

University of Medicine and Dentistry
New Jersey Medical School
Department of Pediatrics
And
Institute for Complementary and Alternative Medicine
Welcome you to

www.SOKHOP.com

Saving Our Kids, Healing Our Planet
September 12-13, 2009
Green Expo

Integrative Healthcare: combining the best of conventional and complementary therapies to treat special childhood health needs



How to Raise Healthy
Children in a Toxic World

All profits from this SOKHOP conference will be donated to The Autism Center of NJMS/UMDNJ and Vital Interventions Accessible (ViA) a non-profit helping families obtain funding for safe and effective treatments and therapies for children with autism and other disabilities.



This is New Jersey's very first **Saving Our Kids, Healing Our Planet** "green" expo, and we are *very* excited to have you be a part of it!

Welcome:

With the growing numbers of children being diagnosed with ADHD, Autism, Allergies, Asthma, Obesity, Diabetes, Childhood Cancers etc, we are convinced that by focusing on good nutrition and minimizing toxins in the home and school, we can have a positive impact on all children and improve health outcomes.

We are delighted to collaborate with UMDNJ New Jersey Medical School Department of Pediatrics, the Institute of Complementary and Alternative medicine, The Autism Center, and the City of Newark in bringing this important Expo to parents, teachers and health care providers in Newark and throughout the State of New Jersey. Come, listen, learn and ask questions of some of the country's top pediatricians, nutritionists, authors, chefs, environmentalists, green builders, organic gardeners, and more as *they* present naturally oriented, *yet* scientifically based solutions to these growing problems.

Oh *yes*, and don't forget to have fun.....we have storytellers, live world music, yoga for kids, art projects made out of recycled materials, nature crafts, and of course healthy cooking classes.

We are delighted to be able to bring you an assortment of organic **tasty** food all weekend.

So enjoy this festive, entertaining and
educational weekend!

Wishing you and your family the best of health,

Maureen and Jill

Maureen H. McDonnell, RN and Jill Urwick

SOKHOP coordinators

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MAIN PRESENTATION AREA AT-A-GLANCE

Saturday September 12th

9AM-5PM

Expo Open

Registration Open. Visit the many Interactive Exhibits, Organic Food and Coffee available, Live Demonstrations, Live Music, Free Chair Massage

10 AM

Keynote Address: Mayor Cory Booker

11:30AM – 1PM

Saturday Morning Sessions

- **An Integrative Approach to Asthma and Allergies**
Presenter: Larry Rosen, MD
- **Hunger and Childhood Obesity**
Presenter: Nwando Anyaoku, MD
- **Pearls from a Pediatrician's Perspective on What to Do When Your Child Seems Ill**
Presenter: Elizabeth Mumper, MD

1PM – 2:30PM

Lunch, Live Demonstrations, Live Music, Interactive Exhibits, Crafts, Food available for purchase and Free Samples

2:30-3:30PM

Afternoon Session 1 (Session Topics Below)

3:30-4PM

Live Demonstrations, Live Music, Interactive Exhibits, Crafts, Food available for purchase and Free Samples

4PM-5PM

Afternoon Session 2 (Session Topics Below)

Saturday Afternoon Sessions - Each Session Runs Twice, Limited Seating

- **Greening Your Home or Apartment and Doing It Affordably**
Presenter: Paul Novack
- **Healthy Cooking Done Simply and Affordably/Natural Food Choices That Kids Will Eat**
Presenter: Stacey Antine, MS, RD and Lisa Lewis, PhD
- **Starting an Organic Garden at Home, In the Community, or At Your Child's School**
Presenter: Lee Stronstorff
- **Food: How Connecting to Nature and Eating Healthy Can Impact the Mood, Behavior, Attention and Academic Performance of Children**
Presenter: Dorothy Mullen, MA
- **Going Green – What Does It Mean and How Will It Save Our Lives?**
Presenter: Adam Zellner
- **Parenting For Wellness**
Presenter: Louise Kuo Habakus, MA
- **City of Newark – Go Green With Us**
Presenter: Chelsea Albucher, AICP, Sustainability Officer, City of Newark

Course for the Medical Community and Allied Health Professionals

- **Healthy People Make Healthy Babies: Holistic Preconception Care for the 21st Century**
Instructor: Kathleen Thomsen, MPH, MD

Sunday September 13th

9AM-5PM

Expo Open

Registration Open. Visit the many Interactive Exhibits, Organic Food and Coffee available, Live Demonstrations, Live Music, Free Chair Massage

10AM

Keynote Address: Saving Our Kids, Healing Our Planet A Global and Local Perspective

Allergist and author of *Our Toxic World a Wake Up Call*, Doris Rapp, MD will be joined by local environmental activist Kim Gaddy

11:30 AM – 1 PM

Sunday Morning Sessions_

- **Defending Your Child in a Toxic World**
Presenter: Stuart Freedenfeld, MD
- **Complementary and Alternative Medicine Use in Childhood Cancers**
Presenter: Ellen Anderson, MA
- **Complementary and Alternative Approaches to Children's Asthma and Allergies: Potential Benefits and Risks**
Presenter: Karen Malone, MA

1 PM – 2:30PM

Lunch, Live Demonstrations, Live Music, Interactive Exhibits, Crafts, Food available for purchase and Free Samples

2:30-3:30PM

Afternoon Session 1 (Session Descriptions Below)

3:30-4PM

Live Demonstrations, Live Music, Interactive Exhibits, Crafts, Food available for purchase and Free Samples

4PM-5PM

Afternoon Session 2 (Session Descriptions Below)

Sunday Afternoon Sessions - Each Session Runs Twice, Limited Seating

- **Yoga for Better Health**
Presenter: Susan Gould Fogerite, PhD
- **Healthy Home, Healthy Kids**
Presenter: Kim Gaddy
- **Holistic Parenting**
Presenter: Nancy Massotto, PhD
- **Balancing Conventional and Holistic Options with Children's Healthcare**
Presenter: Dawn Noble, RN
- **Creating a Healthy Home Kitchen: Simple and Affordable Strategies for Feeding Your Family (and Tips for Getting Kids to Eat the Good Stuff!)**
Presenter: Nicole Koroghlian
- **YOU ARE WHAT YOU BREATHE: Strategies for Cleaning Your Home Without Dirtying the Air You Breathe**
Presenter: Martin H. Wolf

Room Locations For Lectures: Saturday September 12th

Time	Presentation	Room Location
10 AM -11AM	Keynote Address: Mayor Cory Booker	Delta Dental Pavilion
11:30AM - 1 PM	An Integrative Approach to Asthma and Allergies	Delta Dental Pavilion B 961
	Hunger and Childhood Obesity	Delta Dental Pavilion B 963
	Pearls from a Pediatrician's Perspective on What to Do When Your Child Seems Ill	Delta Dental Pavilion B 965
1 PM – 2:30PM	Lunch, Live Demonstrations, Live Music, Interactive Exhibits, Crafts, Food available for purchase and Free Samples	Dental Pavilion Multi Purpose Room
2:30-3:30PM	Greening Your Home or Apartment and Doing It Affordably	Delta Dental Pavilion B 961
	Healthy Cooking Done Simply and Affordably/Natural Food Choices That Kids Will Eat	Medical Building Auditorium 1
	Starting an Organic Garden at Home, In the Community, or At Your Child's School	Dental School Classroom B 723
	Food: How Connecting to Nature and Eating Healthy Can Impact the Mood, Behavior, Attention and Academic Performance of Children	Medical Science Building Auditorium 3
	Going Green – What Does It Mean and How Will It Save Our Lives?	Medical Science Building Classroom B540 A-B
	Parenting For Wellness	Delta Dental Auditorium B 963
	City of Newark – Go Green With Us	Medical Science Building Classroom B540 C-D
	Healthy People Make Healthy Babies: Holistic Preconception Care for the 21 st Century	Medical Science Building Classroom B540 E-F
3:30- 4 PM	Break	Dental Pavilion Multi Purpose room
4:00-5:00PM	Afternoon sessions repeat	Refer to above schedule

Room Locations For Lectures: Sunday September 13th

Time	Presentation	Room Location
10 AM-11AM	Keynote Address: Doris Rapp, MD joined by Kim Gaddy	Main Delta Dental Pavilion
11:30AM - 1 PM	Defending your Child in a Toxic World	Delta Dental Pavilion B 961
	CAM approaches to Children's asthma and Allergies	Delta Dental Pavilion B 963
	CAM in the use of Childhood Cancers	Delta Dental Pavilion B 965
1PM – 2:30PM	Lunch, Live Demonstrations, Live Music, Interactive Exhibits, Crafts, Food available for purchase and Free Samples	Delta Dental Pavilion Multi Purpose Room
2:30-3:30PM	Yoga For Better Health	Dental School B 723
	Healthy Home, Healthy Kids	Medical Science Building Auditorium II
	Holistic Parenting	Delta Dental Pavilion B 965
	Balancing Conventional and Holistic Options with Children's Healthcare	Medical Science Building Auditorium I
	Creating a Healthy Home Kitchen: Simple and Affordable Strategies for Feeding Your Family (and Tips for Getting Kids to Eat the Good Stuff!)	Delta Dental Pavilion B 961
	YOU ARE WHAT YOU BREATHE: Strategies for Cleaning Your Home Without Dirtying the Air You Breathe	Delta Dental Pavilion B 963
	City of Newark – Go Green With Us	Medical Science Building Classroom B540 C-D
3:30- 4 PM	Break	Delta Dental Pavilion Multi Purpose room
4:00-5:00PM	Afternoon sessions repeat	Refer to above schedule

SOKHOP AGENDA WITH SPEAKER BIOS

Saturday September 12th:

9AM-5PM

Expo Open

Registration Open. Visit the many Interactive Exhibits, Organic Food and Coffee available, Live Demonstrations, Live Music, Free Chair Massage

10 AM

Keynote Address: Mayor Cory Booker

Honorable Cory A. Booker, Mayor, City of Newark

The Honorable Cory A. Booker, is the Mayor of Newark, New Jersey. He took the oath of office as Mayor of New Jersey's largest city on July 2, 2006 following a sweeping electoral victory. Elected with a clear mandate for change, Mayor Booker has begun work on realizing a bold vision for the city. Newark's mission is to set a national standard for urban transformation by marshalling its resources to achieve security, economic abundance and an environment that is nurturing and empowering for individuals and families. Mid-way through his first term as Mayor, Mayor Booker and his Administration have made meaningful strides towards achieving the City's mission. As of July 1, 2008, Newark, New Jersey led the nation among large cities for reductions in shootings and murders, achieving decreases of more than 40% reductions in both categories. Radical transformation of the Newark Police Department under Mayor Booker's leadership, the City of Newark has committed to a \$40 million transformation of the City's parks and playgrounds through a ground-breaking public/private partnership. The Booker Administration has also doubled affordable housing production within the last two years.



