



OPTIONS CENTER NUTRITION TOPIC



Obesity in American Children

The percentage of overweight children has been growing over the years. According to Dr. Bruce West, Health Alert Newsletter, this trend is not surprising. Kids in the United States eat dead food without the adequate enzymes and trace elements to support proper metabolism. They get little to no exercise. Finally, they are taking a daily thyroid suppressant in the form of fluorine in water, toothpaste, and dental treatments. The thyroid gland is critical for proper metabolism and weight control.

Health Tips

What can you do about all of this? Here are some tips from Dr. West.

1. First, let your kids walk and bike to school and other places. Today kids are driven everywhere. When we were young, I almost never remember being driven anywhere. We walked or used our bikes—in sun, rain, and even snow. We even used window casing chains wrapped around our rear tires to get bicycle traction in the snow!



2. Dramatically limit children's TV viewing. Support their interest in sports and other physical endeavors. If they are 16 or older, try to get them interested in weight lifting.



3. Feed them real foods like meat, vegetables, eggs, fruits, butter, and omega-3 fatty-acid foods like fish, and oils like flax or cod liver oil. Fish should be served at least once or twice weekly. Use a teaspoon of flax oil to support their thyroid gland.

4. Don't eliminate salt from their diet. Use sea salt.

5. Limit sweets, breads, cereals, and all other processed foods.

6. Throw out all processed oils and salad dressings. Make your own salad dressings from first-pressed, extra-virgin olive oil and good balsamic or other vinegar.

7. Don't destroy their gut and intestines with antibiotic after antibiotic. Instead use Standard Process **Congaplex** for colds, flu, fevers, and ear infections. It is a miraculous combination of whole phytonutrient vitamins A, C, and bioflavonoids; thymus extract; and calcium lactate. You can give kids one or



two every hour at the first sign of a cold or fever. It will usually resolve overnight. Give them three or four a day during cold and flu season.

8. In order to get the fluorine out of their lives, you will need a reverse osmosis water purifier. And just say “no” to all of the topical, pill, and other fluorine treatments. In fact, I don’t even let my patients use fluoridated toothpaste. If they have problems with cavities, they need minerals, calcium, and raw bone supplements. I recommend **Bio-Dent** from Standard Process.

Available at Options from Standard Process

Congaplex—contains thymus Cytosol™ extract and helps support the healthy function of the upper respiratory tract.

Bio-Dent—contains amino acids and specific bone proteins that directly support the health of the skeletal system.

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