiological crisis was chemical agents. I do not hold a grudge against doctors, but I think for the sake of your child, they should not be your first port of call every time there is an illness. Why do I think so?

A doctor is not very different from a programmed computer following a laid-down flowchart or algorithm. He/She has been trained to spot symptoms. Once he spots these symptoms, he tries to link them together to create an image of what he thinks is wrong with the body. He is following his flowchart at this point. After he establishes the probable cause, he then goes on what is essentially a trial-and-error method of therapy. That's what most drugs are – a trial that seeks to see if it is possible to realign your body systems. That is what is wrong with conventional medicine.

Each person has a unique body composition – there is a distinct range of reactions that different individuals show to the same external factors. Attempting to treat everyone with the same guidelines is bound to cause a lot of unwanted effects. Instead of trying to force the body to conform to a new set of balance by using medications, is it not wiser to just allow the body to reset itself? Besides that, the

quantity of drugs and medications we take is way too much to be safe. Migraines, tiredness, fatigue, fever, and body aches are merely symptoms, but even an average individual wants to get instant relief from them as mediated by chemical agents.

The average doctor is usually right up to a point. He is following what he has learnt and done over the last few years. They are taught the physiology of the human body, the potential causes of disease and pharmacology. So, they know what the human body should work like in its optimal state, and what the diseased state looks like. However, in trying to treat or prevent the latter state, all they have to guide them is their knowledge of receptors, binding sites, enzymatic activities and signaling pathways. In essence, every doctor might as well have his textbook in front of him as he tries to treat you. This approach is wrong because it leaves no space for the body to exert the inbuilt vouchsafe mechanisms it comes with. The worst part is, the doctors have to rely a lot on what drug manufacturers tell them – they simply have to treat you based on blind belief in what the manufacturers (whose biggest aim is profit) tell them.

Let me borrow a quote from Goldacre's book. He said, *"Drugs are tested by the people who manufacture them, in poorly designed trials, on hopelessly small numbers of weird, unrepresentative patients, and analyzed using techniques that are flawed by design, in such a way that they exaggerate the benefits of treatments."*

This paragraph alone explains what is wrong with modern medicine – the doctors are victims of

deceit just as much as the patients. The goal of most of the drug manufacturers is to make money. So, it is not surprising to know that they may present evidence in a light that favours them. They are not under any compelling law to reveal unfavourable drug trial results. They can simply go back to the drawing board and work on modifying these drugs until they can scale the barest minimum requirements for them to get onto the shelves in drugstores. As a result, most drugs have more potential side effects than advertised. That accounts for why the FDA is constantly pulling drugs out of circulation even when they have been granted express approval earlier on.

Doctors are to be pitied. Several decades after they must have left medical school, they are under pressure from sales agents, manufacturers, even patients, and journals to use drugs that have been determined “safe” under this same process. That really is the root of many of the side effects of the medications we get to use these days.

Away from drugs, Dr. Robert Mendelsohn has this to say about modern medicine,

“When you take your child to a paediatrician, he/she conducts a physical examination that is too often cursory rather than thorough, orders tests and x-rays, makes a diagnosis, decides on a course of treatment that often requires medicines and sometimes admits him to the hospital for an extended stay. He does all this with minimum explanation, without asking for your approval, usually without warning you about risks and potential side effects of the treatment he is

giving and without telling you what all it is going to cost.”

This implies that the parent, the primary caregiver (that potentially knows the child best) is cut out of the healing process entirely. No attention is paid to the possibilities of individual variations from child to child, and every child is just treated with the same basic outline. It is no surprise then to see children reacting in different ways to medication. As if that is not enough, parents are often burdened by costs beyond their estimate. So, basically, parents are given very limited information about the course of treatment and what is being done for their children. In return, they are expected only to offer their financial support. This rips out the bond between mother-and-child, makes it harder for parents to understand their specific roles in healing and throws up unwarranted costs.

By way of conclusion, I haven’t asked you not to use drugs or seek medical advice for your children. However, a preventive and holistic lifestyle will reduce your need for such advice and treatment. It will also afford you the chance to be your children’s doctor and ensure you give them the right quantity and quality of nutrition to boost their immune system and make them healthier than ever.

## **The lessons I learned**

My experience with conventional medicine taught me some vital lessons.

1. Mothers understand their children more than



doctors. If you are a mother, then you will surely know this. This is why even when your child is in the clinic, you still feel uneasy when you are not carried along in their treatment. The bond between mother and child goes beyond the physical – in more ways than one, babies speak to their mothers. Every twitch and body cue passes a message to the mother that only the mother can read. That is how we know when babies are getting better and recovering long before any visible signs. Motherly instinct clearly surpasses the best medical equipment for detecting how babies feel.

2. The average doctor is a victim of a highly flawed system. He is being pushed just as much as you are. He is under the control of unseen flowcharts and algorithms that dictate to him what he has to do. If he deviates, he finds himself in unfamiliar territory with no backup knowledge. So, they play it safe by the book; but the book is not always right. The book does not account for individual variations; it only ensures that doctors take minimum accountability for treatment.
3. Our body is created and designed to perfection. Nature has bestowed us with a marvel of a body – best of all; the human body is equipped with a highly-effective troubleshooting system that can diagnose the vast majority of illnesses. Given time, the body will resolve most of the ailments itself. Unfortunately, we often underrate the body's ability to heal itself. We try to help it too much and end up creating as much problem as what we had

initially, if not more. We conveniently ignore the fact that in the first place, we are surrounded by germs, but the body takes care of 99% of potential infections and contacts without us realizing it. The trillions of cells in the body work harmoniously and in synchronization at all times. We just need to give them more time and a chance to do that without disruption.

4. Doctors are taught very little about nutrition and preventive medicine. Instead, they are loaded with interventional strategies. In error, we discard the age-old, proven methods of healthy living in exchange for a life of pills and drugs.
5. I know, and I have demonstrated that love, adequate rest, the right nutrition, a safe environment, and great self-care can help your children recover faster than ever. These factors boost the body's natural healing power and give your child the chance to heal without using chemical agents.
6. Doctors have their place in healthcare – they are the de-facto option when it comes to emergencies and the like. However, you should learn to keep your child away from clinics, injections and drugs as much as possible. Drugs are a necessary evil, but you should not teach your child's body to rely on them heavily. That is a shortcut to ill health in the long-run.
7. Motherly compassion is a key element of recovery. What do you do when your baby is sick? Do you just rush him to a clinic and abandon him in the hands of competent nurses and doctors? If yes,

then that may be the reason your baby finds it hard to recover when he falls sick. Your care is a vital aspect of their recovery process and denying them that can prolong their recovery unnecessarily.

In conclusion, your child's body is a temple that should be kept sacred. It is not to be raided at every instance by drugs and medication. It is a self-sufficient temple that you should allow to fix its own problems most of the time. It does that anyway without you knowing, but there should be a great limit to how fast and willing you are to turn to drugs each time your child goes ill. I was guilty of the same things before I came across definitive knowledge. Ever since I have put it in action, I have come to see for myself the benefits of keeping children away from drugs as much as possible.

### **How to select the right doctor for your child**

It is impossible to do away with doctors totally. They have important roles to play, as well. However, the health system that most of the world practices put them at a huge disadvantage. They are often trained to look for the fastest way to get a patient out of the hospital while making the patient pay for services rendered. When I had my first child, I was ignorant of most of the facts that I mention in this book. So, I simply went to the nearest hospital, registered for antenatal care and got assigned to gynaecologists each clinic day, but this is not the best. Ideally, you should be able to assess and choose a doctor that fits your needs and works best with you.

Dr. Robert Mendelsohn provided more insight for me to go through during my second pregnancy, and I followed his advice to pick out the right doctor for my baby and me. Dr. Mendelsohn is of the view that since doctors are trained to intervene and justify their intervention, they respond to parental pressure by trying to force children to recover through unnatural routes and chemical induction with drugs.

Doctors are also heavily interested in the business side of things and need to generate adequate revenue to stay afloat. Hence, you will hardly find paediatricians that will allow your child to heal naturally. To limit the chances of being assigned to the wrong doctor, you can ask your friends/their existing patients what they operate like. Every doctor has his own unique way of operation. So, pay attention to the way the doctor conducts his consultations too. Listen to the message his body language communicates and answer the following questions.

- Is he listening and answering willingly to what you have to say?
- Is he warm and friendly towards your child?
- Did he ask you about your observations on the physical and emotional conditions of your child (both are extremely important)?
- Does he answer your queries thoughtfully or just brush them off?
- Does he explain the side effects of the treatment he is prescribing?
- Does he counsel you on how to maintain good

health of your child?

- Does he reply to you promptly in case of any emergency?
- Does he have knowledge about the kind of nutrition that your child needs?

If the answers to these questions make you unsatisfied with your doctor, try another one until you find a good match.

You can also look for a doctor that practices holistic care. These doctors combine Naturopathy and Ayurveda and are known to give excellent results without any medical intervention.

They get deeper into the root cause of your child's health issue and advise you long term solution on prevention rather than just looking short term to cure the current symptoms.

I know it because in this journey of self-care, I came across many wonderful mothers who are following the same path and I have learnt a lot from them. One of the mothers is seeing wonderful results of finding a doctor that combines Naturopathy and Ayurveda (detailed interview with her is covered here in bonus chapter)

## **CHAPTER TWO**

# **The Right Nutrition for You**

The human body is a miracle in motion – approximately thirty feet of intestine, over two hundred bones, every square inch of skin containing twenty feet of blood vessels, 4 yards of nerve fibres, 1,300 nerve cells, 100 sweat glands and 3 million cells – are some of the figures that highlight how great our body is. For this reason, we must provide the right nutrition for our bodies. Unfortunately, most adults eat according to what they want or what is available, instead of what the body wants and needs. That brings a lot of ill health effects that could have been avoided. Metabolic diseases such as diabetes owe a lot to our nutritional choices as any other cause of pathology.

The stakes are even higher when it comes to babies.

An anonymous quote I found says, “A newborn baby has only three demands: warmth in the arms of his mother, food from her breasts, and security in the knowledge of her presence. Breastfeeding (the right nutrition) satisfies all three”. There is no doubt that breastmilk is the best source of nutrition for babies. It contains all vital nutrients, immunoglobulins and protein compound your child needs to develop healthy and good emotions. However, you will still need to supplement breastmilk with other food choices as your baby grows older. This is where most

mothers get it wrong. There is just too much wrong information out there.