Mayor Booker's political career began in 1998, after serving as Staff Attorney for the Urban Justice Center in Newark. He rose to prominence as Newark's Central Ward Councilman. During his four years of service from 1998-2002, then-Councilman Booker earned a reputation as a leader with innovative ideas and bold actions from increasing security in public housing to building new playgrounds. This work was the foundation for his leadership as Mayor. For this work, he has been recognized in numerous publications, including, among others, *Time*, *Esquire*, *New Jersey Monthly* (naming him as one of New Jersey's top 40 under 40), *Black Enterprise* (naming him to the Hot List, America's Most Powerful Players under 40), and *The New York Times Magazine*. Reflecting his commitment to education, Mayor Booker is a member of numerous boards and advisory committees including *Democrats for Education Reform*, *Columbia University Teachers' College Board of Trustees*, and the *Black Alliance for*

Educational Options. Mayor Booker received his B.A. and M.A. from Stanford University, a B.A. in Modern History at Oxford University as a Rhodes Scholar, and completed his law degree at Yale University.

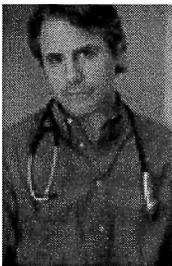
11:30 AM – 1 PM

Saturday Morning Sessions

An Integrative Approach to Asthma and Allergies

Presenter: Larry Rosen, MD, FAAP

Childhood asthma and other allergic disorders are more commonly diagnosed today than ever before. The increasing use of steroids and other conventional medications with potential adverse effects has prompted many parents to seek more holistic and natural methods to prevent and treat these conditions. Dr. Rosen will discuss an evidence-based, integrative approach to preventing and treating atopic disorders, with a strong emphasis on environmental factors and natural therapies.



Dr. Lawrence D. Rosen is a board-certified general pediatrician committed to family-centered, holistic child health care. He is the founder of the Whole Child Center in Oradell, NJ, one of the country's first green primary care pediatric practices. Dr. Rosen is a nationally recognized expert in Pediatric Integrative Medicine, serving as Vice-Chair of the American Academy of Pediatrics Section on Complementary and Integrative Medicine. He is appointed as Assistant Professor of Pediatrics at UMDNJ/New Jersey Medical School, as well as Medical Advisor to The Deirdre Imus Environmental Center for Pediatric Oncology® and Chief of Pediatric Integrative Medicine at Hackensack University Medical Center. Dr. Rosen is a graduate of New York Medical College and the Massachusetts Institute of Technology. He completed his residency and chief residency in pediatrics at Mount Sinai Hospital in New York and is a Fellow of the American Academy of Pediatrics.

Hunger and Childhood Obesity

Presenter: Nwando Anyaoku, MD, MPH

This talk will focus on the statistics and demographics of childhood obesity in New Jersey and the USA. The talk will show how children of lower socio-economic status are disproportionately affected by both hunger and childhood obesity. These children have limited access to healthy food choices or safe outdoor spaces to foster physical activity and healthier lifestyles. The Newark Kidsfit program at the Children's Hospital of New Jersey was developed to address this specific population and these particular issues. The tenets of the program will be presented as well as how to get involved.



Dr. Anyaoku is the Director of the Ambulatory Pediatric Health Center at Children's Hospital of New Jersey, Newark Beth Israel Medical Center. She joined the Children's Hospital of New Jersey in 2000 and has served as Director of the Pediatric Continuity Clinic and Interim Director of Ambulatory Pediatrics. Dr. Anyaoku has extensive experience as a practitioner and advocate for children and families. She

directed the childhood lead poisoning prevention case management program and the CDC inner city asthma initiative at CHNJ. Previously, Dr. Anyaoku was involved with developing educational programs on infant mortality risk reduction at the Pennsylvania SIDS Center; directing the Injury Prevention Program, City of Philadelphia Department of Public Health; and conducting a needs assessment program for adolescent mothers in the Special Supplemental Food Program of WIC, Arlington, VA. Board certified in pediatrics, Dr. Anyaoku received her medical degree from the College of Medicine University of Nigeria, Enugu, Nigeria; and her master's degree in public health from Johns Hopkins University School of Hygiene and Public Health, Baltimore, Maryland. She completed her residency training in pediatrics at Children's Hospital of New Jersey.

Pearls from a Pediatrician's Perspective on What to Do When Your Child Seems Ill

Presenter: Elizabeth Mumper, MD

Dr. Mumper will discuss common signs of childhood illness and first steps parents can take to make their child feel better. Since many acute illnesses in children are caused by viruses or are self-limited, parents can take the initiative to use good nutrition and non-prescription remedies to promote wellness and encourage healing.



Dr. Mumper is a board certified pediatrician who founded the RIMLAND Center in Lynchburg, Virginia. She received her MD from the Medical College of Virginia. She did her pediatric internship at the University of Massachusetts and her residency at the University of Virginia, where she also served as Chief Resident and was on the clinical faculty for 16 years. She has a special interest in children with chronic illness and neurodevelopmental challenges. She lectures nationally and internationally about medical problems of children with neurodevelopmental disorders.

1PM - 2:30PM ***Lunch, Live Demonstrations, Live Music, Interactive Exhibits, Crafts, Food available for purchase and Free Samples***

2:30 - 3:30PM **Afternoon Session I (Descriptions Below)**

3:30 - 4PM ***Live Demonstrations, Live Music, Interactive Exhibits, Crafts, Food available for purchase and Free Samples***

4PM - 5PM **Afternoon Session 2 (Descriptions Below)**

Saturday Afternoon Sessions - Each Session Runs Twice, Limited Seating

Greening Your Home or Apartment and Doing It Affordably

Presenter: Paul Novack, Director of Sustainability, Product Specialist

How products and materials can affect the Indoor Air Quality of your home, school, or workplace, and how to use affordable green alternatives to improve IAQ and make a space and its occupants healthier and more productive.



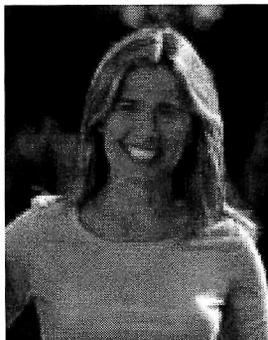
Paul Novack is Green Depot's in-house "expert", specializing in the fields of environmental health and construction. For many years, it has been Paul's mission to work closely with the medical profession and environmental scientists to help create non-toxic environments for chemically sensitive patients. Considered one of the leading experts in the field of ecologically correct and non-toxic construction materials, Paul's consultancy is sought out by architects, builders and end users.

Over the years Paul's insights have been featured in numerous articles and Television shows. He continues to lecture at Universities, such as Columbia, Yale, Temple, Pratt, and at a host of health organizations. Most recently, Paul was selected to co-chair the Education and Outreach sub-committee of the LEED for Homes Committee for the U.S. Green Building Council New Jersey Chapter. Paul has 30 years of residential and commercial building experience. He has been resourcing, defining, and selling environmentally friendly building products since 1991. Prior to joining Green Depot, Paul was the Founder and Operating Manager of Environmental Construction Outfitters of New York, one of the oldest and most respected environmental building companies in the United States. Paul is a graduate of Penn State University.

Healthy Cooking Done Simply and Affordably/Natural Food Choices That Kids Will Eat

Presenters: Stacey Antine, MS, RD, CDN and Lisa Lewis, PhD

If *Yuck!* is a common word in your home, this is a must attend workshop. We all agree that eating natural foods and living a healthy lifestyle does make a difference in kids' lives, especially when addressing asthma, ADHD, allergies and autism. The million dollar question is *how to do it* because there is no magic pill. This workshop provides real world, proven tips, recipes, cooking and shopping ideas, and behavioral strategies in gradually implementing a new, common sense way to wellness for your family. Join Stacey who has changed thousands of children and families through her work with HealthBarn USA for a fun, educational experience including a surprise snack!



Stacey Antine, MS, RD is the founder and CEO of HealthBarn USA, Inc., www.healthbarnusa.com, the leader in proven hands-on healthy-lifestyle education for children and their families. HealthBarnUSA opened its first location in partnership with ABMA's Farm & Market of Wyckoff, New Jersey in April 2005. Stacey is a registered dietitian with a Master's of Science in Food, Nutrition and Dietetics from New York University.

