

## **Karen Ranzi - How to Create Healthy Children for Life!**

The guests on our summit thus far have shared generously ALL the insights they have gleaned from their years of experience on this lifestyle, and our special guest today, a 20 year raw vegan, award-winning author, motivational speaker and certified raw food chef, has loads of experience in a very particular area of the raw foods lifestyle - families.

So if you have children, or are wanting to have children down the track, then this is the lecture for you!

Parents are often worried that a diet of raw fruits and veggies is not going to provide for all the needs of a growing child. But Karen Ranzi's experience has been just the opposite: Her two children, Marco and Gabriella, only began to thrive once they adopted this kind of diet.

Once she noticed the extraordinary transformation that was taking place with her children's health, she began to transition her own diet, and also the diets of many of her speech therapy clients, over to fruits and vegetables - with profound effects.

Hello Karen! Welcome to the Summit!

**Karen:**

Hi Anthea, it's so exciting.

**Anthea:**

Karen, you came to raw foods because there was a need in your family. Your son, Marco, was very sick, and you were making no headway with medical approaches. Would you tell us about that whole journey for you?

**Karen:**

It really started with my paternal grandmother, around 1921 or so. She had very severe asthma/emphysema. She was brought to the hospital because it couldn't be controlled at home and she was very sick. It got to the point where the doctors told her that they couldn't help her. They didn't have the inhalers and the medications that they have today and her emphysema was so bad that they gave her several months to live.

A relative at the time told her of a book that came out around 1918 by a German professor named, Arnold Ehret and it was called the Mucousless Diet Healing System and a friend brought it to her in the hospital, she read it and had someone bring her home. She was very fearful of her life at this point. She was a single parent and my father was only 4 years old at the time. She transitioned to a vegan diet and, as she

was transitioning, she added more and more fresh fruits and veggies. She never went 100% raw, but very close. In the evening, she had some steamed vegetables and that was her extent of cooked food. She healed and lived 50 more years.

She lived with us when I was between 10 and 12 years old and told me a lot about her healing story. Even though I listened to her and it was fascinating to me, my mother was too scared to raise my sister and I on a plant based diet. She raised us on a standard American diet. I ate lots of meat and animal products. Lots of processed and refined foods. I was a very unhealthy child, then when I reached my adolescence, I developed cystic acne which I had for the next 25 years and I would ask the dermatologist if it had anything to do with what I was eating. My father and my grandmother who eat very differently than me, tells me it's all about what I'm putting in my mouth. The dermatologist said it was nothing to do with what I was eating - it was genetic.

I listened and I also was on medications for different illnesses. I had a lot of digestive problems and then later, gynaecological problems and one thing stemmed into the other. My mother was fearful that we weren't going to be getting enough protein if we lived on a plant based diet and I learned later on that that was very incorrect.

When my second child was born, he was very ill with asthma, chronic ear infections and multiple food allergies. We tried the medical route at the beginning to no avail and then we tried other alternative therapies, which had some validity but they weren't taking care of the cause of the problem. I was always looking for a cure and when my son was 3 years old, I realised that what he had was so similar to what my grandmother experienced many years earlier, I decided to try it. I transitioned my children to a raw food lifestyle and I then went on board with them and 10-11 months later, my son's asthma was gone, the painful ear infections were a picture of the past and no more allergies - we had him tested and the allergies were gone.

It was truly life transforming for us. Green juicing and raw living fruits and veggies healed my kids. Later on when they became an adolescent and teenager, they began to want to experiment and went way off and the first thing that happened was that they both got sick. They remained vegetarian, not vegan over those years, they did not feel healthy and they had a lot of signs of ill health which made them later on, come back to this lifestyle of raw living plant foods in order to be able to heal. I believe that when children are given the basis of important knowledge, then they are very smart and they will come back to it on their own.

**Anthea:**

Are they back to 100% raw now?

**Karen:**

Gabriella is now high raw. Marco is now 100% raw. They understand the benefits of this lifestyle. When I had the skin problem, and the dermatologist told me it was genetic, I learned quite differently when I transitioned to raw foods because my skin was the first thing to heal. I had many years of these horrible lumps all over my face and I got hydrocortisone shots in my face and took a very dangerous drug called Accutane believing that it would never heal. This was the first to heal - 3 months and it was gone.