Like almost everyone else, I also started my journey of introducing nutrition to my child by reading books on nutrition, google checks, my own instincts and a “little” advice from my mom and the elders in the family (I say “little” because I belong to this new generation of moms who think technology knows better and considered what elder people say as “outdated”).

The first problem I had with nutrition for my son was that from the beginning, he preferred being bottle-fed. So, I had to express breast milk about five times a day, including at night. Now, expressing in India is not easy, unlike in other parts of the world. At work, there was no private room fit for the purpose, and I had to resort to using the washroom for this purpose. I had to lug a big bag containing my Philips manual breast pump, two bottles, and a dry ice bucket to the washroom each time I had to express breastmilk for my son. I got stares and uncomprehending looks from some of my male colleagues each time I did that, and there was no way I could explain that to them.

Away from that challenge, I continued to read and research on the right nutrition for my child. I also felt a bit guilty that I wasn't getting to breastfeed him directly. To compensate, I even ordered 4 big boxes of imported milk powder (Similac, shipped from Singapore) as the brand promised better nutrition for brain development. Laughable, right? Until I met Dr. Vijaya Venkat and The Health Awareness Center

(THAC), I was basically flying blind and solo on the nutrition choices available for my child and me. At that point, I was still technically in postpartum depression. I had gained over 12kg after pregnancy, and I was anxious to know the right nutrition for my child as well as for me to lose weight.

I decided to visit THAC, and on- my first visit, I got assigned a team member for consultation. The one hour chat I had that day changed my views about nutrition and helped me decide better. I came to that meeting with a few burning questions; questions I am sure you have right now too.

- How can I get enough protein for my child and me, since I am a vegetarian?
- Type of milk best suited for my child?
- Does fortified milk really add extra vitamins, calcium and protein to the body?
- What is the right time and quantity of food to eat?
- Water is essential. How much water do I need daily?

Well, by learning the guiding principles of nutrition according to the guidelines of the THAC, I could begin to answer those questions on my own. I had gone to that meeting, as most people would, in the hope of being introduced to a magic formula or food supplement for health benefits. Instead, a new window of learning opened for me.

Dr. Venkat's healthy lifestyle is built on the following rules (applies for all mothers and kids):



1. Every day should be started with fruits. They are easy to digest and provide a crazy amount of vital nutrients. Eat as many of these fruits as you can till 11 a.m. Take a 45 minutes break and have vegetable juice before lunch. Lunch can include slightly cooked vegetables, lots of salads and rotis made of anything, but wheat .
2. Take a lime shot (the juice of one lemon mixed with an equal quantity of water) after lunch as well as after dinner. Ideally, the body is tightly regulated and kept in a slightly alkaline state. Unfortunately, food metabolism, stress and high-intensity activities provide a lot of free oxygen radicals that can cause the internal environment of the body to go acidic. Dr. Venkat says, "Pathogens strive and survive in an acidic medium and health is restored when the pH balance in the body is balanced. Lime instantaneously leaves minerals to neutralise the acids without stressing the acid-base balance system". (lime shots recommended for adults and for kids aged 4 years and above)
3. A few hours after lunch, munch on some nuts and go for some vegetable juice again one hour before dinner. Dinner, which should be before sunset, should be similar to lunch. "Eat fruit, vegetables, nuts, and sprouts in their natural and raw form without any toxic substance and according to the digestive capacity of the body," says Dr. Venkat.
4. Dr. Venkat disapproves of the classic doctor's advice to drink two to three litres of water daily. "Humans are not water-drinking animals but chewing beings.

Drinking too much water displaces energy within the body and dilutes enzymes. It puts strains on the intestines and through it to the bloodstream. (Instead), a diet rich in fruit and vegetables fulfils the body's need for fluids and counters thirst."

This nutritional system is easy to follow; it does have its own indulgences too. As Dr. Venkat said, "I do have some wine or chocolate cake or ice cream occasionally. But my fundamentals are strong: sleep when you feel sleepy, chew when you are thirsty (there is no need to drink excess water - when you drink water, prana goes out of the body), eat lots of fruits when you are hungry. Eat a cooked meal an hour later, but make sure three-fourths of it is a salad with lots of lemons. The remaining one-fourth can be anything you like!"

This eating pattern treats our body kindly and subjects it to minimal metabolic stress. By providing it with real food, our bodies can extract nutrients required to repair our cells as well as fight illnesses more effectively. As an uncompromising rule, THAC also rejects foods that make our digestive system work extra hard. The key is learning to listen to your body, and that is easier than you think.

Anju Venkat, nutritionist and daughter of Dr. Venkat, has laid down interpretation of our most common sensations and what it may mean.

**If you're craving fried food**, your body is asking for body-builders, i.e., amino acids and fatty acids that build tissues. Eat dry fruits, nuts, sprouts and green vegetables.

**If you're craving sugar**, your body needs glucose from energy-giving foods. Munch on a banana or eat a citrus fruit but stay away from refined sugar.

**If you're craving salt**, your body needs minerals that do the job of cleansing the system. All fruits and green vegetables are rich in minerals.

Our body is very intelligent; it knows what it needs and tries to tell us. It's a pity really that most people do not understand the language of their bodies. In Dr. Venkat's words, "The body is a million times more intelligent than the mind. A fine balance is needed in the body to keep you alive...your job is only to remove speed breakers, provide it with the right material, and eliminate actions/food that increases toxicity in the system.

I switched to a plant-based diet urged by the findings that the THAC afforded me for more than a year, I also learnt from THAC and my own experience that we eat food for memory too, the occasional cravings for childhood food items like parathas, samosas, chocolate etc. have a place in our memory and we should not control those cravings. I did my own research, followed my instincts and found balance in following plant-based diet, looking closely at my cravings.

I followed the principle of applying Balance.

Balance your parathas or pizza with raw food (salads), lime shots and veggie juice. Don't focus too much on controlling the craving. Add nuts to your diet and let the cravings diminish naturally.

Focus more on adding good food rather than focus on deleting heavy food.

When we eat acid-forming food, then the body works to re-establish balance.

Re-balancing is a function that needs energy.

If the reserve energy levels are low, then the body needs you to rest so it can use the limited energy to re-balance. In this case, the body could urge one to rest physically (e.g. feeling of weakness) or digestively (e.g. stomach feels off).

To build energy reserves - on a daily basis, be consistent with additions of whole and natural food, i.e. fruit, dry fruit, vegetable juice, salad, sprouts, nuts, sunlight and sleeping in darkness.

Have extra fruits the day you know you will be indulging. Up lime shots. Keep your next couple of meals grain-free.

As energy levels get replenished, the body is able to re-balance better and one doesn't feel sensitive to occasional indulgences.

In one of our Whatsapp group of THAC I found the below experience very apt that resonates with me perfectly and hence found worth mentioning it here. It is worth considering why we choose the food we eat: because it nourishes us, tastes good or for \*fear\* of something bad happening if we make bad choices. I've found that when I ate mostly raw meals out of fear that I wouldn't have enough energy to do what my body needs to do, my body felt worse!! I craved cooked food even more. When I started to go with the flow, allow myself the pleasure I seek from the taste as

well as balanced nourishment, my symptoms actually started to improve. That's when the importance of vihaar and vichaar started to sink in!

Mr. Nagraj Sharma, Founder of Jeevan Vidya Workshops has a great perspective on following "A" particular diet/a start to something new he says: for a while now I noticed that all of us who have had an orientation to natural principles use a few phrases that leave me wondering its place in the larger design of human beings to be Self-governed, IN-guided and co-dependent.

Highlighting a couple of them,

"I am following the .....diet" (fill in the blank with the name of a particular diet you follow)

- 'Following' and 'diet', two words that just don't sit with the blueprint of human beings.

Diet = another form of prescription, yet another non-aligned outlook to life itself (a fix it, short term, for specific purpose etc. world view)

Another phrase often used is, "this diet doesn't say/do/keep it". What I perceive as left unsaid is "therefore, let's not do it".

While the intention is always to aspire to do what is right and that begins by FOLLOWING someone who knows more than us but eventually ALIGNMENT TO NATURAL LAWS and being self-governed is what makes us root ourselves to natural laws, whose existence is eternal. Tradition has its foundation in this rooted-ness. I see being healthy as an expression of correct values imbibed through tradition.

Phrases such as above, to me, seem to limit our potential, words and their meanings in our subconscious, play a role in shaping our choices and life situations.

One of the more recent realised being had described stages of growth/development (many in the past of have said it too in different ways) that align with natural laws.

1st stage - to be a \*follower\* by emulating (as kids do till the age of 7-8) the authority (who knows more than us).

\*अनुकरण\* - आज्ञा पालन

2nd stage - to follow but also begin to ratify one's own questions. In short \*an Intelligent follower\*

(\*अनुसरण\* - सुनो, करो और समझो भी)

(7/8 - 14/15yrs in child development phase)

Begin to \*align\* oneself with the \*natural laws\* independently, as guided by the authority. That's when we become \*disciplined\*

\*अनुशासन\*

(This process usually marks the completion of education - by age 21)

The last is when one is completely \*rooted\* \*in the laws.\*- \*the \*Instinct\* are the laws, much like how rest of Nature is right now - in complete order (every cell, every plant, tree, animal, minerals - predictable, consistent, self-organised and participating in the larger order in harmony), \*SELF DISCIPLINED\* This marks the readiness to take all others along.

स्वनुशासन is the Hindi word.

These, I have noticed, are also the phases of consciousness in the development of humanity in totality as well as a sequence when we learn something new.

Where we are in relation to health, is our own evaluation and journey, but where \*we want to be is the same place/station/goal... - to be self-disciplined\*. Standing strong so we can reach our own potential and hold many others along. To continue to be a follower is a huge load on any centre or person who we follow... (Ditto in even personal relationships)

Sharing these personal thoughts as I believe there are many who have internalised a lot and may see value in this perspective to move forward consciously and reach out to the next level.

Sharing this in trust...for collective shift in consciousness, because only then it becomes a ~force~ circle of right.

\*\*\*

This perspective led me to change the way I look at food and FOLLOWING "A" particular diet.

At the first stage that is of "Following" I followed THAC diet for myself and my kid as it resonated with my consciousness. I emulated everything I saw and heard.

After few years of just following everything to the T, I reached my second stage that is of being an intelligent follower. I listened, I did and I understood

deeply what I was doing and how it is impacting my body and mind, I started seeing things from a wider perspective. I ratified my questions with authority and continued on my quest.

In the third stage, I began to align myself with the natural laws independently and that's when I became disciplined. I am no longer dependent on any diet or authority. My body is in sync naturally. Sometimes I go off path too but I have made peace with myself and know how to be back on track.