Stacey has over 20 years of experience as a nutrition counselor, speaker, writer and media spokesperson including 18 years in public relations. She was honored on The Rachael Ray Show as part of Ray's *Incredible People & Healthy Eating* series and is the healthy living expert to *EveryDay with Rachael Ray* magazine. Stacey and HealthBarn USA have appeared in major national and local media outlets including CNN, *House Calls with Dr. Sanjay Gupta*, CBS-TV, New York, *FOX-TV Good Day*, New York, *PBS/Nickelodeon*, *NJ Channel 12 News*, *Women's Health*, *The New York Times*, *Edible Jersey*, *New Jersey Life* magazine, *(201) Magazine* and the *Bergen Record*. She is appointed to the advisory board of the master's degree program in nutrition communication at Tufts University's Friedman School of Nutrition Science and Policy and is an adjunct teacher at *Speyer Legacy School* in New York City. Stacey is a member of the American Dietetic Association (ADA), Nutrition Entrepreneurs, Diabetes Care Educators and the Society for Nutrition Education (SNE), and holds a certification in childhood and adolescent weight management from the American Dietetic Association.



Lisa Lewis, Ph.D. is the author of *Special Diets For Special Kids I & II*, the foremost books on gluten and casein-free diets for children with disabilities. She is the co-founder of the Autism Network for Dietary Intervention (ANDI), an organization that provides information and support to parents using dietary interventions. Last year Lewis published *The Encyclopedia of Dietary Interventions* with ANDI co-founder Karyn Seroussi. The book is a complete guide for parents who want to learn about all the diets commonly used for children and adults on the autism spectrum. Lewis has a 21-year-old

son on the autism spectrum, and has been using dietary intervention for sixteen years.

Starting an Organic Garden at Home, In the Community, or At Your Child's School

Presenter: Lee Stronstorff

Lee Stronstorff from the Greater Newark Conservancy will discuss practical steps to take when starting an organic garden in your backyard or rooftop, in your community (there are 13 community gardens throughout Newark) or at your child's school. Not only is gardening fun and gets you out doors and exercising, it can also help you save on the family grocery bill. Think....Michele Obama's Victory Garden...let's follow the first lady's lead!

Food: How Connecting to Nature and Eating Healthy Can Impact the Mood, Behavior, Attention and Academic Performance of Children

Presenter: Dorothy Mullen, MA



For Parents Teachers and Counselors: In her presentation for SOKHOP, Dorothy will perform an experiment with audience members that will help you determine if you or your children have relationships with processed foods that affect the ability to think, learn, feel well and behave. Participants will come away with a clearer sense of how food choices are made and how to improve the situation if in fact there's a problem. Dorothy will share

materials from the Suppers programs and the School Garden Cooperative on her model called "Nutritional Harm Reduction", a gentle and non-judgmental transition process for changing people's taste away from processed foods and toward whole foods.

Dorothy Mullen has her master's degree in counseling and is the founder of The Suppers Programs, Inc., a non-profit organization dedicated to help people transition to a healthier way of living if they have diet and lifestyle-related health and mental health problems. The programs serve people with any health problems related to blood sugar regulation and mood chemistry, specifically, people with any combination of depression, anxiety, learning issues, obesity, diabetes and/or problems with alcohol. The model used at Suppers meetings is "Nutritional Harm Reduction", a process that makes it possible for people who are hooked on processed foods to transition manageably to healthier foods. She is also a founder of The Princeton School Garden Cooperative, a non-profit organization that sustains organic instructional gardens in all public schools in Princeton. She runs a garden education program at Riverside Elementary School, where children K - 5 learn math, English, and science while snacking among the edible plants. From Dorothy's point of view, the two organizations serve the same population, separated only by about two decades on the standard American diet.

Going Green – What Does It Mean and How Will It Save Our Lives?

Presenter: Adam Zellner

The worlds of green and clean energy are moving very rapidly, with new programs and technology being announced daily. This program will focus on what the green movement means to the people of New Jersey and how they can participate and take advantage. It will also focus on the programs and regulations that are helping to drive the green movement, both here in the tri-state area and in Washington DC. Finally, the program will explore the developing world of credits and offsets. Carbon Credits, White Credits, Demand Response and a variety of secondary markets are all beginning to develop in the US. Already programs like the Regional Greenhouse Gas Initiative (RGGI), which is a 10 state carbon auction, are beginning to have major affects on how companies and people work and do business in the region.



Adam Zellner is the current President of Greener by Design LLC, an environmental asset management and renewable energy company with offices in New Jersey and Washington DC. Mr. Zellner is the former Policy Director for the State of New Jersey. In this role, Adam oversaw policy development for Governor Jon S. Corzine and co-authored the State's Energy Master Plan. Prior to joining the Governor's staff, Adam served as the Deputy Commissioner for the New Jersey Department of Environmental Protection (NJDEP) to Lisa P. Jackson. In addition, Mr. Zellner was the inaugural Executive Director of the New Jersey Highlands Council and is the former Executive Director of the New Jersey Office of Smart Growth. Adam also served as State Director to Congressman Steve Rothman, who represents the 9th Congressional District of New Jersey and has worked for a variety of State Legislators throughout his career. Adam

earned degrees in Economics and Finance from Rowan and Temple Universities.

Parenting For Wellness

Presenter: Louise Kuo Habakus, MA

We want to raise healthy, thriving children. But the joys of parenting collide with today's realities. Childhood is dramatically different today than it was for the Baby Boomer generation. From family values and "affluenza" to chronically sick kids and the spectrum of autism, how are parents meant to navigate "The New Normal"? Join us in a discussion about the ways we must take back parenting and actively make important life health choices for ourselves and our families.



Louise Kuo Habakus, MA, is the founder of Life Health Choices, an advocacy organization dedicated to improving lives, building community and creating change through informed choices which affect our health and well-being. Louise is a board-certified health practitioner specializing in homotoxicology and integrative nutrition and lectures widely on many subjects including empowered parenting. Louise has appeared on national and local TV, radio and print media, including Fox & Friends, ABC World News Tonight and the New York Times. Life Health Choices will

focus on creating alliances with like minded organizations in support of common goals which include wellness, health freedom and political and corporate accountability.

City of Newark – Go Green With Us

Presenter: Chelsea Albucher, AICP, Sustainability Officer, City of Newark

This session will share information about the City's sustainability activities and highlight the steps the City is taking to go green and how you can go green too!! Tips to green your business, your home, your lifestyle and your neighborhood will be highlighted.



Chelsea Albucher is the Sustainability Officer for the City of Newark. She brings over sixteen years of experience related to sustainable urban development and has a background in environmental science and urban planning. As a Brownfields Project Manager with the US EPA, she spent ten years working with communities throughout NY and NJ. She has facilitated brownfields redevelopment that has resulted in new open space, waterfront access, affordable housing and commercial development. Prior to EPA, she worked on international, national and local initiatives to enhance the environment whilst simultaneously enhancing economic opportunity. She began her career working for Congresswoman Bella Abzug.

Course for the Medical Community and Allied Health Professionals

Healthy People Make Healthy Babies: Holistic Preconception Care for the 21st Century

Instructor: Kathleen Thomsen, MPH, MD

The burgeoning information from the fields of genomics and nutrigenomics speaks to our biochemical individuality. We are learning that “illness” may have common etiologies and vastly different manifestations. Through systems theory, we are learning that “illness” is multi-factorial. We are no longer able to hold the idea that agent A causes disease B and is treated by drug C. Through environmental science and toxicology and the new field of epigenetics, we are learning that our diet and environmental exposures affect not only ourselves but our children for generations to come. Do we know enough about these areas to apply the Precautionary Principle? Isn't preconception care a great place to start? In this presentation, Dr. Thomsen will review the research and resources for teaching our patients to “Decrease Exposure and Increase Protection”.



Prior to entering medical school, Dr. Thomsen was an environmentalist, a teacher and a chemist. She attended UMDNJ-New Jersey Medical School and completed a Family Medicine residency at Hunterdon Medical Center in Flemington, NJ. At UMDNJ-Robert Wood Johnson Medical School in New Brunswick, Dr Thomsen created the first Women's Health Fellowship in Family Medicine in the country. She joined the faculty at the medical school and within a few years she was recruited to be the Medical Director of Planned Parenthood Federation of America in New York. There she became nationally known for her women's health presentations and policy work. Ultimately, her passion for women's health and clinical medicine persuaded Dr. Thomsen to open an innovative private practice in integrative health care for women in Pennington, NJ. For the past ten years, Dr. Thomsen has been combining her knowledge of family medicine, gynecology, women's health, herbal medicine, functional medicine, and genomics in the delivery of compassionate, comprehensive, and prevention-focused health care services.

“Nothing great was ever achieved without enthusiasm.”

Ralph Waldo Emerson

Sunday September 13th

9AM-5PM

Expo Open

Registration Open. Visit the many Interactive Exhibits, Organic Food and Coffee available, Live Demonstrations, Live Music, Free Chair Massage

10AM

Keynote Address: Saving Our Kids, Healing Our Planet A Global and Local Perspective

Pediatric allergist and author of *Our Toxic World a Wake Up Call*, Doris Rapp, MD will be joined by local environmental activist Kim Gaddy

Dr. Rapp is a board-certified environmental medical specialist and pediatric allergist. She is also a homeopath. She served as Clinical Assistant Professor of Pediatrics at



the State University of New York at Buffalo until January 1996. She practiced traditional allergy medicine for 18 years. After learning about environmental medicine in 1975, Dr. Rapp began to incorporate the principles of environmental medicine into her pediatric allergy practice. Dr. Rapp is a past President of the American Academy of Environmental Medicine. She is also the author of the best-selling book *Is This Your Child?*, and *Is This Your Child's World?* and *Our Toxic World:*

A Wake Up Call which help identify and provide practical methods of treatment to eliminate substances which can cause illness and behavioral changes in both children and adults. Dr. Rapp has published 29 medical articles, authored eight chapters in medical texts, written eleven books and three booklets about allergy. She has also produced numerous educational videotapes and audiotapes for the public, educators and physicians.