**Anthea:**

You're a speech therapist by profession, working with children and lots of autistic children. What have you learned about the dietary health of those children and in your experiences with trying to introduce more or all-raw foods into their diets?

**Karen:**

I have been a speech therapist for over 34 years and as the years went on, especially when my own children were born, and I became more and more interested in nutrition, I got lots of certificates in nutrition therapy. They were offered by speech/occupational therapists and by dietitians and nutritionists so I started to integrate a lot of my nutrition knowledge with the children whom I've worked with over the years. I've only seen positive results. Autism is 1 in 49 kids now in New Jersey. It can't be genetic-only, it's got to be environmental factors now. I find that when I introduce raw living plant foods into these children's diets, I have seen some profound changes.

I was working close to a year with a woman and her young son around 8 years old. He had a number of learning and communication/language problems, didn't make good eye contact, had some self-stimulatory behaviors such as hand flapping and over that time, initially, she decided to become vegetarian and the second month that we worked together, she decided to go vegan. I was not pushing her - I asked her to go gradually because, as you know, children with autism are very often highly finicky eaters.

I thought it would cause great stress to him but the mother was so motivated and made so much fun out of it that somehow she was able to have her child go along with her and by the second month, she was already vegan and introducing lots of raw foods - fruits and vegetables, green smoothies every morning, and he was taking more green smoothie to school with him. He loved the green smoothies.

Every month we would talk and we would go over what was happening at school and how he was interacting with her. Sometimes she would put him on the phone with me. By the end of the period, she called me very excited and said that she was thinking of un-classifying him. He was communicating with her, he was looking at her, he had gone from speaking in short phrases to complete short sentences in that very

short period of time. She could think of anything else that had changed in his environment that could have contributed, other than the food.

We also had him tested and he was very low in B12, which many of these children are. He got B12 shots for that. She also brought him to a hyperbaric chamber, which helped him get more oxygen into his body. Some of these children have a lot of heavy metals from mercury and they have not been able to detoxify from all of the toxins and poisons. Just the green smoothies, raw food, B12 and hyperbaric chamber seemed to do it for him.

Even the teachers in school were asking what was going on. It was very exciting. I've seen it with other children as well. Others came to my workshop and told me later they healed the autism with raw foods.

**Anthea:**

That is an amazing story. I have a couple of friends with autistic children and this gives a lot of hope.

Interesting about the B12 deficiency, I've heard if mothers are low in B12, they can pass that on. Do you know much about that?

**Karen:**

I always recommend that women make sure, before they pregnant, getting tested with the UMMA test to find out if you have a good level of B12. Supplementation is important. I was tested a while back and my B12 was low and I started to supplement and very soon after, got tested again and my B12 went up right away. I think that many people can really help themselves by supplementing with B12. I have known women who didn't want to supplement and they said they were growing their own garden and they were buying a lot of locally grown food and they felt they were getting the B12 from their food and I emphasised that they must test before and during pregnancy and twice would be a good idea if they are choosing not to supplement.

**Anthea:**

It's a big one with all sorts of neurological effects.

It seems like if you get kids eating raw foods very young that it's easy. But what do you recommend for families with older children and trying to transition them to this lifestyle? My kids are 9 and 11 and they already have very established habits that are hard to overcome.

**Karen:**

It is much easier when the kids are young. It's even easier when the mother was pregnant eating primarily or all raw living plant foods. Pediatrics journals show mothers eating raw foods, fruits and veggies, the taste goes into amniotic fluid and nursing, into milk, then they love raw the rest of their life. It's harder if introduced later.

Don't get frustrated about this, just learning it for themselves and living this lifestyle, you're setting an extremely powerful model. There are a lot of things that you can do as your children are watching you and learning from you.

Get your kids involved in nature so they want to eat nature's food. Volunteering for a local organic farmer, gardening, get their feet in soil and handling plants, pointing out animals and how they love fruit/veg and the big animals that eat raw foods (camel, rhino, horse, elephant). Show them none of them drink milk from other species. Why would we? It's absurd.