The fourth stage is completely rooted in YOUR INSTINCTS. Your instincts are the laws. The stage of Self-Discipline that means much like nature your body is in complete order, predictable, consistent and self-organized and in harmony. You will also notice that at some point all these 4 stages are running parallel to each other but as you move further and further ahead, you become less of a follower and more aligned to your natural self.

Don't worry if it sounds too heavy for you to understand it right now, but when you start walking on this path, you will get what I mean. At first, even I didn't know about these 4 stages. In hindsight, I now understand how beautiful these 4 stages are and everyone goes through it when they start something new.

## **The Timing for Your Meals**

What to eat, and how much to eat are two of the most common questions about nutrition, but "when to eat" is another burning question that many experts have



tried to provide answers to. For so long, people have been advised to eat breakfast like a king, lunch like a prince and dinner like a pauper, but this may not be the healthiest route. In an article published in TNN by Reema Gehi, she says this concept “was coined by the profit-driven food industry.”

In truth, Anju Venkat states that “Our body cycle comprises three functions — appropriation, digestion, and elimination — for maintaining life. These three functions, which work in eight-hour cycles, are constantly going on in the body.” She continues, “The time between 8 p.m. and 4 a.m. is for assimilation/absorption — when the body does its building and repair work. “This is the time when nutrients received during the day are utilized to make new cells and tissues. This is the time to rest or sleep, (and certainly not eat) since the body is hard at work anyway.”

This knowledge has been around forever before the popular ketogenic diet seized upon its wisdom. This timing also followed the natural way we ate at the beginning of our species. Being hunter-gatherers, Ancient men only collected what they could eat at once and ate it. They woke up every day to begin to feast on the most readily available food, which usually turns out to be fruits they could gather.

So, you should look to create a similar eating pattern that closely fits the original eating pattern men had. When we eat the wrong food or eat at the wrong time, we subject our bodies to unnecessary stress that can delay metabolism, repair and cleansing of the body. The toxic load comes primarily from animal products,

sugar, salt, processed foods and oil. The more stress we put on our bodies, the faster we age. Even when I thought I was eating healthy – protein shakes, olive oil, skim milk – I was still having processed substances and that greatly depleted my potential gains.

## **Special Eating Considerations for Pregnant Women**

The mother's health status is linked to the baby's well-being. A malnourished mother will end up raising a poorly-fed child. Especially since the first food a baby is going to be exposed to is breastmilk, it is important that you stay in top nutrition status. Now, doctors and many people around you will give you a lot of advice, but not all of them work.

That was why I did a little research on my own to understand the specific needs during pregnancy. As I discussed in the first chapter, doctors do not focus too much on the applications of the knowledge about nutrition that they are taught. So, they may know the nutrients your body needs but not know which food choices deliver that exact nutrient in the right quantity. As for me, I combined the work of Rujuta Diwekar and Dr. Vijaya Venkat to know what to eat – the greatest lesson I learnt was to eat naturally. As we have discussed, Dr. Venkat advocates for eating plant-based wholesome food. Rujuta also advises us to eat the sort of food our grandparents ate, the food we grew up eating.

I also learned that moderation and balance was the key. So, if I binge heavily on samosas and fries

today, tomorrow, I would compensate by eating only fruits. There is no point in getting all beat-up because you broke your nutrition rules. I ate burgers from McDonald's during pregnancy, but the next few days would be spent eating wholesome food. Each time I went off my rules, though, I would take 2 lemon juice shots to maintain the body's pH. Think of it as a debit-and-credit system. If you debit your digestive system with one junk a day, then you need to credit the system with nutritious food the next meal or next day to make up for that.

Basically, my day started with fruits until midday. My typical lunch consisted of dal (lentils/pulses), 1 vegetable cooked in less oil, 2 days a week whole wheat roti (with fibre, I ask my grocery store to give me wheat flour without sieving it) remaining five days will be jowar, bajra, nachni rotis usually mixed with boiled potatoes while kneading the dough to make the roti (flat round bread) soft. I also included raw foods like beetroot, cucumber, tomatoes, and carrots during my lunch or dinner. My dinner was typically Dal-chawal (lentils and rice) with Ghee (clarified butter) and lemon shot after every meal

In addition, there are certain items that should not be found in your diet as an expectant mother. Alcohol has no health benefits for you. Rather, it can even cause weight gain and put you in states that are unfavourable to a great childbirth experience. I stayed off caffeine while pregnant, and I will advise you to do the same – you do not want to have sleep problems while trying to give birth. You need adequate rest,

and caffeine shouldn't figure in your diet. Smoking, in any form, poses a lot of health risks for you and your unborn child and should be discarded.

## **CHAPTER THREE**

# **What Should You Feed Your Baby?**

The internet holds a ton of information and opinions about what babies should be fed. So, I will not waste time discussing that. Instead, I will tell you what I did with my kids.

Actually, I made a mistake – I didn't decide in advance whether I wanted to give my first child exclusive breastfeeding or not. I was a bit undecided, and before I knew it, I found it hard to breastfeed him. For my daughter, I was very sure I wanted to breastfeed her, and that made the whole process easier. She latched onto breastmilk from the start. So, that's the first decision you need to make. "Do you want to breastfeed exclusively or not?"

Apart from nutrients, breastfeeding can help you form a closer emotional bond with your baby. Breastfeeding can deepen the emotional connection between your baby and you. Breastfeeding also helps you regain your pre-pregnancy weight faster by mediating hormonal changes that will help you shed the extra weight you picked up. Why breastmilk? I could connect well with the following information about breastmilk during my research:

## **1. Breastmilk is very nutritious for your child**

I know there is a lot of formula milk in the market, but nothing comes close to breastmilk. Breastmilk is naturally fortified with the vitamins and nutrients your baby needs. There is no risk of missing out on any of these nutrients. With formula milk, despite the best efforts of the manufacturers, the risk is still valid.

As Dr. Mendelsohn pointed out in his book, "The manufacturers not only can fail but have failed to include essential ingredients, with disastrous consequences for the infants who were fed their products. Classic examples were the lack of vitamin B6 in SMA formula, which led to a pyroxidine deficiency and convulsions in the infants who received it, and the production of Neo-Mull-Soy with an inadequate salt content, which resulted in a failure to thrive."

## **2. There is also a lesser risk of obesity when you give your child breastmilk**

Breastmilk contains only 1.3% protein compared to cowmilk that may have as much as 3.3%. How does excess protein increase the risks of obesity? Excess protein forces the glomerulus of the infant's kidney to go through the stress that it is not fully developed for. So, this results in fluid retention at a higher level. Invariably, this translates to lower filtration through the kidneys and subsequent weight gain. For further

conclusive proof, a study that went through the feeding history of 250 full-term infants discovered that there is a 60% incidence of overweight and obese babies in bottle-fed babies compared to only 19% in breastfed babies.

### **3. Breastmilk provides passive humoral immunity for your kid**

Breastmilk contains antibodies and immunoglobulin fractions that can stand as a part of the first line of immune defence. No other substitute contains these immunoglobulins. Best of all, since antibodies are specific, your baby will be acquiring immunity against the infections most peculiar to your environment.

At the very least, you must give your baby breastmilk for the first six months or one year of birth. That will provide your baby with all the required elements and nutrients he/she needs to grow and develop. Eventually, though, you will need to start including other options. Many people in India start giving cow's milk from the third month. This is not a good enough practice. Cow milk is deficient in iron and can be impure. You definitely do not want to expose your small kid to fresh cow milk as it may contain a lot of microbes. As much as 15% of children are also allergic to cow milk. I have covered more about milk and the choices I made in chapter 4.

I added solid foods after six months. I started feeding them with fruits – grated apple, mashed

banana, mango pulp, chikoo, grape juice, orange juice, watermelon, and muskmelon – basically, I gave my kids all seasonal and local fruits available. Fruits, as a natural source of sugar, can provide most of the energy requirements of little children. Each and every fruit is an excellent source of nutrition for your body.

For lunch, I experimented with lentils/pulses (dal or rice ka paani). I would boil toor or moong dal or rice, take out the water from it and mix a bit of mashed rice or dal. Then, I would mix some little homemade ghee (clarified butter) and pinch of salt. By the ninth month, I tried soft dal khichdi (mix of rice and pulses) with ghee and jeera.

Even while I introduced my kids to solid food, I kept feeding them milk.

When they became one year old, I gave them wheat rotis, mashed potato, vegetable soups etc. in combination with milk. By their sixteenth month, I began to give them the same food we ate, but I tried to make sure theirs was softer in texture and less spicy. I could then reduce the quantity of milk significantly.

At this stage, you basically just need to ensure that they are eating a balanced diet that doesn't lack any major nutrient. Also, ensure that you keep them on home-cooked food until they are at least two years old. People in every region and every house eat specific food which must be your first preference.

Processed foods, goodies and cookies offer very little nutritional value, and you should not give them to your children till they can make food choices on their own.



## **Your Child's Appetite**

Like adults, your kid's appetite will vary from time to time, depending on his current level of activeness, health status and many other factors. As I am sure you know, every kid is different. Even twins often have different preferences when it comes to eating. The first rule is that you should feed your child when he/she is hungry and not when you are free. Many mothers decide when to feed their babies beforehand, and no amount of prompting can make them change that. This is wrong. It is your baby that should decide when to eat. The same thing applies to quantity. My kid may be okay with just 3 ounces of milk while yours may want 6 ounces. It doesn't matter much. Just allow your kid to guide you when it comes to the quantity they can hold at that point. Overfeeding your baby is not good.

## **How to Protect your Kids from Obesity**

Obesity is a leading health concern globally. It just doesn't speak well for a kid to go obese under the parents' watch. Unfortunately, many parents do not know what to do about that. According to Downearth Report of 2017, India has the second-highest number of obese children in the world. Some 14.4 million children in India are affected by obesity, and its occurrence is increasing rapidly. The CDC says 18.5% of children in America are obese, accounting for around 15 million children. Another report says 70% of school-age children consume more calories than they actually need. That means they need to

burn off these calories or stand the risk of becoming overweight.

How can you ensure your child does not join them?

Kids generally copy their parents, and if your own eating habits promote obesity, your kid will latch onto that as well. You need to make a few sacrifices in your lifestyle choices.

