

ORGANICA'S NEWSLETTER

JUNE 2009

THANK YOU FOR YOUR INTEREST IN OUR NEWSLETTER. THE PURPOSE OF THESE ARTICLES IS ESSENTIALLY TO AIDE IN GAINING KNOWLEDGE FOR OPTIMAL HEALTH THROUGH NATURAL MEANS.

DO EMAIL US WITH ANY SUGGESTIONS FOR TOPICS YOU WOULD LIKE US TO COVER, OR WITH ANY HEALTH RELATED INFORMATION YOU MAY WISH TO SHARE.

THIS IS JUST THE FIRST OF LOTS MORE ARTICLES TO COME. WE HAVE A TREMENDOUS AMOUNT OF INFORMATION AND IDEAS TO SHARE WITH YOU REGARDING HOW TO TAKE CARE OF YOUR HEALTH AND THE ENVIRONMENT.

I KNOW THIS JOURNEY WITH ORGANICA; WILL BRING THE VERY BEST OF HEALTH TO YOU, YOUR FAMILY AND THE ENTIRE COMMUNITY.

THE CONSUMER AFFAIRS DEPARTMENT HAS CHOSEN THE THEME, "STOP THE MARKETING OF UNHEALTHY FOOD TO CHILDREN," AS STATED ON WORLD CONSUMER RIGHTS DAY- MARCH 15TH, 2009.

PARENTS TOO ARE ALWAYS LOOKING OUT FOR THEIR CHILDREN'S WELFARE. DUE TO THE FACT THAT HABITS ARE NOT EASY TO BREAK, IT'S IMPORTANT TO START A FOUNDATION WITH GOOD EATING HABITS, WHILE CHILDREN ARE STILL YOUNG.

HERE ARE A FEW IDEAS TO HELP ALONG THE WAY TO HEALTH IMPROVEMENT/MAINTENANCE:

LET CHILDREN SEE THAT PARENTS DO WHAT THEY WISH THEIR CHILDREN TO FOLLOW.

PREPARE AND SERVE A BALANCE DIET WITH A VARIETY OF FRESH FRUITS, VEGETABLES AND WHOLE SOME FOODS.

AVOID PROCESSED FOODS, PARTICULARLY THOSE WITH CHEMICALS SUCH AS ARTIFICIAL COLORS, FLAVORS OR PRESERVATIVES.

SNACKS SHOULD BE HEALTHY, LIMIT THE AMOUNT OF REFINED PRODUCTS SUCH AS SUGARY SNACKS, WHICH MAY BE SUBSTITUTED WITH FRUITS, NUTS, HEALTHY CHIPS, NUTRITIOUS SNACK BARS.

CHILDREN WILL BE MORE INCLINED TO EAT HEALTHY WHEN THEY PARTICIPATE IN CHOOSING A FEW GROCERY ITEMS, AS WELL AS BEING INVOLVED IN THE ACTUAL PREPARATION OF THE FAMILY MEALS.

FOOD ADDITIVES TO AVOID:

PRESERVATIVES BHT BHA

EXCESS SALT

ARTIFICIAL COLOR (SWEETS, SOFT DRINKS)

REFINED SUGAR (PROCESSED/BAKED FOODS)

MONOSODIUM GLUTAMATE MSG (SOUPS, CEREALS, SEASONINGS, FROZEN MEALS)

ASPARTAME – ARTIFICIAL SWEETENER (SWEETS, DIET PRODUCTS, SOFT DRINKS, CHEWING GUM)

SODIUM NITRATE – PRESERVE MEATS (BACON, CORN BEEF)

SULFITES/SULFUR DIOXIDE – PRESERVE DRIED FRUITS (APRICOTS, PINEAPPLE)

HYDROGENATED FATS – USED IN BAKED GOODS, CEREALS AND CHIPS

CHILDREN NEED TO BE CLOSELY MONITORED FOR “FOOD ALLERGIES” WHICH CAN MANIFEST IN VARIOUS FORMS, COMMONLY AS; MOOD SWINGS, SKIN PROBLEMS, DIGESTIVE COMPLAINTS, CHRONIC INFECTIONS, AS WELL AS A HOST OF OTHER SIGNS AND SYMPTOMS. ANY FOOD CAN CAUSE AN ALLERGIC REACTION, HOWEVER THE FOLLOWING ARE SOME OF THE MORE COMMON:

COW’S MILK

EGGS

PEANUTS

GLUTEN PRODUCTS

CHOOSE A QUALITY MULTI-VITAMIN WITH MINERALS TO PROMOTE HEALTHY GROWTH,
PARTICULARLY WHEN THERE IS:

ABSENCE OF A BALANCED DIET

PRESENCE OF ALLERGIES, ILLNESSES, VIRAL OR BACTERIAL INFECTIONS

TIMES OF STRESS

EXPOSURE TO CHEMICALS AND OTHER TOXINS

WHETHER YOUR CHILDREN EAT LUNCH AT SCHOOL OR BRING THEIR LUNCH FROM HOME, THE MEAL SHOULD INCLUDE: WHOLESOME FOODS, RAW VEGETABLES (OR VEGETABLE JUICE), FRUITS (OR DRIED FRUITS), HEALTHY CHIPS/COOKIES, ORGANIC MILK, FILTERED WATER OR 100% JUICE.

ORGANICA! VALUES THE INPUT FROM OUR READERS; WE THEREFORE LOOK FORWARD TO HEARING FROM YOU WITH COMMENTS AND SUGGESTIONS.

THANK YOU FOR YOUR PATRONAGE,

SINCERELY,

CANDY AND HELENA.