I would give my children scenes. I would say to them 'if we were driving in a car and you were very hungry, and we passed a arm and out in the pasture was a cow and there was an orchard of apple trees. Would you rather suck on the cow's udder or grab an apple from the tree? They would love to have an apple - it sounds disgusting to them to suck on the cows udder. I don't think that any child would if we weren't being given milk and having it hidden from us. Most of the dairy farms are hidden from us - it would not be natural for us to suck on a cow's udder.

Get children's books! The Children's Health Food Book by Ron Seabourne, Victor the Vegetarian is a wonderful book about a boy who connects to being a vegetarian and all the different animals and how each one of them are his friends. We want to teach our children early and get a good background ourselves so we understand first why we are vegans. That needs to be first. I have seen more raw food leaders and people coming into the raw food lifestyle leave that lifestyle because they only came in for the health part of it and then as soon as anything goes wrong, they blame it on the raw food diet. They would never go back to eating products from animals if they understood the connection. The sacred belief in the interconnectedness of people with all the creatures of our plant. What we are doing right now is an animal holocaust.

The animal flesh and the secretions of animals do not belong in our children's bodies. We need to model and understand it and lead this lifestyle and show our children how much we value it. The kitchen is usually the place where congregate. We can have fruit and vegetable pictures on the wall. We can have have fruit/veg pictures, beautiful baskets and bowls of colorful foods. Also when going to the store with children, and the farmers market, asking them to choose a fruit and a vegetable for every color of the rainbow so that they understand that all of the different colors provide us with all the nutrients for different foods.

As they eat more fruit/veg, their taste buds will change, and they will learn to love them. We need to start with fruit, get rid of junk snacks, replace with fruit. Make green smoothies with fruit and leafy green vegetables. Start having raw potlucks at your home to get them interacting with other families, even if the other families are also not eating much in the way of fruits and vegetables, they will come to the raw food potluck - a social occasion that they will eventually start eating this foods.

I homeschooled my kids because the food pyramid was conflicting with my home teaching. No longer could I have them in an environment where their decisions and their food choices weren't going to be respected and where junk food was being used as a reward.

Exposing children to fruits and vegetables will gradually bring them to a better understanding of why this is such a wonderful lifestyle that will give them a healthy future.

Some parents started wellness committees in their kids' schools, getting a whole bunch of parents interested in the benefits of fruits and vegetables, they were able to go to the cafeteria people and totally transition the food that was being offered to the children at school. There are lots of ways to approach this.

**Anthea:**

Can kids get their nutritional needs met for their growing bodies? Do they need to eat more fat? Or vary their diet from an 80/10/10-macronutrient ratio? Do we have to weigh and measure their food to make sure they're getting enough of everything they need?

**Karen:**

I have spoken to Dr Doug Graham about this and have a video on my YouTube channel Super Healthy Children where Dr Doug Graham and I speak about 80-10-10 and children and should children be eating that way. The answer really is no because children will vary. They will go through growth spurts and they will need more of those overt fats. They'll need more of the nuts and seeds, the avocado and what I noticed in my own children was that they would go through periods where they suddenly wanted to eat more of those foods and then they would go back to eating more fruits and vegetables again.

We have to have them available. There's no way that we can measure for them because their bodies are changing and growing and each stage is going to be different in how they are going to get their nutritional needs met. They're going to be getting the vitamins and minerals and protein from fruit, leafy greens. Sometimes they need more fats. Most of the time, they are going to have their needs met by fruits and vegetables, except when they are more physically active or growth spurts that seems to happen.

What we do need to look at are why do diseases occur in children? Diets high in omega 6 and saturated fat, not enough fiber, not enough water, empty calories and acid-forming, nutrient deficient foods. High in animal and processed/refined foods is the answer. I believe that our children can get everything that they need from an abundance of different colors and a lot of variety. Plenty of greens. It's fine to start with fruit, they will eventually love greens. Let kids decide about fats - there will be times when they need more and we need to let them judge for themselves.

**Anthea:**

My youngest has just recently discovered avocados and he loves to put black sesame seeds on top and eat them like that. I'm so pleased because before he was really relying on bread for a calorie source and now he's shifted quite significantly to eating more raw foods and it's so fantastic. We used to call him 'the bread-tarian' because he decided he was vegetarian but we just saw that he was eating bread rather than vegetables.