Deborah Kim Gaddy, NJ Environmental Federation (NJEF) and Clean Water Fund's North Jersey & Environmental Justice (EJ) Organizer. Facilitates the development and implementation of NJEF/CWF's grassroots-based EJ water and toxic campaigns, networking and coalition building efforts, as well as oversees the establishment of our Newark-based Urban Environmental Institute (UEI).



Recently appointed chair of Newark's first ever Environmental Commission. Member of the NJDEP's Environmental Justice Advisory Council and NJDEP/NJDHSS Health Tracking Advisory Group, and NJ Environmental Justice Alliance Steering Committee. Current President of the New Jersey Chapter of the International Black Women's Congress. Currently on the Essex County Environmental Commission, formerly on the Cory Booker Transition Team. Former Chief of Staff for Newark Municipal Councilwoman Crump (now Council President). Founder and

Past President of South Ward Cultural Center. Former elected and appointed member of the Newark Public School Board as well as an active member on many Newark civic boards and committees. She has a B.A. in Economics from Rutgers University.

11:30 AM – 1 PM Sunday Morning Sessions

Defending Your Child in a Toxic World

Presenter: Stuart Freedenfeld, MD

One in six children today are diagnosed with a neurological disorder including autism, ADD/ADHD, developmental disorders, anxiety, depression, eating disorders, and other neuro-psychiatric problems. We must ask the question, is there a relationship between the rising tide of these disorders and the increasing levels of neurotoxic, endocrine disrupting chemicals in our environment, our home and our food? While the answer to this question may not be completely understood, our role as advisors, as healers and as parents implores us to follow the path of caution. In this session we will explore the realm of environmental toxins and discuss how to recognize them and how to avoid them. A comprehensive resource guide will be reviewed so on Monday morning you will be able to begin to use this information.



Dr. Stuart Freedenfeld received his medical degree, with honors, from the College of Medicine and Dentistry of New Jersey in 1975. He completed a three-year residency in Family Practice at Hunterdon Medical Center in 1978 and served as chief resident there from 1977-1978. He became a diplomate of the Academy of Family Practice in 1978, and he is board certified. Dr. Freedenfeld presently holds a position as clinical instructor with the Rutgers Medical School.

Complementary and Alternative Approaches to Children's Asthma and Allergies: Potential Benefits and Risks

Presenter: Karen Malone, MA

This session will introduce participants to the use of Complementary and Alternative Medicine (CAMs) in the prevention and treatment of childhood asthma and allergies. It will provide a comprehensive overview of the main CAMs that may be used to prevent and treat these conditions, together with an assessment of the risks and benefits of these modalities. The role of the environment and sub optimal nutrition in the escalating numbers of children affected by asthma and allergies will also be addressed.



Karen Malone is the Director of Education and Assistant Professor at the Institute for Complementary and Alternative Medicine at UMDNJ. She has a Master's Degree with Distinction in Complementary Health Studies and a post-graduate teaching qualification specializing in the higher education of health

professionals. She has 15 years' experience in education, health and CAM in a variety of managerial, strategic and clinical capacities. She also acted as a consultant to a number of statutory bodies, clinical agencies and health education providers, and has developed and delivered a range of Master's, Bachelor's, Professional Development and work-based learning programs for health professionals. In the Complementary and Alternative Medicine, she established the first Bachelor of Health Studies in Massage and Neuromuscular Therapy in the southern hemisphere. Finally, on a personal level, she has had a keen theoretical and practical interest in all aspects of Complementary and Alternative Medicine for over 25 years.

Complementary and Alternative Medicine Use in Childhood Cancers

Presenter: Ellen Anderson, PT, MA, GCS

The use of CAM for reducing symptoms, coping with life-threatening illness, and improving general well-being by children with cancer is becoming increasingly popular. This workshop will review the prevalence and factors related to CAM use, the emerging scientific inquiry into CAM safety and efficacy for children with cancer and strategies for reducing the risk of developing cancer.



Ellen Zambo Anderson is an Associate Professor of Physical Therapy at the University of Medicine & Dentistry of NJ- SHRP. She has co-written and edited the book, *Complementary Therapies for Physical Therapy: A Clinical-Decision Making Approach* and has spoken nationally on issues related to researching and incorporating complementary therapies into physical rehabilitation.

1PM – 2:30PM

Lunch, Live Demonstrations, Live Music, Interactive Exhibits, Crafts, Food available for purchase and Free Samples

2:30-3:30PM

Afternoon Session 1 (Descriptions Below)

3:30-4PM

Live Demonstrations, Live Music, Interactive Exhibits, Crafts, Food available for purchase and Free Samples

4PM-5PM

Afternoon Session 2 (Descriptions Below)

Sunday Afternoon Sessions - Each Session Runs Twice, Limited Seating

Yoga for Better Health

Presenter: Susan Gould Fogerite, PhD

Yoga is an ancient science that can help us live better in these modern times. Authentic yogic breathing, stretching, relaxation, and meditation practices to support better health will be taught in this interactive practical workshop. An introduction to the scientific evidence and research for the usefulness of yoga for children and adults dealing with health issues including stress, anxiety, diabetes, asthma, ADHD, and obesity will be presented.



Dr. Susan Gould Fogerite is Director of Research of the Institute for Complementary and Alternative Medicine, and Associate Professor in the departments of Primary Care and Clinical Laboratory Sciences, School of Health Related Professions, University of Medicine and Dentistry. She obtained her Ph.D. in Microbiology and Immunology from Albany Medical School of BioMedical Sciences, and her BS from Albany Medical School of Medical Technology and SUNY at Albany. As a faculty member in Medical and Graduate schools for over 20 years, she has been active at the National and International levels in vaccine design, mucosal Immunology, drug delivery, gene therapy, and more recently, complementary and alternative medicine research. She is a co-founder of BioDelivery Sciences International, Inc., and holds over 25 issued US and international patents. Dr. Gould Fogerite has been teaching yoga and meditation for about 8 years and practicing for over 30 years. Her current major research interests are the application of mind body practices for health and healing, and understanding their mechanisms of action, with an emphasis on the biochemistry and immunology of inflammation, stress, and relaxation.

Healthy Home, Healthy Kids

Presenter: Kim Gaddy

Find out how to successfully eliminate toxic pesticides, implement green cleaning, and pass on idling resolutions in towns and schools. Learn from those who have been successful in helping to protect children's health and the environment.

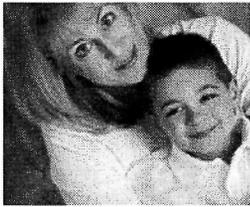
Deborah Kim Gaddy, NJ Environmental Federation (NJEF) and Clean Water Fund's North Jersey & Environmental Justice (EJ) Organizer. Facilitates the development and implementation of NJEF/CWF's grassroots-based EJ water and toxic campaigns, networking and coalition building efforts, as well as oversees the establishment of our Newark-based Urban Environmental Institute (UEI). Recently appointed chair of Newark's first ever Environmental Commission. Member of the NJDEP's Environmental Justice Advisory Council and NJDEP/NJDHSS Health Tracking Advisory Group, and NJ Environmental Justice Alliance Steering Committee. Current President of the New Jersey Chapter of the International Black Women's Congress. Currently on the Essex County Environmental Commission, formerly on the Cory Booker Transition Team. Former Chief of Staff for Newark Municipal Councilwoman

Crump (now Council President). Founder and Past President of South Ward Cultural Center. Former elected and appointed member of the Newark Public School Board as well as an active member on many Newark civic boards and committees. She has a B.A. in Economics from Rutgers University.

Holistic Parenting

Presenter: Nancy Massotto, PhD

Green and holistic parenting are good for you, your family, and the planet. What's more, holistic parenting can also be good for your budget. Join Holistic Moms Network Executive Director and Founder, Nancy Massotto, to learn practical tips to live greener, live healthier, and do so affordably!



Holistic Parenting Expert and Executive Director of the Holistic Moms Network, Nancy Massotto is a dedicated advocate for holistic medicine and green living. She is the mother of two boys, both born at home. Dr. Massotto earned her Ph.D. in political science from the University of Maryland, specializing in gender studies, women's issues, and international affairs. She also

holds Master's degrees from George Washington University, Elliot School of International Affairs, and the University of Maryland. Dr. Massotto conducted research on women's issues while working for non-profit research institutes and organizations in the Washington, D.C. area, including the *International Center for Research on Women (ICRW)* and the *Women's Research and Education Institute (WREI)*, authoring and co-authoring publications during her tenure. Motherhood renewed her interest in community building and strengthened her commitment to natural living, from which the Holistic Moms Network was born. She has been a frequent guest on national radio and television programs including the award-winning *Real Moms, Real Stories*, *Real Savvy* show on PBS and *Newsmakers* appearing on CNN *Headline News*. Dr. Massotto and Holistic Moms have been featured in numerous newspaper stories on holistic parenting including *The Washington Post*, *The Sacramento Bee*, *Newark Star Ledger*, *The Bergen Record*, *Kiwi Magazine*, and *The Orlando Sentinel*, among others.