Here are some of the most frequent reasons/ways by which children go obese:

- Eating the wrong food at the wrong time
- Excess sugar in the diet
- Parents who give children whatever they want to compensate for not being around
- Lack of close supervision
- Too much of processed foods
- Sleeping late at night
- More than 2 hours a day of exposure to electronic gadgets/tablets/phones
- Inactive lifestyle

Now, there is a genetic aspect to obesity, but by strictly monitoring what your kids eat, you can help them beat the odds of going obese. Many parents use sweet treats (such as carbonated drinks and cookies) to get their kids to do the things they want them to do. By using those treats as a reward, they rewire the neural system, and the kids connect these treats with a feeling of pleasure. That is often the trigger for sugar addiction. Such kids will grow up with very little

control over sugar addiction. That alone increases the chances of obesity significantly. That is one of the reasons some people grow up with an almost irresistible habit of binge-eating. Their parents may have condemned them to obesity by the habits they fostered.

Therefore, to defeat obesity, you must monitor your kid's diet. Ensure it is not heavy on carbohydrates and fatty foods. Strive for balance and ensure all classes of food are present in proportionate amounts. In addition, highly-active kids hardly develop obesity. Being active helps them utilize all the sugar they have consumed and burn a significant amount of stored fats. So, if you think your baby is at risk of being obese, get them active. Play with them and if they can walk, take little walks around with them in tow. That will help them burn some fat and stay in proper shape.

I had control over both my kids' eating pattern till they were 3 yrs. of age and fed them everything nutritious that I mentioned in this book. Beyond this age, they have their own choices and I follow a mantra called "balance it out" I allow them to eat as per their liking twice a week. We follow exceptions on birthday parties as well. I make sure to see what they have eaten during the day. So, if one meal is unhealthy, the next has to be wholesome homemade meal along with salad and lemon shot to maintain the balance. In salad, both my kids prefer cucumbers, tomatoes, mushrooms, and carrots. I cut them in roundels, sprinkle over rock salt, grounded cumin powder and lemon. This makes their everyday salad interesting,

and they love it (in fact, they lick it too in the end).

I believe in letting kids make their own choice. Their food choices are influenced by their friends and family around. I do not restrict them on their non-veg food preference. When they are eating anything non-veg and grains, I ensure that 40% of the meal includes salads or next meal comprises of fruits, salads/soups.

## **CHAPTER FOUR**

# **Let Us Talk About Fruits and Milk**

Since fruits are pre-digested and supply the body with enough nutrition, they can be consumed in any quantity at any time. They can be in the form of whole fruit, fresh fruit juice, fruit pulp or dried fruits. Aside from their high water content (needed for cleansing), Dr. Venkat points out that fruits leave no acidic residue in the body and demand zero energy for digestion. Such properties of fruits make them an ideal meal for mornings when the body is in cleansing mode.

Having cereals for breakfast is not a good idea, as they are carbohydrate-rich with very little fibre and protein. The food industry has indeed cashed in on claims about the importance of breakfast, cereals like corn flakes are processed grains loaded with sugar, sodium and artificial flavours. More so, they contain very little fibre and protein. In addition, the iron-fortified cereals discourage the absorption of calcium from milk.

Minimally processed foods in the form of chapati, theplas, idli, poha or any fresh homemade variety provide higher nutritive value and make for a healthy breakfast after having fruits first thing in the morning.

### **So, what did I do?**

I was convinced beyond every reasonable doubt

with facts, conversations and meeting with several mothers at THAC that animal milk or formula milk and its products are not good enough for human health. More children get sick, including mine, as a result of consuming animal products (milk).

According to Dr. Venkat, “If your mother was a cow, then there would be nothing wrong with you drinking cow milk. No other animal drinks the milk of another animal. Consumption of animal milk causes the body to produce mucus, especially in the gastrointestinal tract (GIT), and this gives rise to cancer.”

In the 9th month of my meeting at THAC, I understood that breastfeeding is the best food for my baby. Since I was not able to breastfeed, I decided to stop formula milk that I was giving him. Instead, I gave him fruits and fresh fruit juices as a substitute for milk.

Though I was convinced, my mother and mother-in-law were not. I went against their wish and totally stopped feeding my first child with milk. Arguments started in my family, my mother and mother-in-law thought how cruel a mother I can be. How can a mother not give milk to her baby, I tried to explain to them the harmful effects of outside milk to the baby, but it was beyond their comprehension.

I was firm on my belief and was convinced of not giving outside milk to him. I attracted a lot of bad vibes from my family, and I don't blame them now because even they want the best for their grandchild, but during those days I hated all the arguments in the house. I wanted to be left alone with my child and take charge of his health single-handedly. My husband had

been a great support to me throughout. He trusted me and said whatever you are doing, I am with you.

To the best of my knowledge, I was doing the best for my child. Surely, he didn't fall sick after he stopped consuming milk. On a few occasions, when he fell sick, he self-healed.

The moment I stopped feeding my child milk; he became a healthier, happy and active child. Needless to say, I was elated with my decision, at least for the time being. My child ate cucumbers, tomatoes, a variety of fruits, watermelon juice in a bottle, dal, rice, roti, veggies, halwa with jaggery and other foods devoid of milk. I replaced milk with fresh fruit juice in a bottle for him.

However, I noticed that he pooped more frequently as soon as he drank juice. Even though he pooped just an hour before, the increase in the frequency worried me. I later realized that consuming whole fruits was a better option than fruit juices. The juicing process involved in the production of fruit juice destroys some nutritive compounds and antioxidants. Furthermore, the process removes nearly all of the natural fibre contained in fruits.

Fibre carries a myriad of digestive benefits which is crucial for slowing the absorption of the fruit's sugar content and keeping the glycemic index low. The risk of diabetes is higher in persons who consume much fruit juice as a result of its low fibre content. Also, a high intake of fruit juice has been linked to childhood obesity.

I stopped feeding my child with juice after about

2 months. At that point, I was at crossroads between giving him milk or not as I was under intense pressure from the elders of the family. Worse still, fruit juice was doing him no good, so I had to make a choice.

I had the following choices

- Everyday milk subscription from a nearby store
- Packaged baby milk powder – Formula
- Almond/Cashew/Soy Milk
- Fresh fruit juice
- Raw Milk/Organic Milk

### **Everyday Milk from a Nearby Store:**

I didn't know the quality of milk from its source. According to Swati Poddar of the Daily Pioneer, "Buffaloes are often given oxytocin, which is harmful to the animal as well as the consumers of the milk produced. The drug is often given to increase milk production, and stimulate letdown in cattle having difficulty in lactating when their child is unavailable. This drug causes immense pain to the animals, and it is used illegally. Actually, the drug doesn't increase milk production, but induces letdown."

A cow under healthy and happy conditions can live for as long as 20 – 26 years. However, after being milked, and forcefully impregnated incessantly at intensive dairies, the average age of a dairy cow/buffalo reduces drastically to about 6 – 8 years.

Just like humans, milk is a by-product of childbirth, which is essential for the offspring. In dairy farms, male calves are often starved to death, abandoned or sold for slaughter. Conversely, the



milk of their female counterparts is sold for human consumption. Animals in dairy farms are treated as mere units in a production line to be kept as long as they produce profitable output in the form of eggs, meat, milk, or leather. Given the kind of hardship that these cows face, what kind of hormones are in the milk we get from them? This is exactly why we see so many children suffering from diseases these days, especially as a result of milk consumption from unverified sources.

This option was straight away out for me.

## **What I didn't know about homogenized and pasteurized milk**

The problem with homogenized milk is that the industrial processes it goes through deprive it of most of the nutritive value it should generally hold. The crux of the issue is that homogenization and pasteurization distort protein structure and can make healthy fats rancid. In essence, they leave the milk as an empty beverage devoid of any real value. Since they cause denaturation of proteins, they inactivate and destroy enzymes like lactase, galactase and phosphate that perform vital functions. Therefore, these processes make it hard for our bodies to absorb and digest milk as effectively as it should. The effects of this manifest in several dysfunctions such as lactose intolerance and an overload of the pancreas occurs.

It is not only proteins that pasteurization affects. It also affects the number of available vitamins such as vitamin B6, B12, and C and destroys beneficial

bacteria, which aids the digestion of milk thus resulting in constipation when consumed. To make matters worse, the bacteria killed during pasteurization are not removed. This means that we get to consume the cell fragments of these bacteria when we consume pasteurized milk. This can cause immune system reactions that result in milk allergies.

As reported by a recent Harvard study, such milk may contain dangerously high levels of estrone sulfate which has been linked to increased risks of prostate, testicular and breast cancers.

Pasteurization effectively destroys protein structure, and homogenization does the same thing to proteins in raw milk. It makes fat molecules smaller and indirectly makes them transport molecules for substances that evade complete digestion. The incompletely-digested proteins then cause an immune reaction that leads to the deposition of cholesterol in the walls of major arteries, leading to plaque formation. This can lead to atherosclerosis and its subsequent cardiovascular risks.

This is also the basis of a theory propounded by Dr. Kurt A. Oster between the early 1960s and the mid-1980s. Dr. Oster showed that xanthine oxidase, an enzyme actively involved during homogenization, ends up in the heart and arterial tissue where it facilitates the destruction of plasmogen, the protective membrane found in the tissues.

## **Packaged Baby Milk Powder**

Powdered milk is gotten from vaporizing liquid milk.

Produced commercially as formula milk, it contains proteins, sugars, fats, irons and vitamins produced in a highly sterile condition. There are enough studies available online for the advantages and disadvantages of giving formula milk to your babies. I would suggest to go through a few studies and decide what you would prefer.

### **My Experience:**

I did give my baby 'NAN pro,' a commercial formula milk powder with absolutely no problem from the fourth month onwards until 12th month. Out of 6 milk feeds in a day, 2 feeds were formula, and 4 feeds were breastmilk. Because of my medical condition at the time of my first baby, I was in no position to breastfeed directly. So, I expressed my milk and fed him. After 4 months of exclusive breastfeeding, I had to give him formula milk as I resumed working 9 to 6 job.

Arrangement of formula milk and breastmilk did wonderfully well for baby and me with absolutely no side effects.

If you can, exclusive breastfeeding is best; otherwise, the next best option is 3 to 4 feeds of breastmilk and rest formula feeds. Powdered milk offers little or no harm if given in a sterilized bottle prepared in proper hygiene and only as much as the baby wants it (i.e., do not force feed more than what the baby needs).

However, after learning about the natural ways of raising your baby without feeding factory-made milk products, I decided against powdered milk when

my baby completed one year.

## **Almond/Cashew Milk**

I learnt from THAC that almond and cashew milk is a fantastic alternative to milk. To produce this, powder the almonds, mix it in some water. After that, sieve it, and creamy milk is ready for consumption. Although I gave this to my child, he did not like it, so I had to put down this option.