Do you recommend dried fruit as a calorie source for kids?

**Karen:**

I think it's fine if it's mixed into a dish. Sometimes I'll make a cereal and I'll put some dried fruit in or as a sauce or dressing, but not recommended to use bags of dried fruit. They are highly concentrated sugars, they cause problems with teeth - don't recommend giving dates to children on a regular basis all day long. Most of the parents who I've questioned, whose teeth did end up getting cavities were from eating dried fruit. Some of the misinformation I received was that eating all this raw cleansing food that we do not need to take care of our teeth or practice dental hygiene - that is incorrect. Rinse well with water if you do eat it. Carry a water bottle with you. Dental hygiene important, supervised up until 8 years old. Brushing and flossing is important and stick to it everyday.

**Anthea:**

You believe that the child's health is much more than food. Would you like to talk more about that and particularly about your approach of attachment parenting that you've personally practiced with your children?

**Karen:**

I love attachment parenting and I didn't realise all of the different wonderful ways that we can be there for our children on so many levels. We're not creating only physically healthy children, we're also creating emotionally, mentally and spiritually healthy children, so just giving them raw food alone is not going to create a totally healthy child.

What attachment parenting is, is we make sure that we hold our child. We carry the baby and that we hold the child for as long as the child wants to be held against the mother's skin. As soon as the baby is born, the baby should be held against the mother's skin and what this does is it decreases cortisol, the stress hormone and it increases oxytocin; the love hormone and that's what we want for our children - lots and lots of oxytocin.

We should be holding our child most of the time in that first year of life and we should not be putting the child down unless the child wants to go down. Many people would say, 'I would have a problem with that' and I say to women 'hold your children as much as you can' because that is key to their health, especially their emotional, mental and spiritual health. Sleeping with your child. My son slept with me until he was 12 and he has no communication problems, no problems with relationships with other people. He's not spoiled because I slept with him. I recommend sleeping with your children. You will have a well-adjusted child. It's not healthy for a child to be sleeping in a crib at the end of a hallway and screaming him or herself to sleep.

A child is always scared of being eaten by a predator - a young baby and we need to be there with that child. We need to be present, have that child with us at all times. As the child grows, we need to let them decide when to wean from breastfeeding. It's not up to the adult to decide when to wean the child. It causes psychological pain to the child to be weaned early. That's why I recommend long-term breastfeeding. Women who absolutely cannot breastfeed need to find a way to get mother's milk from another mother. There are very few women who cannot breastfeed. Most problems can be handled by a really good lactation consultant from LaLeche League and those problems that can't be solved, then there is a way to get mother's milk for your child.

There are other ways of bonding. There is infant massage and even massaging your child as your child gets older, touch and skin-to-skin contact is crucial at all ages. No matter what your age is, even if you're transitioning older children to a raw food lifestyle, you can incorporate attachment parenting by touching, holding, hugging, looking into your child's eyes when you talk to him or her and being totally present in your child's life.

There's so much more to it than that but I wanted to give you some of the real basics. In my book, *Creating Healthy Children Through Attachment Parenting and Raw Foods*, I have chapters that are focused on attachments parents because half of raising healthy children is based on that and the other half, I believe is the nutrition piece.

**Anthea:**

We talked about B12 supplementation, is there anything else that people should be thinking about before they conceive?

**Karen:**



One of the most important is to be on the same page in nutrition and attachment parenting with your spouse. To know that you want to breastfeed, that you want to raise your children with plenty of raw food and certainly to become a vegan first for reasons of compassion and love of animals and then to become a raw foodist. Because many raw foodists do slip back to animal foods because they didn't connect first with the animal cruelty involved in the foods of animal flesh and products.

Dairy - the milk of the different species varies according to how the infant of that species grows. The bovine calf grows four times faster than the human baby and that's why cow milk is 20% protein and human mother's milk is only 5-6% protein. That's a true indication that cow milk is meant for calves not for humans. It's meant to make a calf into a 1000lb animal and that's what happening out there to the humans who are drinking animal milk. We have to understand that.