Balancing Conventional and Holistic Options with Children's Healthcare

Presenter: Dawn Noble, RN, BSN, Founder of Wellness Possibilities

Registered Nurse Dawn Noble will share her experiences and expertise in balancing modern medicine with alternative and holistic options. Hear how she makes informed decisions about her family's health care without ignoring her intuition, learn techniques for dealing with the challenges and pressures from both sides, and get support in finding your own path through the maze of health options and uncertainties.



Dawn Noble goes beyond conventional healthcare by helping people incorporate healthy living into their lifestyles and into their homes. Dawn is a nurse, professional organizer, speaker, author and entrepreneur. She is the founder of *Balance and Beyond*, a Professional Organizing business, and co-founder of *Wellness*

Possibilities, an online directory of services for living healthier, happier and easier. She is also the author of *How To Start A Home-Based Professional Organizing Business* (Globe-Pequot). Dawn began her career as a RN and then began to explore holistic modalities during her personal journey from infertility to natural conception and childbirth. She now has two beautiful daughters, daily reminders of how alternative and complementary services can impact health. As a speaker, Dawn draws on her professional experiences and sense of humor to create an inspiring, educational, and enthusiastic message. She has lots of energy and loves to laugh. Her ability to communicate, combined with her compassion and understanding, allows her to connect on an emotional level with her audience. She has inspired thousands with her humor-filled presentations and workshops, at community events and in Fortune 500 companies. She has been quoted as an expert in Parenting Magazine, Family Circle, and other national publications.

Creating a Healthy Home Kitchen: Simple and Affordable Strategies for Feeding Your Family (and Tips for Getting Kids to Eat the Good Stuff!)

Presenter: Nicole Koroghlian

One of the greatest gifts you can give your children is to teach them how to eat healthy, nutritious foods and create healthy eating habits that will last a lifetime. This workshop will explore how to instill healthy eating habits despite children's food phases and challenges, the health benefits of whole and organic foods, and how to prepare kid-friendly meals that are nutritious, simple and affordable. Parents will also learn tips for shopping organic on a budget, what foods and ingredients to avoid, and tips and recipe ideas for creating your own healthy home kitchen. A recipe demonstration and tasting will be included.

YOU ARE WHAT YOU BREATHE: Strategies for Cleaning Your Home Without Dirtying the Air You Breathe

Presenter: Martin H. Wolf, Director, Product Sustainability & Authenticity, Seventh Generation, Inc.

There is ample proof that home cleaning is associated with reduced levels of microbes and a corresponding reduction in the risk of infection. However, cleaning is increasingly associated with adverse health outcomes such as asthma, cancer, and impaired reproductive development. Conventional cleaning products focus on the removal of soils and stains from fabrics and surfaces. A new family of cleaning products removes soils and stains from fabrics and surfaces while minimizing exposure to ingredients associated with adverse health outcomes.



Martin is responsible for assuring the sustainable design of products at Seventh Generation, Inc., a manufacturer and distributor of ecological household and personal care products. He brings over 37 years of experience in industrial and environmental chemistry and toxicology to his work, starting with environmental fate and metabolism studies for agricultural chemicals, followed by studies of the occurrence of hazardous chemicals in the environment, conducting life cycle studies of several industrial processes, and designing more sustainable household cleaning products. Working at Seventh Generation, Martin has

developed frameworks for environmental product design, helped educate his coworkers about the environmental impacts of consumer products and the industries that produce them, successfully lobbied for passage of phosphate bans in a number of states, and brought change to the cleaning products industry through more sustainable product designs. In addition to his work for Seventh Generation, Martin serves as the Chair of the Strategic Advisory Committee and as Vice Chair of the Sustainability Task Group, and of the Asthma Task Group, of the Soap & Detergent Association. Martin is a Fellow of the Aspen Institute, Environmental Forum. He holds an M.S. in Chemistry from Yeshiva University (New York) and a B.S. in Chemistry from Worcester Polytechnic Institute (Massachusetts).

Except for the cooking and Yoga workshops, if you are attending lectures, we ask that you bring someone to entertain your child as childcare will not be provided. The exhibit area will have fun and engaging options for children, but they must be supervised by an adult.

ECO Word Search

O S B I C G S C L I M A T E R G A
 G K R E C Y C L E E T S E R O F T
 J H V X E R U T A N R E H T O M S
 S U S T A I N A B I L I T Y V Y E
 Y E B E L B A T E G E V J C L K E
 P T S V F H E A L T H Y C I K N R
 T E T U P Q R N E D R A G N V I T
 D N G Y E Y J E A B F U S E P H I
 S O A P L R N E Q M W V E P M T D
 W B N L G E V R T A T I B A H D H
 M H L H P C Y G O L O C E E P E O

CLIMATE
 ECOLOGY
 FOREST
 GARDEN
 GREEN
 HABITAT
 HEALTHY
 MOTHER NATURE

PLANT
 RECYCLE
 REUSE
 SUSTAINABILITY
 THINK
 TREES
 VEGETABLE

didn't think there would be a whole lot of "wild edibles" in the middle of NYC but was totally delighted with the diversity. Steve's tour was first informative, but also entertaining something of a cross between an educational field trip and a comedy show.....He shared scientific research, properties of the plants and how they can be used both as food and medicine. I feel much more confident in my identification skills"

The purpose of this hands-on program is to learn about the environment and get back in touch with nature. By studying foraging and nature, we enjoy our renewable resources and reaffirm our commitment to preserving and rebuilding our ecological riches.

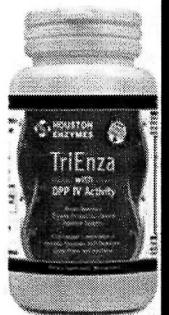
Live Music: Led by the New York City's **Tollywood Allstars** The Indian tabla drum (played by accomplished musician **Ehren Hanson**) will be joined by classical South American guitarist **Camila Celine** to create some of the area's most interesting world fusion music that will be enjoyed by kids and adults alike. A few special guest musicians are planning to join the Tollywood Allstars.

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- ✓ Enzymes start digestion in the stomach
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Green Parenting Tips

From Holistic Moms Network's Green Mama Team

We have all heard the politicians and celebrities-of-the-month tell us how we can save the earth by switching our light bulbs and driving fuel efficient cars. While these ideas are sound and certainly well-intentioned, they only scratch the surface of what it means to truly be “green”. Our green standards can certainly go deeper than tossing our soda cans into the recycle bin, right? So the Holistic Moms Network's Green Mama Team would like to present some ideas you may not have heard of on your local news program: ideas that will help make your life a shade greener.

Get Back to Natural Food Sources:

Breastfeed for as long as possible, not just for the health of your child, but also to avoid the packaging used to sell the formula and the detergent used to wash the bottles. It will also save you money (possibly allowing you to buy more organic products). Once your child is eating table food, try to buy local, eat organic (to avoid pesticides and other unwanted additives) and avoid processed foods. The food will not only be healthier, but less petroleum is used in its processing, packaging and transport. See Annie Bond's Top 10 List for Foods to Eat Organically: <http://www.care2.com/greenliving/the-top-10-foods-to-eat-organically.html>. By focusing on better foods you will also help to improve your child's health and decrease hyperactivity and allergies. Join an organic food co-op or participate in a CSA - Community Supported Agriculture - program. This will help your child learn where food comes from and, with a CSA, meet the farmer who grows it. Give them a connection to their food; let them help you prepare it. And don't forget to bring a cloth bag to the store (leave them close to your wallet/purse so you don't forget to take them with you when you shop).

Care for Your Body and Soul:

Call on nature and alternative medicines to help you keep your body healthy. Research and try herbs, homeopathy, acupuncture, chiropractic, yoga, etc. Before taking a medication, see if there is a more natural alternative. You can avoid putting chemicals into your body (and keep them out of the water supply). Eat less refined sugar--try honey, maple syrup, stevia, etc. Investigate all of the ingredients in the personal care items that you use. Take shorter showers and turn the water off when brushing teeth to save water. Try biking places that you might normally drive to. It's a great way to get exercise and save money on gas and gym memberships. Buy a good bike and even a children's bike seat or trailer. You might just find that you spend more time talking with your child while you go places. Watch less TV. Replace this time with family dates, game nights, story-telling, dancing, nature walks etc. Simplify –

get rid of items in your house that you don't need, decrease the number of scheduled activities, and spend more time together enjoying the outdoors.

Create a Healthy Environment:

Get rid of your commercial cleaners and try using lemon juice, vinegar, baking soda, washing soda and essential oils to clean. Once again, you will not only use less hazardous chemicals, but you will save money and packaging. Make your home energy efficient-- seal cracks in your home, turn down the thermostat several degrees at night during the winter, keep shades down to block out the hot summer sun, replace conventional light bulbs with energy-efficient compact fluorescents. Once again you'll save money! Furnish your home with natural materials: wood, wool, cotton, hemp, bamboo, linen, etc. Apply this concept to your children's toys, too. Avoid plastics and foams. Switch to cloth napkins, towels, tissues and use less paper, thereby saving trees. Take the time to hang your clothes out to dry. Paradoxically, do not focus on being too clean. Let your child play in the mud, explore nature and enjoy the outdoors. This will not only help them appreciate the Earth, but it will allow them to build their immunity.