## **Fresh Fruit Juice – Where it went horribly wrong!**

In as much as learning new and better things is good, too much influence it has over you is also bad.

After discovering the harmful effects of milk and milk powders coupled with my inability to breastfeed, I understood that fruits and fruit juice are a great replacement to milk for my child.

Much later, I realized I made a mistake of giving my child fresh fruit juice as a milk substitute for almost 2 to 3 months. He pooped every time immediately after drinking the fruit juice. I went on to discover that fruit juices are devoid of fibre, and they contain pure sugar which is actually not good for health. Although I stopped it soon enough, I want to make my readers aware of not stopping milk altogether. Although he is healthy and active, he is super skinny.

His other meals were all normal like any Indian family would give to babies. The only detour I did was in his milk consumption.

My second child, Vedika is 4 and a half years old

now, whom I exclusively breastfed for 0-3 months, as I had to resume work after 3 months of maternity leave, she fed on formula milk (2-3 feeds) the time I was away from her. I expressed milk in office (Philips manual pump), on returning home she used to have my expressed milk and then night time 2 to 3 direct breastfeeds. Worked wonderfully for both of us. I was at peace, she was at peace. We then started indigenous Indian Gir cow's milk when she turned 1 year old (A2 milk). She loves her milk and is a happy, healthy child.

### **Bottom Line: Raw Milk is the Healthiest Choice**

My research led me to realize raw milk was the healthiest choice when my first child was about four-and-a-half years old, and my second child was born. As they say, I was once bitten, twice shy. I did not want to repeat the mistakes I made with my first child. This time, I was more prepared, more aware, more matured to make the right decisions.

I have already discussed the potential health effects of consuming pasteurized milk at a tender age. What then is the best choice when it comes to milk? The answer is – raw milk from pasture-raised, grass-fed Indian Gir cows reared in clean, and well-run farms. They contain all essential nutrients in the right proportion and in a natural form. The bacteria responsible for easy digestion of the proteins contained in milk are also present and active. In fact, raw milk has a large reserve of digestive enzymes (estimated to be about 60) and immunoglobulins

that can help in speeding up its digestion process. Highly-essential vitamins and minerals are also best preserved in raw milk as it has not gone through chemical and industrial processes that can deprive it of these benefits.

Unfortunately, there is a government-backed campaign against raw milk. People are routinely advised to shun raw milk in favour of pasteurized milk. Yet, available data indicates that four times as many people fall sick due to the consumption of pasteurized milk when compared to raw milk. Instead of following the bandwagon, you should just be more careful about the source of your raw milk. Consider the hygiene levels of the organic farm you get your milk from before consuming it. Ask for proof of the low amount of pathogenic bacteria (in the milk) from the farm and try to verify if the cows are fed on the grass with no external antibiotics and hormones administered to boost their growth and productivity.

### **Go for organic, grass-fed milk**

It can be pretty hard to get raw milk in certain states here in India. If unfortunately, you happen to live in one of these states, then you should consider organic milk from grass-fed cows. Organic milk beats milk from CAFOs (concentrated animal feeding operation) many times over when it comes to nutritional value offered. This is especially true when the cows are fed a diet that is 100% grass-based with no extra hormones or GMO (genetically modified) feed. As a result, they are under less metabolic stress than CAFO cows. Cows

on an organic diet also have twice as much omega-3 acids as those fed on a GMO diet.

All these facts point out that organic milk is certainly better, but most of them are still pasteurized and homogenized, leading to a loss of nutrients. As a result, raw milk still remains the best option you can feed your child; however, in its absence, you can continue to manage organic milk.

Over the years, I have realized a balance is required in making the right food choices as it suits you and your family, and it's best for one to follow her own instincts. If you are not lactose intolerant, milk is a wonderful food if it comes from indigenous Indian cow breeds (I get Gir cows A2 milk for both my children.)

My second child Vedika started having Gir Cow milk (A2 milk) after she turned 1 year old. She is now over 4 years old with absolutely no health problems. She is devoid of any medical intervention till now. She does get fever, cold, cough, but her body is trained from the beginning to heal naturally.

## **What is A2 milk?**

A2 milk is milk gotten from Native Indian Cow breed (Gir). It is enriched with more than 25 types of different vitamins and minerals that can play leading roles in overall metabolism and development. The Charaka Samhita, an ancient Indian text on natural medicine, contains methods and instances where Indian cow milk has been used for the treatment of various ailments.

Getting original A2 milk can be a herculean task at times, though. The best option is to buy from verified, locally-bred Indian cows that have been raised in a natural, healthy environment. The key idea is to get the milk in its natural state as quickly and as directly as possible to your table. As with organic milk, try to get a first-hand look at the cows and their surroundings on the farm you want to patronize. Kindly look at how happy and healthy the cows seem to be before making a decision – give extra consideration to farms with well-ventilated sheds, compost bedding and clean water all around. Cows treated in humane and comfortable methods produce the best kind of A2 milk you can find. Ideally, the Gir cows should be free to move around with no restrictions or tethering. A good farm should prioritize pure Ahimsa milk and keep their cows in healthy conditions before being milked. As a concluding point, the milk should get to you as fast as possible.

I have been personally getting A2 milk from Vita Farms near Mumbai and vouch for their milk quality.



## CHAPTER FIVE

# Do We Understand Vaccination?

Your answer might be a vague yes, but, **“Do We Really Understand Vaccination?”**

My research on this topic led me to a great resource on raising healthy kids: [raisingnaturalkids.com](http://raisingnaturalkids.com).

I highly recommend everyone reading this book to go through this website for awesome information on raising kids naturally. Subscribe to their email services to get hands-on information on almost every problem a parent faces on raising kids naturally. I love this resource!

I present the excerpt on vaccination and mirror every word I read:

**“The most important message I want to convey about getting your child vaccinated: DO your research before deciding to go for vaccination!**

Every parent wants the best for their children, so it makes sense to actually get some background information and facts about vaccines before injecting them into a newborn baby.

In my eyes, we owe it to our children to look into anything they are exposed to, whether ingested, inhaled or injected, as children are dependent on parents to make educated choices for them when they cannot do it themselves.

If after having thoroughly researched both sides

of the pros and cons of vaccinations and you decided to move forward with vaccinating your children, then that is a decision you are making based on knowledge, rather than blindly going into vaccinating just because it is what the government, and thus, the Indian Medical Association say (or are blinded to the truth hidden by the authorities), as you will come to see in your research if you dig deep enough).

Having said that, I am not a medical expert, but a mother who does a lot of research to make sure I do the best for my kids, I will direct you to valuable books, links, documentaries and information about vaccinations, along with providing you with some of what I have learnt along the way.”

My first baby was just a month old, and it was the time for his vaccination. It was the first time I would be taking my baby to a doctor. I didn't feel the need, but it was the norm – everyone was doing it. I waited at the reception of the hospital until it was my turn to see the doctor. When I walked into the doctor's consulting room, I found it difficult to hand my baby to the doctor. The doctor smiled and said it was okay for me to give my baby to her; she chipped in that most mothers usually feel the way I felt. I felt a lump in my throat as she took out an injection, held my baby's thighs, and injected him. My baby burst into screams of distress, and I had to ask why such a small, cute, healthy and happy baby had to be put through such pains by external medical intervention. She said it was for protection against deadly diseases later in life.

The doctor might have been right, but I wasn't

convinced. My motherly instincts told me something wasn't right. Even if it had some benefits, it is against the law of nature to induce drugs in a healthy body. Just because everybody is or was doing it, that did not mean I should follow the norm. I was looking for a solid logic to satisfy my reasoning of putting medicines in a healthy body. Plus, deep down, I knew there must be some other way to achieve whatever benefits they claim it had. That was a turning point for me.

Further amplifying my thoughts and feelings, my baby started exhibiting side-effects of vaccination. He fell ill, developed fever and rashes. Again, I turned to modern medicine for intervention. A nearby doctor prescribed some antibiotics, and it took my baby two days to get back to his peak. By now, I was fully convinced that something was wrong, and this kick-started my research into vaccines and the associated pros and cons.

In three months, it was time for yet another round of the much-dreaded vaccination. With a heavy heart, I took my baby to another doctor in my vicinity and got over with. Fortunately, my baby only developed a slight fever after the process, a dose of Crocin was enough to get him back on his feet.

I began to ask myself, "What then is the logic behind vaccinating kids if they have to suffer during and after the process?" Why a small amount of the dead virus should be injected into my innocent kid? I couldn't rationalize openly subjecting my adorable toddler to pains, and I think it causes you to worry, too.

Naturally, I am not one who just follows the crowd, I began to retrace my steps. I desired to raise my kids in the most natural way possible. Such external interventions didn't align with my motherly instincts.

To satisfy my curiosity, I went to Dr. Vijaya Venkat again to know about vaccination and during my interaction with her team I came to know the harmful effects of vaccination from them.

I delved into the history of vaccines, read many books for THAC's library, spoke to many enlightened people about vaccination, did deep internet research and I found that they're quite new to mankind. Vaccines have been backed by scientists and federal agencies around the world, but that shouldn't be enough reason for me to vaccinate my kids.

Frank Bartlo, a health professional, asserted that the answer could only be stated in terms of *probabilities*. One would need a properly-calibrated crystal ball to ascertain the benefits of the vaccination processes fully. He also said, "A child's health and disease resistance depend largely on how well-fed a child is, your hygiene levels and state of sanitation in your home."

We have been deceived into believing that vaccines are a must for good health – as a result, parents allow their children to go through a lot of discomfort and pain in the name of preventing future pain. Luckily, more research has continued to show that vaccines do not really carry as much benefit as they are touted to have.

In fact, the very first mechanism upon which

vaccination is based is quite shaky. Ask an average doctor what a vaccine is, and you will get an explanation that says it is the introduction of disease-causing organisms such as bacteria and virus into the human body in a weakened state to let the body learn how to deal with them. Is that not an absurd way of teaching the body to be stronger? How true are the claims anyway?

Yes, it is a known fact that deaths occurring from ailments such as whooping cough, measles, and diphtheria have dropped a lot. Medical professionals claim this is due to vaccination. If this was true, then, we need to ask why diseases such as cholera, rheumatic fever, and scarlet fever now cause very few deaths despite having no known vaccines?

Well, the average proponent of vaccination will probably tell you that the drop in mortality rates for such diseases is due to improved sanitation and environmental conditions. That throws up yet another uncomfortable question, "Why would improved environmental conditions virtually eradicate some viral diseases and not others?" It is when you begin asking these questions that you begin to uncover some inconsistencies in the vaccination theory.