I have seen many women during their pregnancy eating eggs develop gestational diabetes. I've also experienced people, even during times when I was lecturing, that there were people who came over to pregnant women after my lecture and told them 'you absolutely must have eggs'. No, please do not have eggs during pregnancy. You do take the risk of gestational diabetes. Eggs are not meant for humans.

A fun tip is play music during pregnancy, especially Mozart. It's really calming and relaxing for baby and you might just change your baby into a musical genius by playing wonderful classical music during pregnancy.

B12 - and being very aware of vitamin D. I recommend getting bloodwork done during pregnancy to make sure that you are really on top of it with your nutrients and that you have your B12 and that you're fine - everything is working well. There are some doctors in the raw food community. I know that Dr Rick Deena goes over bloodwork by phone and he really knows how people in the raw food movement are eating and what your bloodwork should look like - so you wouldn't want to go over your bloodwork with a conventional medical doctor who wouldn't understand what to look for in your bloodwork.

**Question from Arga:**

I'd like to go raw while still breastfeeding but I'm scared the toxins from my body while changing diet will go to the breast-milk. I've been vegan for four years but eating lots of cooked food. What is your opinion on that?

**Question from Cynthia:**

Should a woman suddenly switch to a raw food diet while breastfeeding or even right in the middle of pregnancy or should she slowly transition?

**Karen:**

During pregnancy, if a woman is already pregnant, I probably would not recommend going to 100% raw but what I would recommend is gradually going through pregnancy adding more and more raw food. Certainly getting rid of all animal food right away all processed and refined packaged/jar foods and just having whole plant foods and gradually moving to more and more raw foods.

A woman could go to 70-80% raw fruits and vegetables, nuts and seeds during pregnancy and, at the end of the pregnancy, getting ready to add more after the baby is born. I don't recommend going totally raw during the pregnancy if she hasn't done before because there could be detoxification that could affect the fetus or embryo. I wouldn't want her to take that risk.

I do recommend going to high raw and staying with some whole plant cooked foods. Steamed vegetables, vegetable soup or smaller beans like lentil soup - all the while more and more raw fruits and vegetables and especially getting a lot of fruit in for her energy because she is going to need it when she starts to lactate.

When the baby is born and she's nursing, I don't see any problem at all with going to a totally raw food lifestyle or higher raw as far as she wants to go and what she wants to do. The baby is there, you can see if the baby is having any detox. Most women who I have worked with, and I've worked with many, the baby seems to do just fine and if the baby does show any kind of a detox, such as a rash or fussy behavior or constipation - if the baby is having any kind of a sign, then the woman can always back up by adding a little bit more steamed vegetables.

There really isn't a problem with this. Breastfeeding is a great time - and she's also going to have higher energy demands placed on her by the baby. During pregnancy, usually up until the third trimester, a fruit and vegetables diet - high fruit, is usually successful. I have a lot of information in my book on this. Sometimes around the third trimester, the woman does start craving a little bit more of the overt fats and then, especially when she's nursing because there are higher energy demands placed on her entire system. Even though during the pregnancy, the baby is pressed on her organs, very often she won't even want that - so fruit really seems to fill that need, but during lactation, she will most likely want to have some of the overt fats.

My milk supply doubled or tripled when I went to raw foods and I was just amazed and I think a big part of it is because of the water content. I was eating mostly cooked food before or I wasn't really getting the water that I needed, even though I was drinking a lot of water. Once I went to raw food and I had all of this nutrient dense fiber rich, water rich food coming through my system, it ended up pouring into my breastmilk. And so I've helped many women to have much better breastmilk supply by going raw and this is an absolutely wonderful diet for women who are nursing their babies.

**Question from Cynthia:**

My sister is breastfeeding her 3 month old and her baby is having a lot of spit up, acid reflux - could there be something in my sister's diet that is causing this?

**Karen:**

It most likely could be. I don't know what your sister's diet is and when I work with people, I get a full food diary to see. Sometimes it does happen - sometimes they're gulping the milk too fast. There could be other reasons but it could also be from what the baby is ingesting - that's hard to know without getting a food diary and knowing what she is eating.