Recycle/Reuse/Respect:

Not just glass, paper, cardboard, etc., but clothes, toys, furniture and much more. Swap clothes and toys with friends to save money and to consume less of the Earth's resources. Talk to your children about these principles and teach them to be weary of advertising that lures them into buying unnecessary items. Try cloth diapers and wipes – they are easier to use than when our parents used them. Disposable diapers are made with chemicals, paper, plastic and petroleum. They also tend to sit in landfills for a few millennia. Learn to re-upholster (instead of throwing away the old couch). Give old items a new look by repainting with VOC-free paint. Try not to buy new items; instead, make games, art projects, etc. out of old, reusable items. Save everyday items for craft projects. When you have parties, use dishes and silverware that can be washed. Buy (or make) decorations that you save and use over and over. Set a limit on how many clothes, toys, etc. your child has. Not only will your child appreciate what they have, but it will make your life easier as you will have fewer “things” to take care of. And when you do buy new things, buy from ethical companies that respect the Earth and the people and animals that live here.

Teach your child to respect the Earth in everything they do!

Do your best to be consistent. While nobody expects perfection, your child will learn to live “green” by watching you. So if you're asking your kids to recycle and turn off the lights, just make sure you're not buying plastic toys or driving two blocks to mail a letter! By embracing a “green” lifestyle and making small changes in your family's life every day, the world will become a greener place.

This list has been compiled by Charity O'Neill-O'Kane and the Green Mama Team, which is a part of the Holistic Moms Network. For more information, please visit www.holisticmoms.org or call (877) HOL-MOMS.



'Going Green' – what does it mean?

By: Adam Zellner

A great deal has been said about the new green movement. Carbon reduction, global warming, polar ice melt, sea rise, storms, floods, health and cost in both money and lives – all of these things are part of the current discussion about going green. So what does it mean to you? What should you be doing about all of this? Well, in a world that is often too complicated and over-thought, here are a few questions you should ask yourself when you go about your daily routine.

Q: Do I need that plastic or?

F: Americans use more plastic, a material designed to last for years, for single uses than any other nation on the planet. Here are a few examples: drinking straws, plastic bags (both supermarket and clear for fruits), individual serving wrappers (cheeses, candies, etc), to go containers. Look to reduce products with high plastic content and ask for less – no straw or at minimal reuse your straw, less to go materials and less packaging. (Need something about paper)

Q: Where do things come from?

F: Locally grown means less production, less travel, less carbon, less footprint. Look for locally grown or locally produced products where possible. Buying from a local farmers market is a great place to start. Not only will you be supporting New Jersey farmers, and getting the freshest produce available, but it is a fun activity filled with teachable moments for the whole family.

Q: What's my largest Carbon Footprint?

F: In most cases (unless you travel a great deal) your home is your greatest carbon footprint. Start with the basics – lights, programmable thermostats, insulation, weatherization, electric and water use (water takes a great deal of electricity to move). These are the low hanging fruit – take a quick inventory of what you have done and take steps to replace old, less efficient products as quickly as possible. In the average U.S. home, lighting accounts for about 20% of the electric bill. You can save money and protect the environment by replacing incandescent light bulbs with CFL (Compact Fluorescent Light) Bulbs. A CFL Bulb uses 75 percent less energy and lasts about 10 times longer than an incandescent bulb.

Q: Does it matter when I use electricity?

F: Electric prices vary throughout the day. There are times when electricity is MUCH less expensive than other times during a 24-hour period. Daytime use – especially between the hours of 3-6pm – can be very expensive electricity (PEAK). Cut back on electric use during those Peak Price hours. Run major electric use machines – dishwashers, washer, dryer, etc. at night after 10pm if possible. Just imagine if your gas station charged you \$10 a gallon during day (PEAK) and \$1 a gallon at night. Electric pricing is the same thing, so take advantage of buying when it's cheap!

Q: What about my car?

F: 1/3 of the Carbon Footprint of this region is from mobile emission sources such as cars, trucks, buses, etc. There are some obvious answers like; drive less, car pool and try to use the most gas efficient and emission friendly (check your car's emission profile) car you can when you do have to drive. Plan your errands. Make as many stops along the way in one trip instead of going back and forth many times.

Know the facts about the vehicles around you and the services you use: Did you know it is illegal for trucks and other large vehicles to sit and idle? When you see it - report it! Lawn services and other home services should use electric products like leaf blowers and lawnmowers. School buses and other county, town or state vehicles should be the cleanest they can be – ask your elected officials about it!

These are just a few of the many questions we need to start asking if we are going to make the real changes in how we live, work and play in the coming years. The Environment is the one thing that all of us share, regardless of income level or background. In order to preserve it for ourselves and for our children, we must start by asking some simple questions about how our daily decisions help support our environment. The answers to these questions will determine the future planet we leave to our children.

Good Nutrition for Kids — Quality Food is Key

Julie Matthews, CN

The mainstream nutrition principles we hear through the media and in the medical community seems to focus only on quantitative factors such as: counting calories, grams of fat, levels of sodium, etc. They do not consider: the effects of artificial ingredients on hyperactivity, how MSG (monosodium glutamate) contributes to obesity, the effects of sugar on health and immune function, or how nutrient density positively influences brain function.

Holistic Nutrition

A “holistic nutrition” approach pays close attention to the quality of food. Quality foods have more nutrients, no artificial additives, minimal refined sugar, and reduced pesticides and antibiotics. Good nutrition and a healthy diet for kids should supply the body with the building blocks it needs for good health, and minimize additives and toxins that can overburden children’s developing systems. We look at the whole body and the sustainability of the choices we make, and by the laws of nature, not surprisingly, what’s good for the individual is also good for animals and the planet.

Holistic nutrition considers the varying nutrients present in fruits and vegetables of differing quality and farming methods. We embrace the value of probiotics (good gut bacteria), which are necessary for good digestion and nutrient absorption (especially needed nowadays due to the large use of antibiotics). We remove artificial ingredients in processed foods that can trigger hyperactivity, headaches, asthma, and are taxing to the liver and detoxification systems. We emphasize the fresh, living qualities of foods and cooking/processing methods that prepare them healthfully. The level of nutrients present in organic, biodynamic, local, and pasture-raised farming is unsurpassed and vital. Nowhere in life are these principles more important than with children.

Quality, as in every area of life, often takes more time and attention. This can make quality foods more expensive. However, with a little effort, good quality food does not have to break the bank and may even be comparably priced. People often do not stop to look at the cost of a box of “kids’ cereal” or the bottom line price of so many packaged foods. These can be very expensive in relation to the nutritional value (or lack thereof). Healthy food on the other hand can be reasonably priced. If you buy whole foods like brown rice, dried beans, whole fruits and vegetables, and meats, you’ll be amazed that high quality organic whole foods can be around the same price and processed, packaged and frozen foods. In the long run, it is well worth it to invest in good food for the health of our bodies that will serve us for decades to come.

Solutions

- ♥ Seek out the best quality you can find. Choose quality oils, salts, sweeteners, and other pantry items. Buy staples, nuts, and flours, in small batches and refrigerate to retain freshness.
- ♥ Read labels, most importantly, the ingredient list for any artificial ingredients, hydrogenated oils, MSG, preservatives, and long list of ingredients you don’t recognize or cannot pronounce.
- ♥ Join a coop and group buy straight from the farmer to save money. You also may be able to get access to foods you otherwise couldn’t find in the store—pastured eggs, truly raw almonds, local honey, and grass-fed meat. Go to WestonAPrice.org for a local chapter for member recommendations on sources and farms.

- ♥ Buy locally and at farmers' markets – they are a great way to find fresh, organic produce and meat at a reasonable price, and you will be supporting sustainable farming.
- ♥ Join a CSA (community supported agriculture) and have a box of local organic produce delivered to your door directly from the farm. This supports organic farmers and offers you the freshest, best quality food you can get.

Local, whole foods can be not only nutritious but also delicious because of their freshness and quality. To encourage children to eat more healthfully, start slowly and set a good example. Engaging children in the process of growing or preparing the food can make healthy food more exciting—like a science experiment. Farmers' markets are a fun place to take children and foster their interest in fresh foods.

For children that do not eat vegetables start at a pace they can handle. Puree vegetables and sneak them into pancakes or muffins, meatballs, and smoothies. To boost nutrient density, cook grains or pasta in homemade chicken stock and vegetable broth. Encourage the consumption of fermented foods such as yogurt, kefir and raw sauerkraut—for “kid-friendly” sauerkraut mix half grated apple with half raw sauerkraut. Get creative with texture and flavor.

You'll find feeding your family well does not have to be expensive, can be delicious, and is well worth it in the long run.

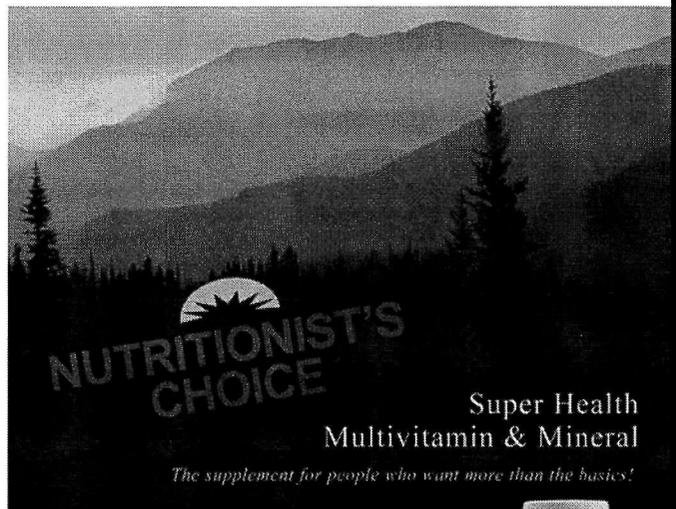
- ♥ Written by Julie Matthews, Certified Nutrition Consultant, specializing in healthy children. Her book *Nourishing Hope* is a resource for parents and practitioners on nutrition and diet for autism. She has a private practice in San Francisco. You can find more at NourishingHope.com



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and lyrics to SOKHOP.