I, too, was long under the impression that we had these deadly epidemics and that the enactment of vaccination laws and programs suddenly sent away the diseases. But, as a matter of fact, vaccination programs have little effect on death rate trends in nations with generally good public health.

The truth, as I see it, is that good hygiene, healthy

nutrition and good habits are more important factors in ensuring that children get the best health they can.

“Vaccines save lives,” “Vaccines have saved millions of lives.” These are popular statements by vaccine advocates, but such statements are usually made without concrete evidence to back their claims, and they conflict findings made by authors and researchers who have actually taken the pain to carry out extensive research on the topic.

Ivan Illich in his research confirmed that there had been a 90% decline in mortality from scarlet fever, whooping cough, measles, and diphtheria in children under fifteen years old long before vaccines and antibiotics became widely available. That alone is proof that dwindling mortality rates are not exclusively due to vaccination. Rather, Illich theorized that better environmental conditions, reduced microbial violence and better nutrition were more active components of the better health being enjoyed worldwide.

When an Australian doctor, Dr. A. Kalokerinos, made this realization, he said: “The further I looked into it, the more shocked I became. I found that the whole vaccine business was indeed a gigantic hoax. Most doctors are convinced they are useful, but if you look at the proper statistics and study the instance of these diseases, you will realize that this is not so.”

Another doctor, Dr. Kris Gaublomme, also had this to say in her 1995 paper. She wasn’t gainsaying it. She spoke from a realization born out of proper research. She said, “The ‘victory over epidemics’ was not won by medical science or by doctors - and

certainly not by vaccines...the decline...has been the result of technical, social and hygienic improvements and especially of improved nutrition". She went further to brandish vaccination as "utter nonsense".

Many modern parents are also making this realization. I'm sure that at the end of this chapter, you would have fully realized, too, and then, maybe someday we can see the defeat of this fallacy and have healthier kids and a healthier world.

*Maury Stephan* had this to say about her own experience with vaccination,

"Interesting. I did not 'vax' my children. The first time, I was bullied into vaccinating, so I started a delayed schedule with him then switched paediatricians before my second was born and did no more vaccinations with any of them. My children were home with me until they went to school. I fed them good clean diets and my kids were very healthy. They had just the chickenpox, which was a minor nuisance. The one that had asthma and environmental allergies was the one who was vaccinated. I am not saying that vaccinations caused his auto-immune problems, but there are so much more allergies and health issues in the world today that I wonder if vaccinations play a role. My oldest went to college this year and chose to vaccinate as it was mandatory to be able to live in the dorms. After each vaccination, he got a 24-48-hour bug/fever malaise about a week after the inoculations. I have no regrets. Most doctors only use scare tactics and tell you worst-case scenarios. Diet plays a far more important role in keeping healthy. Listen to your

heart. No one should ever be able to tell you what to do with your children or yourself.”

Did you know?

The National Vaccine Injury Compensation Fund in US (NVICF) has paid out over \$142 Million dollars for children harmed by vaccines. Were you even aware there was a National Vaccine Injury Compensation Program? The process to prove that your child was harmed by vaccines is extremely expensive and fraught with errors. Yet, these families proved their cases. Do Wikipedia to know about the categories of ailments and amount paid by NVICF to victims of vaccines?

If vaccines were perfectly safe, for all children, all the time; then children would not be harmed by them, and it would be unnecessary to pay compensation for their injuries. There are many highly credentialed doctors and scientists out there calling for reviews and rigorous testing of vaccines. But they are being shouted down, being called ‘conspiracy theorists,’ and being told that ‘vaccines are well established and safe.’ In 1950, the average child received 7 vaccines. In 2013, children received 36 vaccines. Who is profiting off your children? Follow the money.

Read about vaccines - both FOR and AGAINST. Read the vaccine INSERTS. Visit the website and read the information there. Go to Amazon and buy all the books on vaccines that you can find. Visit your local library and borrow books. Check National Statistic archives for disease prevalence and mortality rate from the 1980s till date. Compare. Search online for videos and articles. Read. Read. Read.



So, my advice is for you to consider all that you have learned thoroughly. Then, YOU decide what is right for YOUR child. The modern vaccine hoax? Or a clean environment, healthy nutrition and healthy habits as a means of immunization? You decide!

## **Go through these books on vaccines**

What your doctor may not tell you about Children's vaccination by Stephen Cave

How to raise a healthy child in spite of your doctor by Robert Mendelson

Vaccine safety manual by Neil Z Miller

Miller's review: Critical Vaccine studies

There are various documentaries recommended by [raisinghealthykids.com](http://raisinghealthykids.com)

Useful Links

81 Studies Linking Autism to Vaccines

Fatal Polio Shots:

<http://tribune.com.pk/story/293191/vaccination-globally-supported-company-is-funding-fatal-polio-shots/>

FDA Warns to Stop Pushing Needle-Free Flu Vaccine:

<http://abcnews.go.com/blogs/health/2011/10/21/fda-warns-pharmacies-to-stop-pushing-needle-free-flu-vaccine/>

**The Greater Good** – A great documentary looking at both sides of the vaccine controversy. VERY informative! <http://www.greatergoodmovie.org/home>

## CHAPTER SIX

# Fever is Good for you

Let me scrounge these beautiful lines shared by THAC in one of their posts:

"Never know how much I love you,  
Never know how much I care.  
When you put your arms around me,  
I get a fever that's so hard to bear...  
...Fever if you live and learn  
Fever! 'till you sizzle  
what a lovely way to burn  
what a lovely way to burn  
what a lovely way to burn"

[http://www.youtube.com/watch?v=X7\\_k\\_0dKknA](http://www.youtube.com/watch?v=X7_k_0dKknA)

When Peggy Lee sung the famous song "Fever" she was singing about the reactions of falling in love. She couldn't be further from the truth as fever occurs when we give less love to ourselves. Fever comes as a friend that reminds, not as an enemy to be suppressed or driven away.

### **So is fever good?**

You bet! Do you know why fever occurs in the first place? It happens when toxins in our body have reached a state (overload), where the body creates an

action to eliminate them. Fever aids that expulsion. Fever is a hyperactive protective mechanism initiated by the body.

In growing children, fever actually indicates growth spurts.

## **How do toxins develop?**

Toxins develop when we expend far too much energy either through work, eating, mental stress, etc.; the body starts to go into a state of conservation. What better way if you aren't "consciously" conserving energy than to demand it through simple signals such as fever, common cold, cough, diarrhoea. This is just the body's way of saying "STOP, You've had ENOUGH, Time to Rest".

## **But what do I do when I get a fever?**

Practically nothing, all you need to do is rest, rest and rest.

- Nestle in your cocoon. Sleep. Just close your eyes, and allow your body to do its job.
- Do not read, nor watch television. Listen to healing music. Conserve your digestive, mental and physical energy.
- Avoid cooked meals- especially grains, meats and dairy. Eat pre-digested foods like fruits. Lemon shots and vegetable juices aid in the cleansing process.
- If you have no appetite, better not eat cooked at all, replenish yourself with fruits and soaked dry fruits. Always remember digestion takes all of our

energy.

## **You mean no medication? No pills?**

To thwart body intelligence by bringing down a fever, through medication, is a dangerous thing to do—it imbalances our finely tuned internal thermostat- a key mechanism regulating all vital body functions.

After all these years of advocating the reduction of the symptom – the Fever, Science has come to a conclusion, that the substance the body makes, known as Interferon to neutralize toxins in the blood and fight infections, functions at its best in the presence of Fever.

Temperatures up to 104 degrees actually kill the deadly poliovirus. Similar to when we boil water - germs die. Our body does the same, during a Fever - eliminating unhealthy bacteria, protecting the good guys, strengthening our internal reserves, keeping us healthy.

Sleep. No need to panic, no need to over-compensate with medicines.

Just Surrender, Submit and Submerge. Fly like a butterfly to good health and happiness.

As Dr. Robert Mendelsohn said, “Most fevers are caused by viral and bacterial infections that the body’s defence mechanisms will overcome without medical help.” There is no cause for alarm if your child’s temperature goes even as high as 105 degrees. However, if additional symptoms accompany the fever such as stooling or vomiting, then it may signal something more serious. The vast majority of the

time, though, all you need while you have a fever is adequate rest. You just need to allow your body to recover on its own. The sad reality is that we often try to douse fever by using different pills that may affect the immune reactions that generated the fever in the first place.

## CHAPTER SEVEN

# **Why You Should Listen to Your Child**

As aspiring or new moms, we often make a mistake while trying to assert out love and dominance in the mother-child relationship. We forget that nobody can understand a body more than its owner. What do I mean? Babies cannot speak immediately after they are born. Neither can they help themselves really. They rely on their moms a lot, but they are not entirely helpless. They try to get the moms to understand their needs. It is a pity that most moms try to guess these needs instead of just learning to observe the critical signals that their children give off.

From a very early age, I taught my children to understand their body signals and communicate the same to me. If they have a cold, they stop drinking milk. If they still insist on milk, I mix antioxidants such as ginger and turmeric to boost their immune system. When they have stomach upsets and don't want to eat anything, they stop eating, and I do not try to force them either. I simply put asafetida (hing) around their belly for instant relief. If they have headaches, they sleep longer than usual to find some relief. They understand that they need rest, so, they try to get enough of it. When your child vomits, it's okay to hold food off for an hour or more. That will prevent a likely recurrence and also give their body

the chance to recover adequately. You may even wait till they ask for food or give them a wide variety to choose from. That way, you won't have to force them to eat. The whole goal of vomiting is to reset the body to its default state by getting rid of certain substances. Now, the only person that knows when the body is back to its normal state is your baby. There is no point forcing food down his/her throat if they are not convinced that their body is ready to take it. They may just throw up again.

When my kids have a fever, they sleep as much as they want. You need to show restraint and patience, even if they don't eat for an extended period. Their body is engaged in fighting off infections and illnesses, and it won't tolerate external interventions well.

Once kids show signs that they want to eat, I offer them different healthy choices to choose from: rice-dal, curd-rice, all kinds of fruits, fresh fruit juice, coconut water, curd pomegranate, curd banana and mixed jaggery. When they feel better, they often choose one or more options.

I have observed that it takes my kids anywhere around 10 to 15 hours for them to recover and operate at the best level when they fall ill, or at worst a maximum of two days without any medicines. Consider this to the fact that many children on medications take three to four days to recover. Throw in the side effects of medication, and it is easy to see why we should stop popping the pills.

And the most important thing as a mother is that I am always around them when they are not well.