**Question from Yeni:**

I have a 3-year-old son, I've decided not to vaccinate him but just give the tetanus shot. The first two tetanus shots were just the tetanus shot by itself but the manufacturer now combines the tetanus shot with diphtheria and pertussis so I chose not to vaccinate him. What do I need to do if he gets tetanus bacteria, polio, chickenpox etc? What did you do before, when your kids got a virus or get one of these sicknesses that require vaccinations? Do you have any suggestions on how to deal with the school requirement of vaccinations?

**Karen:**

I do not believe that our children should be ingesting or injecting toxic substances into their bodies. I do not believe in vaccines. All vaccines are very toxic to children and most of the vaccines - most of the polio today - is from the polio vaccine, not from polio itself and that was changed many years ago when more hygiene came. We've seen that children who are not given vaccines that, first of all, it's been reported by a doctor in Chicago who has worked for many years and had thousands go through his medical practice and he took statistics on the children who were vaccinated and those who were not vaccinated and he did not find one autistic child in the unvaccinated group. I think that is really important for people to know that this long term study was done and that vaccines were showing that the children who became autistic were vaccinated. The other thing that I think is important to know is that most doctors are not even aware of the vaccine ingredients.

There are ingredients in the vaccines that you would never, ever give your children such as mono-sodium glutamate, anti-freeze, formaldehyde, aluminium, glycerin, lead, cadmium, yeast proteins, antibiotics, acetone, neomycins, streptomycin, mercury, monkey kidney in the polio vaccine, dog kidney, chick embryo, chicken egg, duck egg, aborted fetal tissue, pig blood, horse blood, sheep blood, rabbit brains, guinea pig, cow heart, animal viruses, insect cells - why would we put any of that into our children?

All children - they play, they get into accidents, my children have had open wounds, I didn't give my son any vaccines and he never had a problem. He healed. I believe it's

more about what you put into your children's bodies to create a clean internal environment so that they can fight harmful bacteria. That when they do get an infection, that it will heal quickly because they have a clean system. I do not recommend vaccines and I did have to deal with the schools because my children were in school and 48 out of the 50 States in the United States (not sure about other countries), that have either a philosophical and/or religious exemption.

In my State of New Jersey, we have a religious exemption and so from the time that my children were very young and I found out about this, I stopped vaccinating my daughter and I never vaccinated my son. There are only 2 states that are actually like dictatorships and you have to vaccinate your child is West Virginia and Mississippi - all other 48 States, there is at least a religious exemption and you can be any religion at all. All you have to write is one line - Vaccinations go against our sincerely held religious beliefs. That's all.

I believe that vaccines are the major cause of autism.

**Anthea:**

In Australia, we need to get a conscientious objector form and we have to have a GP sign it and that can be fine but there is a big push from the government at the moment because we're seeing a lot more people not vaccinating their children - they're getting worried. They haven't introduced any legislation yet but it is concerning.

What are good first foods for infants and at what age?

**Karen:**

Not all children are ready to eat at the same time, it will depend on the child's digestive system and if the child is really ready to digest solids yet. It will also depend on dentition and how many teeth the child has. Does the child have a full mouth of teeth - enough teeth to really chew? Because if we start by giving our child pureed baby food, and especially those in the jars, those are sitting on shelves for a long time, they have oxidized, they're cooked at high temperatures - even the fruits and the vegetables - you don't want to be giving those to your children. Even the organic jarred baby foods - they're all toxic. The child's body has to work very hard to push out those toxins and so the first year or later, the first food should be ripe organic fruit - cut in bite sized pieces and not pureed.

The first thing that we want to teach our child is how to chew. We don't want our child gulping pureed food and learning that that is how to eat. I believe that that makes people into gulpers. I see a lot of people eating so fast and I always wonder if they were started on pureed baby food. Most people who are eating that way were started on purees. I recommend bite size pieces of really ripe banana - banana that is

speckled with lots of dots on it to show it's ripe. It will be more easily digested by baby.

Then I recommend for the parents to chew together with the baby so that the baby learns how to chew. Chew some banana - let the baby chew some banana. This is not saying that I don't want greens introduced. Fruit needs to come first, it's very digestible, it moves very quickly from the stomach into the intestines and then into the blood stream or out. This is the most easily digested food - we've got to start with fruit.