The kids will feel good
about themselves and the
parents will be smiling too!



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A superior formula for both men and women containing generous amounts of nutrients that support immune health, provide bone protection and support the nervous system (high in important stress nutrients).

Hypoallergenic: no yeast, soy, milk, lactose, gluten, corn, sugar or others common allergens. Copper and iron free.

- Potent Antioxidant Activity*
- Superior Bone Protection*
- Immune Support*

Supplement Facts	
Serving Size 2 Tablets	
Amount Per Serving	
Vitamin A (as retinyl palmitate)	10,000 IU
Vitamin C (as ascorbic acid)	500 mg
Vitamin E (as d-α-tocopherol)	400 IU
Vitamin K (as menaquinone-7)	100 mcg
Calcium (as calcium carbonate)	1,000 mg
Magnesium (as magnesium oxide)	200 mg
Zinc (as zinc monomethionine)	25 mg
Iron (as iron bisulfate)	10 mg
Copper (as copper gluconate)	2 mg
Selenium (as selenium yeast)	50 mcg
Manganese (as manganese gluconate)	2.5 mg
Chromium (as chromium picolinate)	200 mcg
Biotin (as d-biotin)	5,000 mcg
Niacin (as niacinamide)	100 mg
Pantoic acid (as calcium pantothenate)	25 mg
Inositol (as inositol)	1,000 mg
Choline (as choline bitartrate)	250 mg
Phosphorus (as phosphorus pentoxide)	100 mg
Sulfur (as sulfur powder)	100 mg
Vanillin (as vanillin)	10 mg
Other Ingredients	Cellulose, hydroxypropyl methylcellulose, croscarmellose, polydextrose, polyethylene glycol, polyvinylpyrrolidone, stearic acid, silicon dioxide, and titanium dioxide.



Get results you can actually feel!

Quality Food Guide: Let's look at a few examples of how food quality differs depending upon its source.

Examples of some common food depletions and how to search out better sources:

	COMMERCIAL OPTION	QUALITY OPTION
Dairy	Commercial dairy contains GM growth hormone (genetically modified rBGH), antibiotics, pesticides, dead pathogenic bacteria, and puss. Commercial milk is devoid of good omega 3 fats, vitamins A & D, enzymes, and probiotics.	Grass-fed, dairy is rich in fatty acids such as omega-3 & CLA, vitamins A & D. Raw dairy products contain phosphatase an enzyme essential for the absorption of calcium, other enzymes for digestion.
Vegetables/fruits	Commercial, non-organic vegetables are grown in nutrient depleted soil from commercial fertilizers, sprayed with pesticides, picked before ripe and devoid of important vitamins and glyconutrients, gassed to ripen. Often, these vegetables are genetically modified, untested and unlabeled, these plants threaten native species and livelihood for millions of people.	Bio-diverse farms produce vegetables far superior in vitamins, minerals, and other nutrients. They are free from GMOs, pesticides, and toxins.. Good for the environment. Local, picked ripe, and fresh.
Chicken	Commercial chickens (I'll spare the gory details) contain pesticides, hormones, additives, and arsenic.	Pastured chickens are free of pesticides, arsenic and create a superior food. Much higher in nutritional value.
Rice	Commercial rice contains arsenic to prevent rats from eating it in the silos.	Organic rice does not contain pesticides or other harmful toxins.
Oils	Processed oils often contain trans-fats. Even when they don't, commercial oils are processed with many chemicals used to refine, bleach, and deodorize the processed oils. Stored in plastic, chemicals leach into the oil. They are mostly rancid oils, creating free radical damage.	Unrefined, virgin oils made in small batches, containing healthy fatty acids and nutrients. No chemicals are used in processing.
Salt	Commercial salt is devoid of any nutrients except sodium and chloride and often contain aluminum and dextrose for anti-caking.	Celtic sea salt, Himalayan crystal salt, and other unrefined salts have dozens of minerals, and no added substances.
Soups, broths and gravies	Commercial soups, broths, and gravies contain MSG, and are devoid of health promoting properties	Homemade soups and broths contain large amounts of absorbable nutrients. Free of toxic additives.
Canned foods	Tainted with plastics or aluminum from the aluminum cans or plastic coating they use inside. Deficient in nutrients.	Fresh food is significantly higher in nutrients with no additives or preservatives. And contain no plastics or heavy metals.
High Fructose Corn Syrup	Used in "almost everything" commercial soda, candy, condiments, and baked goods. Associated with increased risk of diabetes and obesity.	Natural sweeteners such as honey, agave, and maple syrup, have a lower glycemic index and many more nutrients to help the body's ability to process the sugar.

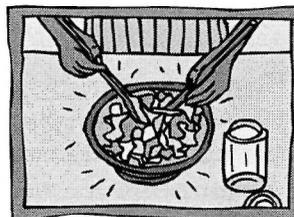
What's Cookin'

Try your hand at some of our favorite healthy choices for you and your family.

Make cooking a fun filled adventure for the entire family!

Best and Healthiest Salad Recipe

Submitted by Maureen
McDonnell, RN



Enough for 4-6 servings

Use all Organic Ingredients

4 cups spring mix salad greens

¼ cup sliced red onions

¼ cup sesame seeds or Organic pine nuts

¼ cup olive oil

1 ½ tablespoons Balsamic vinegar

½ tsp garlic powder

½ tsp dried basil leaves (optional)

2 tablespoons feta cheese

1/8 tsp Herbamare (sea salt and herbs from Switzerland) or another lightly seasoned salt

½ tsp Tamari (wheat free soy sauce)

Wash and thoroughly spin or dry the salad greens. Add greens and red onion to large wooden salad bowl Drizzle greens with olive oil

In a cast iron small skillet, place sesame seeds and or pine nuts on medium heat, shaking the pan so they do not burn. After they turn light brown, pour on salad greens while hot....oil should sizzle.

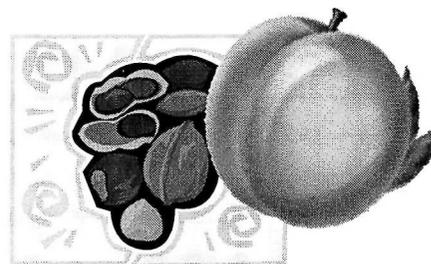
Just before serving the salad (not a minute before), add garlic powder and dried basil. Toss with vinegar, tamari, herbamare and feta. Toss lightly and serve immediately. If the vinegar and other salty additions (like Tamari, herbamare, feta etc) sit for too long on the greens, they wilt and the salad loses its crunch.

PB and Peach Sandwich *Submitted by Lisa Lewis, PhD*

Whole grain bread or English Muffin

1 very ripe peach

Nut butter



Spread slices of bread or muffin with nut butter, then top with peeled, ripe peach. To make it more like jam, with none of the added sugar, mash and drain the peach before topping the nut butter.

Stuffed Apples (or pears)

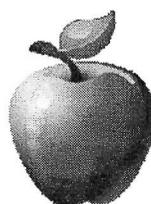
Submitted by Lisa Lewis, PhD

1 apple (or pear)

Peanut or other nut butter Raisins

Sunflower seeds

Toasted, unsweetened coconut



Core the fruit and stuff with nut butter. Top with as much of the other ingredients as you can fit in. The filling will keep the fruit from turning brown.

Veggie Juice

Submitted by Jill Urwick

2 Carrots

1 Parsnip

2 Rhubarb Stalks 2 Celery Stalks Green Onions 4

Kale leaves

2 Tomatoes

1 Apple



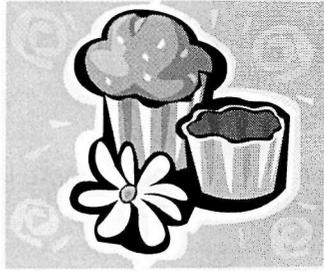
Wash all ingredients. Add to juicer in this order. All items can be juiced on high speed except tomatoes. Juice tomatoes on low speed. Serve immediately.

Sunburst Breakfast Muffins

Recipe adapted from:

Ann Louise Gittleman, PhD, CNS

Submitted by Maureen McDonnell, RN



Grain free, with dairy, see dairy free options below
(makes 12 large or 36 mini muffins)

- 1 cup milled flaxseed
- ½ cup ground walnuts
- ¾ cup whey protein powder
- 2 teaspoons aluminum free baking powder
- 1 teaspoon baking soda
- 1 ½ teaspoons organic cinnamon
- 1 1/8 teaspoon organic ginger
- ¼ tsp salt
- 4 teaspoons macadamia nut oil
- 2 large eggs
- ¼ natural unheated honey
- 2 teaspoons vanilla extract
- 1/3 cup grated zucchini
- 1/3 cup grated carrot
- ¼ cup finely grated Granny Smith apple
- ½ cup ricotta cheese or plain yogurt
- 2 tablespoons raisins or finely chopped cranberries (optional)
- 2/3 cup chopped walnuts (optional)

Preheat oven to 350 degrees F. Lightly coat the muffin cups (use stainless steel, not aluminum) with olive oil. In a small bowl, whisk together the flaxseed, walnuts, whey protein, baking powder, baking soda, cinnamon, ginger and salt. Set aside. In a large mixing bowl, mix together the macadamia nut oil, eggs, honey, vanilla, zucchini, carrot, apple and ricotta. Fold the flaxseed mixture into the egg mixture. Fold in the chopped walnuts, if using and the raisins if using. Divide the batter evenly into the muffin cups. Bake 18-20 minutes or until a toothpick inserted into the middle of a muffin comes out clean. Let cool; store in refrigerator. Serve with a drizzle of honey or organic raw nut butter if desired. The muffins freeze well too. **DAIRY FREE OPTIONS:** substitute soy, rice or pea protein powder for the whey protein powder and add ¾ cup unsweetened apple sauce instead of ricotta cheese.