Even when I am working, I take 2 days off and be with them to observe their body signals and to provide them motherly comfort which no one else can give apart from you. I become physically very close to them with loads of love, affection and care for them. This gives them an external motivation to get well soon. I have no fear or worry because children can pick up on such negative emotions, and that would slow the recovery process down. Your baby needs the right mix of love, care, attention, good sleep, the right food and a great environment to thrive. Simply relax and allow your child to guide you through the process of their recovery and see the magic. Over a period of time, you will see your kid's body will fight off any infection on their own without any outside intervention, and their frequency of falling sick will also reduce considerably.

Getting better involves food, rest and also withdrawing from the hustle-bustle of life. It involves shifting our focus from our routine activities to our own selves.

As Robert Mendelsohn rightly put it, “your first opportunity to build a healthy foundation for your child’s growth and development comes before he or she is born.” The kind of preparations you make while pregnant may determine the strength of the connection between you and your unborn child. Importantly, it is also crucial for you to protect your child even before it is born.

The future wellbeing of your baby will be affected by the choices you make throughout your pregnancy. It would be best if you drew a well-balanced diet that



allows all the right nutrition to support your child's development and growth. Make yourself happy. Happy mothers will produce happy babies.

Your anger, stress, and anxiety will also flow into your baby if you do not expunge them. So, I advise expectant mothers to dance, sing and work as much as possible. Get the blood singing happily in your veins. Allow your positive energy to infect your child. It works miracles for your health and the baby's wellbeing.

### **Watch out for radiation**

Harmful radiation can actually affect the development of your unborn child. It is important to stay away from it as much as possible. In our technology-driven world, this is already hard. However, when you have the habit of getting x-ray scans too frequently, you are not doing your child a favour. During my first pregnancy, I went for monthly checkups that included frequent scans. During my second pregnancy, I simply refused to go for any scans after the fifth month. I gave birth to healthy children both times. So, there was really no reason for me to get all those expensive scans done. I should simply have reduced the radiation my first child was exposed to because some babies are extra-sensitive to repeated radiation.

## CHAPTER EIGHT

# **Watch Out for Your Mental Health**

Being a life coach by profession, I can say with authority that your emotional and mental health is just as important as overall body health. Physical and mental health go hand-in-hand. Once you lack in one, the other becomes affected too. Scientific studies have proven, for instance, that depressed people have lowered immune function that makes them susceptible to more illnesses than usual.

Our mind and body are so tightly connected that any discomfort in one leads to a similar reaction in the other. Let us take stress as a case study. When you are stressed, a lot of negative emotions accompany the feeling – fatigue, slight depression and weariness are especially common. More to the point, constant stress and worry can cause body aches, stomach pain, headaches, insomnia or raised blood pressure. This typifies how the mind affects the body. How is this even possible?

The brain controls bodily functions, to a large extent, through the regulation and release of chemical messengers such as hormones. Now, the production of these messengers is heavily dependent on your mood. If you are under stress but optimistic about your prospects, your body is instructed to produce positive hormones such as serotonin and dopamine,

to boost your positivity and help you try as much as possible to fight off the stress. Negative emotions can prevent some of these messengers from being produced when they are actually needed. The body can also affect the mind; it's a two-way thing. When you become sick for too long, your mind is aware, and you may get depressed or take out your frustration on people around you.

Importantly, your mental health also affects your children.

For a pregnant woman, the connection between her and the unborn child is stronger than the physical aspect. Your moods and emotions can tell on your baby. It is important for you to be happy around your baby, especially after birth. Your face is going to be the most familiar thing your baby gets to see in those first few weeks. Let him/her see you smiling and happy most times – do not meet your baby with scowls or frowns. That connection can grow deeper than you think.

After my first child, I went into a long bout of postpartum depression. I was torn within, and I lost interest in the things around me. I derived some joy from taking care of my baby, but it was nothing compared to what I should have. I was in so many quarrels that people seemed to be avoiding me. I was tense and highly-strung, and it took very little to set me off those days. I know precisely how bad depression can be – and that's why I want you to learn to avoid or defeat it.

Try to love and pamper yourself. Your body may

have changed a bit, but it is still essentially the same body you have always had. Your daily routine may be a bit more tasking than before and thankless, but, hey, that's what bringing up a child is supposed to look like. You must never allow this depression to take control of your thought process entirely.

Here are a few tips to help you along the way.

- Allow Joy to flow from within you

You cannot tie your motivation or joy to external triggers. Instead, understand that joy and love springs from within you. You are the only party to the decision to be happy. Nobody else can decide for you.

- Use Positive affirmations

Positive affirmations are short, positive phrases that you can use to motivate yourself. Examples include "I am wonderful and healthy," "I am going to have a great baby," "Today is going to be an awesome day for me" and "I love my baby, and he loves me too." Practice saying positive affirmations to yourself in your spare time. They will load you with positive emotions and make it easier for you to stay happy.

- Keep a journal

Writing down your thoughts, experience, and how you feel can be therapeutic. Many people have reported the efficacy of journals in dealing with depression. By keeping a journal, you force yourself to understand and deal with the emotions.

- Understand the process you are going through  
Childbirth is going to come with its own challenges. Every single birth is an experience on its own. You need to know that and prepare for the changes in your lifestyle and body that will come with pregnancy. Do not make these changes the source of emotional discomfort for you.

- Try not to make sudden lifestyle changes  
Pregnancy is a big departure from your normal routine and demanding. Do not complicate matters by inducing other big changes at the same time, such as changing houses or your job.

- Eat and exercise adequately  
The benefits of the right nutrition and adequate exercise have been discussed extensively already. Give yourself a firm base to build from by eating right and exercising.

- Build a great support system  
The people around you also have a big role to play. Do not try to do everything alone. Spend time around people you really love. Relax and use them as support props to boost your mental health. You can also connect with other pregnant women to serve as support for each other.

By staying in top mental health, you give your child more happy moments and create more positive energy around you for the child to tap into.

## **Childbirth is a natural process. Let it be one!**

The greatest source of mental stress for pregnant women comes from the way we look at the entire process. Many women fret unnecessarily – they take advice from anybody around and make these pieces of advice the Gospel Truth. It is also necessary for you to understand that complications may arise. No one can predict or stop them, but you should be ready mentally to accept whatever wants to come your way. This way, you will enjoy a natural childbirth process.

I have already detailed my own experience in this book but let me restate the dangers of forcing the body into labour. During my first delivery, I was instructed to go to the hospital the moment I completed my 38th week. Without anyone trying to understand that I didn't experience any contractions, I was given drugs to make me deliver faster. Despite that, the pain was becoming unbearable, and that was when I was given the epidural shot. Did that improve the way I felt? No! Instead, it only disconnected my mind further from my body and made it harder for me to summon the willpower I needed.

My doctor's approach was definitely wrong. Pain is the body's signal that the baby is on its way. Instead of not tampering with it, my doctor tried to remove the signal. The result was that I had to have a C-section done to get my baby out.

Compare this with my second delivery. During my second delivery, I was at home until my contractions became major and were coming in 15 minutes interval. It was only then that I went into the clinic. This story

further highlights why you should try to keep your childbirth experience as natural as possible. It is a natural process that requires very little intervention under normal circumstances. But in doing so, please choose the right doctor for yourself, well equipped with all emergency tools and experience. Share your thoughts with your doctor, have discussions on your preference and in the end, surrender yourself to the best that is to come.

Keeping the entire childbirth process natural will insure you from some of the most potent triggers of poor mental health known to man. You owe your baby a happy mother!

## BONUS CHAPTER

# What Mothers Have to Say

### An Interview with Reshma

I have already outlined the best, natural way to raise your kid. Now, I will like you to hear from Reshma, another mother who has benefitted immensely from living naturally. I interviewed her to learn about her experience with naturopathy.

Reshma is a Life Coach, who teaches students and a Naturopath

**Me:** You must be proud of the natural method you have adopted to raise your three-year-old daughter without medications. Can you tell me a bit about the journey?

**Reshma:** I think it was passed on to me subconsciously by the way my mother was raised by her mother. Living without medicines has always been in my family. We have always believed in living in the most natural way possible just as nature designed us. When we are sick, we rest, eat fruits, soups, and light food, and basically allow the body to recover on its own.

**Me:** Great to know this! Tell me more about how you raised your kid without a single dose of medicine, especially how you took care of her fevers.

**Reshma:** I believe in prevention than cure. I came across naturopathy before I even conceived my child. I liked the subject and its potential benefits, and I started reading about it. I took a course to widen



my knowledge on naturopathy and found it to be a disease management system that avoids drugs and surgery and emphasizes the use of natural agents (such as water and herbs) to stay healthy. I started applying the principles of naturopathy on myself and saw the differences almost immediately. I could cure most common ailments like colds, coughs and fever without any medical intervention.

Then, I had my child, and the first time she fell sick, my instinct was to go to a doctor. Even though I didn't believe in medicines but seeing my child in pain jolted me into going to see the doctor. Luckily for me, the doctor was not around, and I met his wife, Dr. Sushma Rawat, an Allopath doctor in Indore who realizes that allopath is not the answers to all illnesses and understands the side effects of medicines. She began her research in Ayurveda over two decades ago and now she uses a combination of allopathy, Ayurveda and naturopathy to manage all ailments.

She is a doctor with a difference. Her patients do not wait in a queue to receive treatment because she teaches them how to prevent diseases in a natural way. So, in two to three visits, you either get cured, or you do not fall sick at all.

After interacting with her, I made some recommended lifestyle changes for my whole family.

- Eat fruits and vegetable soup when not well and rest
- On a regular day, eat fewer grains as grains are difficult to digest
- Wheat has gluten – eat less wheat

- When I cook veg rice, I use less rice and more veggies.
- While making wheat roti (wheat bread), I add dal and mashed veggies in the flour and make rotis out of it.
- Vitamin D is the most essential and required element in our body for smooth functioning, and the only source to get this is through Sun. So, you need to get some sun exposure to get Vitamin D. If you cannot get exposed, then, use oral vitamin D powder or tablets.
- Exposure to the sun without being covered by clothes is very important which most of us living in this day and age miss out on. I sit with my daughter every day for an hour in the sun without clothes on. This is the best way for vitamin D to permeate your body. We also get an injection of vitamin D once every 6 months.
- Vitamin B12 is extremely important, too, especially after the age of 30. One must eat foods rich in omega 3 acids. Fish is the best source of this, but you can take tablets too.
- The root cause of any disease in the digestive system is indigestion and toxins accumulate when there is indigestion. We use enemas regularly to relieve this.