I'm putting a video up this week on how kids develop allergies. One of the ways is feeding them before they are ready to be fed. Some children who are fed at 4, 5, 6 months and not ready to eat - they may develop allergies to certain foods. There are children who aren't ready to eat until closer to the second year and so I recommend really looking at your individual child. Your child may be very curious about objects and putting things in the mouth. That does not necessarily mean that your child is ready to digest. You may give your child things to teeth on, and to chew in the mouth, but not necessarily food to eat.

There are two more ways that children can develop allergies and one is nuts and seeds are more complex digestion and there are many raw food books that have nuts and seeds in infancy. Even in some places, they say that a woman doesn't need to nourish them, you can just give the baby almond milk. Almond milk is no replacement for mother's milk. There should be no nuts and seeds at all in the first year and I don't really recommend solid nuts and seeds until age 3 - when I believe that the child's digestive system will be able to handle them better.

During the second year, if the child has no reaction, you could have some of the nut milks because they are diluted - almond, brazil nut milk - if the child digests them and seems to be doing okay but certainly not the first year. I've seen too many allergies develop from children eating nuts and seeds too early.

Complex carbohydrates - we should not be giving those cereal grains - which is how most people feed their babies - before age 3-4. The reason is that young children do not have the salivary enzyme called ptyaline or the pancreatic enzymes to digest them. Those starchy foods need to wait until at least 3-4 years old if at all.

I'm recommending that the first foods are fruit and if the child is chewing, then you can do green smoothies - it's a great way to get greens in with those wonderful fruits. This makes the perfect sequence. I have more of the sequence and ideas of different foods at each level in creating healthy children in the Chapter on Feeding Baby on Cooked Foods.

People need to understand that infants don't have matured digestive systems. We want to have healthy children. I've seen many children heal easily. I've seen a girl at

age 10 coughing chronically and bed ridden for many years and after transitioning, all the coughing stopped.

**Question from Tasha:**

I've spent a lot of time in the disability field and we've had a lot of foster kids going through our homes - a lot with special needs and I am also into raw foods so it's really amazing to hear this integrated.

I'm wondering if what you are talking about today is covered in your book, because I want to give it away as a book to so many people.

**Karen:**

Yes, and so much more. The book is 500 pages but it's so easy to read because the chapters are very clearly delineated and somebody can just look at the table of contents and know exactly what they want to read and go to it. One chapter is 155 pages of stories of people who are living the raw food lifestyle or healed from the raw food lifestyle or teenagers successfully thriving on the raw food lifestyle and how wonderful it is for them.

Think about what teenagers eat today. I really believe that it gives so much from pre-conception to pregnancy to raising healthy children to transitioning children who are already eating standard foods and all kinds of other topics. I have a thorough chapter on vaccination. I have a lot of information on attachment parenting and, even for people who aren't ready to absorb all the facts into their lifestyle, it will help you to be there and be more present for your child, just learning all the different principles of what helps the child become really confident and well adjusted.

I have chapters on sun, I have chapters on all the different vitamins and minerals and how we get them - and certainly I have heard some of the other speakers and I really do believe that we need to be cautious about the B12 and if you are in a Northern Climate in the winter time and you don't feel that you are getting the nutrients that you really want from food that has been shipped in because you can't get local food, then you may need to take some kind of a supplement or green powder. I do take a green powder in the wintertime when I feel that my greens are not highly nutritious. I'm not getting the local greens that I want.

The book was 7 years of writing, research and editing and I don't believe I've left any stone untouched.

**Anthea:**

I have your book and it is absolutely packed with information and stories and you cover every aspect of parenting and child-raising. It's an absolute gift that book.

**Question from Rachel:**

I'm an adoptive parent so I cannot breastfeed and we have a two month old who is on organic soy formula and I know that's not best for him, I know that breastfeeding is better. We really struggled to come up with a better option. I've looked into breast milk donations and the internet expressed-milk sharing site - the donors are not screened. I don't want to pass on HIV, hepatitis or some other disease. I've looked into the breast milk banks and they are reserved for babies who are in ICU or something like that so I'm not able to get that either. I just wanted to know what other options you recommended?

**Karen:**

I know that there is a bank called MilkShare.com where they are sharing milk. I don't know how she feels about nursing herself because there are lactation consultants who have been able to help adoptive parents to breastfeed. I know there are a couple of people who are really specialists at that. Just keep trying the different sites because it's going to be so much better than giving any kind of a formula to the baby. One soy formula that was looked at by an author and she found that 98% of it was oil and high fructose corn syrup. The babies weren't getting any vitamins or minerals - there was just 2% of synthetically sprayed vitamins. It's hard for the baby to digest. If she is absolutely is trying and can't get in touch with anybody, I would ask her to get in touch with LaLeche League. They have lactation consultants and people there who will help you to try to get you milk. There might even be somebody there who has too much milk and would be willing to give you or sell you their milk.

I know that when I went raw, that I had so much milk, I had to throw a lot of it away. I would have been thrilled to have given somebody some of my milk. I would first recommend going there and seeing what you can find out there. The last resource, before going to formula would be goat milk. I don't usually recommend it because I like parents to either try to find out about breastfeeding themselves or to find out about getting another mother's milk. But if none of that works, then you can do half raw organic goat milk to half carrot/celery juice. It's from an animal, it will be much higher protein than what the baby needs and it could cause mucous.

It's still going to be better than cow milk, it's a smaller animal and if it's from a local organic farmer, it's going to be better than the formula.

**Anthea:**

How do you work with people?

**Karen:**

I'm located in the United States so anybody who is in the Tri-State New York area might be interested in coming to one of my live 5 week raw food group coaching

program. They've been very successful and I love working with people in a group because not only are they getting support from me, but they are getting support from all these other people.

I also do calls by phone/Skype. I do lots of calls with people in Europe and other places. You can just go to my website [superhealthychildren.com](http://superhealthychildren.com) and you can go to the coaching page and pick out which kind of coaching you would like and sign up for it. I do not turn anybody away for lack of funds. If somebody cannot afford it, I will work on a sliding scale with you. I am also currently working on a raw food certification program. I think it's really important to get more people who have this information be able to be able to go out into the world and work with others and help families.

I travel all over the United States and abroad teaching this information but I want to have other people doing it as well, not only for me but just to help people to transition to a really healthy raw food diet and lifestyle.

**Anthea:**

That's wonderful - I wasn't aware that you were doing that certification. It sounds like something for people to look into.

Karen, You have a gift for people/ on the call today. / Would you like to share what it is? /And how they can receive their free gift?

**Karen:**

I have a eBook called Raw Food Finger Foods and I've done some of these recipes at the Woodstock Fruit Festival. These are recipes that my kids liked and that other children like - families basically enjoy them so I put them together in a little ebook and I hope that everybody will enjoy them. You can get it by going to:

<http://superhealthychildren.com/raw-food-finger-foods>

This might be a way to bring some children over who are not eating fruits and vegetables. Just giving them some fun finger foods. I certainly have a lot more of them in my book - Raw Vegan Recipe Fun For Families - 115 Easy Recipes and Health Tips for Energetic Living. That is on my website also under my products. It's an eBook and a physical book. It has wonderful juices, smoothies, sauces, dips, cereals, main meals, party food - everything the family needs. Many of the raw chefs on this summit helped contribute to this book.

**Anthea:**

Very generous, Karen.



it's been so wonderful talking with you, you are such a generous spirit. I loved meeting you at the Woodstock Fruit Festival.

**Karen:**

Thank you Anthea, I felt the same way.

**Anthea:**

Sometimes you have an automatic connection and I felt that with you very much.

**Karen:**

Me too. I also wanted to say that if people want guidance on changing to a raw food diet that is going to be healthy for them, I work with everybody with who they are as an individual on their own path and I don't try to get anybody to do anything that they're not ready for so I take people gradually to what I think is best for them and I will see once I get a food diary, where they're at and where they want to go with it.

People who are interested can contact me either through [superhealthychildren.com/coaching](http://superhealthychildren.com/coaching) or they contact me by phone at 201-934-6778. They can also read some of my work that's out there in *Vegan Health & Fitness Magazine* - I just published an article on where vegans get their vitamin K2.