Recently my husband also got cured out of dengue with naturopathy and Ayurveda treatment. Dr. Sushma suggested that he ate a lot of fruits, fruit juices, vegetable soups and dry fruits throughout the day. He also ate giloy patta and other remedies,

and in just five days, he was absolutely fine. He was sceptical about going all-natural in the beginning, but after his own experience with dengue and seeing how bubbly and healthy my daughter and I are, he is fully committed to the process now. Thank You! This has been my experience with living healthily.

## **An Interview with Suman (follows natural way of living)**

**Me:** Hi Suman. I got to know that you have a thirteen-year-old daughter whom you have raised the natural way without any medicine. How have you been able to do that? Can you talk me through that journey?

**Suman:** Hi. My journey to a holistic way of living started before I conceived my daughter. The THAC's (The Health Awareness Centre in Mumbai) way of living resonated with me and I adopted it before conceiving my daughter. I switched to a plant-based/vegan diet that involved me eating fruits as the first thing in the morning. My lunch contains no wheat or dairy products. Instead, I take salads and lemon shots after lunch. At 4 pm, I eat fruits again and by 6 pm, I munch on nuts and dry fruits. I eat dinner at 8 pm and it consists majorly of sprouts, salads, soup, chila, and many other delicious options I learned from team THAC.

Since I started, I have recorded huge improvements in my health, and there is definitely no looking back. After conceiving my daughter, I followed Anju Venkat's advice all through my pregnancy, and it was a fairly easy process for me. While growing up, my

daughter followed my steps. That's no surprise as kids naturally copy what their parents do. My daughter subconsciously started eating what I ate. During this time, Anju has been a great support to me while my daughter grew up.

She also eats a plant-based/vegan food and follows all guidelines THAC believes in and is in great health as a result. She has not missed a single day of school on account of bad health. Even when she has a fever, cold, or a cough, she recovers on her own without any medical intervention. She goes off the plan at times but automatically balances it out the very next day with salads and lime shots.

As far as my family is concerned, we have not had cause to pay doctors any visit since I started living naturally. My daughter does not fall sick, and even when she did as a baby, she recovered on her own. We literally allowed her body to heal itself. This is the most important thing that I have learnt at the THAC and it has changed my life substantially for the better.

Thank you!

# Conclusion

Thomas Edison was right when he said, “The doctor of the future will not treat the human body with medicine but cure it with food.” As a race, human beings have never had it this bad. Our dietary choices are, on average, very bad for our health. Many people battle with one food-related addiction or the other. Sugar addiction, alcoholism, processed foods, microwaved food, carbonated and sugary drinks, and junk foods are the order of the day. We eat more than ever, but we gain less than ever from the food we eat. Obesity is on the rise. There is a marked increase in metabolic diseases than ever before in history. How did we get here?

One, most people eat poorly. Their diet is tailored towards filling their stomachs and satisfying their tongues than catering for the body. Food is supposed to be sustenance; it is our medium for enriching our body with all the required nutrients it cannot provide on its own. However, the average individual’s diet is filled with meaningless calories that offer no dietary value. We are in the midst of an “eating emergency”, but nobody seems to be awake to the fact. The worst part of it all is that we have brought the same eating pattern to our children.

As a mother, your baby needs you a lot. He needs you to be compassionate and caring. He relies on you for the right nutrition and care. You simply cannot

allow a doctor to take over your role. You have to be your baby's primary nutritionist and doctor. Drugs are not the answer each time your baby falls ill. You just need to make conditions favourable for your baby's body to heal itself. So, you must watch over what your baby eats.

Your kid's body is in its natural form, and you must aim not to disrupt the balance it enjoys by giving your kid too many medications. You need to help your kid keep his/her body as natural as possible. Whole, unprocessed food can help you achieve that. Not rushing to the clinic for interventions can help you bring up a healthy child. Best of all, your kids will love you for the way you have brought them up.

By focusing on naturopathy and shunning medicine, you can become the best doctor, nutritionist, parent, and primary caregiver that your baby needs and wants.

Drugs are not the answer! Adequate rest, the right nutrition, and a happy environment are!

Doctors are not the answer! A loving, caring and knowledgeable mother is! And after reading this book, that's exactly who I hope you are!!! As a parent, it is your duty to read widely and research the best decisions for your child. When you have the right facts, then you can think and decide what is best for you and your child.

Thank you once again. I wish you the best of luck!

## **A note from Shilpa**

Everyone comes across life-changing incidents – moments so powerful that your life gets divided into “before” and “after” them. I can count on three of them.

The first was when I chose a life partner for me and got married to him – his energy, positivity and a great sense of humour added vigour to my life. In many ways, he is the perfect foil to my nature and supportive at all times.

The second moment was when my son fell sick, and I came face to face with the medical world as we know it. I came to realize its effect on unsuspecting and innocent mothers, depending on doctors for their children’s good health. The truth is the doctors are just as helpless as mothers most of the time.

The third great moment of my life was when I found my calling to be a life-coach and do something more meaningful and purposeful with my life.

Each of these moments transformed my life before my eyes, and there has been no looking back for me.

This book is about one of my three defining moments – the one that helped me to take charge of the health of my kids and taught me how to look deeper into my own health.

I have poured my heart into this book, sharing all my experiences and discoveries. That means you can skip the endless research and second-guessing, and just jump start to what works for you and your child!

## **A Note by Shilpa's Husband – Abhishek Singh**

When I tell my colleagues and friends that no one in my family has visited a doctor for the past 7 years for any illness, mostly no one believes me. To tell you the truth, when my wife started this, I was also a bit skeptical and worried. I remember seeing Aryamaan under 102 degree fever and Shilpa sitting by his side all the time till the fever went down. My instant reaction initially would be to tell her to take him to the doctor but she was unrelenting in her approach to heal our kids naturally.

She has immense faith in body's natural coping mechanisms and seeing her determination and results of our both the kids recovering on their own amazed me to no ends. Not only were the kids healed at home, but they did not fall sick as often as other kids generally do.

I see so many people taking leaves in office because they have to attend to their child's illness. In my case I don't really remember the last time I had to take an off for that reason. I am very happy to see that my kids are healthy and completely medicine free.



## **A Note by Little Aryamaan**

Hi! My name is Aryamaan. I am an 8-year-old boy.

After my mom realized that medicines were not the only way to treat me she started giving me fruits, vegetables, salads and soups. I also recovered quickly from fever, cold and cough.

I also realized illness in me is very rare.

I also tell my friends not to take unnecessary medicines.

I am proud of my mother being an author of this book.

# Holistic Dentistry is the way forward

I met an amazing dentist named Dr. Isha Shah on my journey of natural healing for my kids. She practices holistic healing in dentistry.

According to her, good health is a symbol of harmony between our “spiritual body” and “physical body”. Any conflict between the two gives rise to illness, and is the root cause of “dis-ease”. This conflict often manifests itself in the form of oral problems through the individual’s various habits that involve his/her mouth.

Holistic Dentistry considers the entire person physical/mental/spiritual state, and how symptoms in the mouth, head, face and neck region relate to the rest of the body, along with treating the symptoms with conventional biocompatible dentistry, alternative therapies such as Bach Flower Remedy, Aromatherapy, Hypnotherapy and Nutrition, which are used to address and eliminate the root cause of illness.

The benefit of this approach is a relaxed, stress-free dental environment, where the patient is empowered to heal themselves.

*Isha is practicing dentistry since 2008 as a BDS from DY Patil Dental College, Mumbai*

*MSC Restorative Dentistry from University of Leeds, UK  
Worked as SHO, Oral Surgery at NHS, Glasgow and*

*Clyde, UK*

*Currently she practices at Dentists Inc., a doctor's house  
at Peddar Road*

## About the Author

Shilpa is a Life Coach by profession and an Enthusiast who lives her life based on one principle alone – “Live and Let live!” Her openness and the ability to go with the flow allows her to experience a deep sense of inner peace and serenity.

She has an innate gift for comforting and reassuring others and helping people find inner strength, guidance, support and security within themselves.

She inspires others with her quiet strength, serenity, empathy and genuine contentment with her life.

Some of the core values that have helped her create these are Freedom, Balance, Health and Happiness.

**The Freedom** to choose her own path devoid of the need to follow bullshit rules laid down by the society.

The deep need to feel **Balanced** and create a harmonious and comfortable life with fairly regular routines and soothing habits.

Good **Health** to continuously improve her fitness and look after her physical and mental health, and well-being.

Finding **Happiness** and joy in everything life has to offer.

She transformed her life when she hired a life

coach for herself, and now being a certified life coach herself, she works to help others do the same.

Her mission is to empower parenting in 21st century by facilitating parents with skills, techniques, tools and principles to make them more effective parents to support their children's emotional and social development.

This book is the first step towards transforming all those mothers looking for alternatives that can help them to raise their children confidently without depending too much on medications. The least that all mothers deserve is to feel more confident and unstressed as she raises her most precious gift.

# What Shilpa is up to?

I have come up with my brand new program called Vedic Parenting. It is about Parenting in a conscious way. Though, biologically, as mothers, we are naturally gifted to raise our kids, but emotional tuning with kids requires a lot of self-development.

‘The world in 2050 will be very different from today,’ said Yuval Noah Harari! Most important thing to emphasize upon children of today is Emotional Intelligence and Mental Stability.

What I have learned during the years is that I can’t really help anybody, not even my children if I haven’t helped myself first. Because what I am, is what I give to the world.

I am love, I give love!

I am frustrated and confused, I give frustration and confusion!

Parenting in a conscious way is a continuous focus on loving, introspecting and healing your own self which then positively spills over onto your children.

Thus when parents learn to really know themselves and love themselves, they cannot help tuning into unconditionally loving their children.

Parenting can never be perfect, all I really have is a willingness and desire to be honest with myself and open up my mind to the possibilities of creating a responsible child by being a conscious parent to my children.

The last one year has been a period of deep healing and profound change in the way I perceive myself and my relationship to the world. In fact, my life is changing in ways I could never have imagined.

It occurred to me that I must not impose an idea of parenting on my kids. I am committed to learn to be a better mom and not just assume that I had it all figured out.

My eight-year journey of learning, unlearning, ups and downs led me to where I am today and now I conduct workshops and coach parents on how to parent in a way so that your children are happy in their lives and grow up to be evolved human beings deeply connected with you.

I help parents become an awakened parent by helping them reclaim their inner peace, clarity and a deeper connection with their children by following a step by step mindset shift process that starts from knowing who you are, what is important to you, what your parenting goals are and how you can achieve them using proven tools and techniques.

Move from chaos to Connection!

## **Connect with me**

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