Fruit Kebobs

Submitted by Lisa Lewis, PhD

Ingredients:

- Melon, cubed or scooped with a melon baller
 - Pineapple chunks
 - Seedless grapes
 - Apple or Pear (or both) cubed
 - Organic Strawberries, hulled
 - Lemon juice
 - Coconut (optional)
- Clean all fruit and cut into chunks.
Thread thin bamboo skewers with fruit to make kebobs.
Sprinkle finished kebobs with a little lemon juice
if not serving immediately. Coat with coconut if desired



When The Staff of Life Wreaks Havoc

The possibility that wheat, the staff of life, one of the world's most ubiquitous staples, could be toxic is a harrowing paradox. Yet for people with Celiac Disease (CD), this is very much the case. You see, CD is a serious autoimmune condition in genetically predisposed individuals that is primarily triggered by eating **gluten** (a protein found in wheat, barley, rye and contaminated oats). In classic childhood CD, gluten causes small bowel inflammation/damage, abdominal pain, and diarrhea; followed by: malabsorption, anemia, and generalized malnutrition characterized by short, emaciated bodies and swollen bellies; and ultimately, in some, death.

While once considered to be rare outside of Europe, recent research has documented that CD is found worldwide in all age groups, nationalities, and weight ranges; can be subtle or asymptomatic; can present with constipation instead of diarrhea; and can manifest with extra-intestinal symptoms only. Owing to atypical and amorphous characteristics, CD often goes undiagnosed for years. Currently, in the US it is estimated that one in 133 persons is afflicted with CD, and the majority have not been identified. Also, there are additional persons with simple gluten intolerance without celiac disease.

Under-recognized presentations of CD include: skin/dental (dermatitis herpetiformis, eczema, hair loss, oral ulcers, and dental defects); blood/endocrinological (anemia, infertility); bone/joint (osteoporosis, joint pains, fatigue, short stature); and neurological (irritability, depression, ataxia, migraines, epilepsy, dementia, attention deficit, schizophrenia, and possibly autism). It is suspected that CD might also predispose one to other autoimmune diseases (thyroiditis, rheumatoid arthritis, insulin dependent diabetes) as well as malignancies (more commonly GI cancers and Non-Hodgkin's Lymphoma). Often these conditions co-occur with CD and/or are found in families of individuals with CD, suggesting common genetic vulnerability.

Recently, heightened awareness of CD has led to better diagnostic testing, earlier identification, dedicated research, and increased knowledge about the **curative** gluten-free (gf) diet. While the diet is not easy and requires total adherence for life, the advent of food allergen labeling and greater availability of gluten-free foods/menus have facilitated dietary compliance. Although the cost of commercial gf items may be prohibitive, prices are gradually dropping as major manufacturers (Betty Crocker, General Mills) have begun to offer accessible and affordable gluten-free options. I eagerly await all food producing giants to follow suit.

Added below is my favorite gf cookie recipe for all to enjoy.

Gluten Free CHOCOROONS

½ cup tapioca starch and ½ cup rice flour
1/3 cup finely shredded coconut
1 tsp. baking powder
½ tsp. xanthum gum
½ cup Smart Balance (1/4 tub), or
¼ cup safflower or canola oil

1/3 cup sugar
1/3 cup brown sugar
1 large egg
¼ cup milk, water or rice milk (for casein free)
1 cup chocolate chips
(optional: ¼ to ½ cup finely chopped walnuts)

Mix all ingredients well and then spread across one greased 12x9x1 inch baking pan. Bake at 350° until light brown. Let stand 5 minutes before cutting into 2 inch squares. Sprinkle with confectioner's sugar.

Submitted by:
Isabel Carotenuto, MD

Cleaning Solutions: Feel Like You're Killing Yourself Trying to Keep Your House Clean? *Penny Dietz*

While you may have been joking, you're closer to the truth than you may realize if you're using commercial cleaning products. Today's modern home is loaded with toxic and polluting substances, which are designed and marketed to make life easier. However, there are many chemicals in commercial cleaning products that can harm you and your children. It's important to know that many of the chemicals in household cleaning products and pesticides have not been adequately tested, regulated or controlled. The cost of these commercial, chemical based toxic products can be high – long term health concerns for family, and environmental pollution caused by their manufacture and disposal. In the US, for example 1 in 3 people suffer from allergies, asthma, sinusitis or bronchitis according to the US National Center for Health Statistics.

And here's a few more startling facts:

- Over 90% of poison exposures happen at home.
- Organic pollutants, found in many common cleaners and even air fresheners, are found at levels 2 to 5 times higher inside your home than out.
- Common cleaners give off fumes that can potentially increase the risk of kids developing asthma, the most common chronic childhood disease. Rates in children under five have increased more than 160% from 1980 – 1994.
- Children are highly vulnerable to chemical toxicants. Pound for pound of body weight, children drink more water, eat more food, and breathe more air than adults. The implication of this is that children will have substantially heavier exposures than adults to any toxicants that are present in water, food, or air.

To find out what's lurking on your shelves, go to the National Institutes of Health Library of Medicine Household Products Database. You can search almost any brand of cleaner you use, find out what's in it, and uncover its links to health effects. Or search by chemical ingredients (see list below for some examples) and discover what brands contain it.

The information may shock you. www.householdproducts.nlm.nih.gov/ingredients.htm

Chemical ingredients to look out for:

- Sodium hydroxide
- Hydrochloric acid
- Butyl cellosolve (2-Butoxyethanol)
- Formaldehyde
- Bleach (sodium hypochlorite)
- Ammonia
- Sulfamic acid
- Petroleum distillates
- Sulfuric acid
- Lye (potassium hydroxide)
- Morpholine

The good news - you have a choice. Just like reading ingredients on a food wrapper, start reading the ingredients and the warning labels on your cleaning products. They may surprise you!

What is the typical budget for Building a Green Home?

Jennifer B. Pippin, CPBD, AIBD, CGP

There is basically no 'typical' budget for a green home. Green means different things to everyone. First you must determine what you consider to be the green features and options you would like in **your green** home. There are so many options to choose from when building green. You can start with creating a very light green home, to a very dark green home, or anywhere in between. Did you know that most of the new local Habitat for Humanity homes in our area are being built 'green'? Green homes can be created on a very small scale, as well as in larger homes.

There are many variables with the costs, depending on the finishes you choose, the green features you incorporate initially, as well as the ones you plan for adding in the future. Green homes can be built with no additional costs, by planning the home appropriately to the site it will be built on, working with the path of the sun across the property, using appropriately sized overhangs for the area, including water efficient plumbing fixtures, energy star rated appliances and using compact fluorescent light fixtures. Also, it is important to make sure that anyone who makes a hole in the exterior walls, roof or floor of the building, seals them up. No holes should be left unsealed. Included in these homes should be universal design strategies as well, providing long term accessibility for all ages. These can include wider hallways and doors, one accessible bathroom, with a 5' turning radius on the main floor and an exterior door with wheelchair access.

There are many upgrades, if your budget allows it, by including energy star rated windows, upgrading your insulation package in the entire house or at least in the attic, sealing your crawl space, increasing the SEER rating of your HVAC units, choosing Low and No VOC paints and cabinets with no formaldehyde. Then, you could add in readily renewable products, such as bamboo or cork flooring, tankless gas water heaters or solar panels for hot water or for generating electricity and rainwater harvesting.

Consider having a HERS (Home Energy Rating Service) rater involved on your project. This service typically provides an energy analysis of your home. This includes things like conducting a blower door test, which provides data on how leaky your home is and where to seal it up, if there are holes to be sealed. They will also perform a duct blaster test, to determine how leaky the HVAC duct system is and how well the system provides the required air flow into the individual rooms. The options are really endless.

As you can see, there is a wide range of things to consider when building a green home. The most important features of a green home are building it energy efficiently, meaning making sure the building envelop (walls, windows, roof and crawl space) are all of good quality and well sealed. Secondly, make sure the indoor air quality is as good as you can afford to make it, that your plumbing fixtures are water efficient and the appliances are energy efficient. This type of home can be built very cost effectively and also expensively, depending on your 'green' goals and budget.

12 Tips for Getting Kids Started Toward Better Health

Maureen H. McDonnell, R.N.
Saving Our Kids, Healing Our Planet Conference Coordinator
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Weaverville, North Carolina 28787
828-689-8600
www.SOKHOP.com

After 30 years of practicing as a holistic pediatric registered nurse, I have watched as the number of children affected by the childhood epidemics of ADHD, Autism, Allergies, Asthma, Diabetes etc has reached staggering levels. The CDC tells us that 1 in 6 children in this country have either a behavioral, neurological or developmental condition. They also report 1 in 150 are diagnosed as autistic. Asthma has more than doubled since 1980 (and is now the leading chronic disease among American children.) I believe many of the physical, behavioral and developmental issues affecting our children (and causing so much heartache, suffering, emotional and financial drain on families) are preventable and recoverable with the use of sound nutrition and natural treatments. I have found that by implementing a few basic interventions initially, parents can help create a strong foundation of health for their children. If after initiating these basic tips, symptoms persist; my suggestion is to seek out a clinician who is well versed in nutrition and the biomedical approach. Doing a proper assessment that takes into account the uniqueness of each child, ordering the proper tests from reputable labs and being able to interpret the results in the context of the child's condition are all essential skills the clinician must possess.. Always start with the basics!

1. Begin to decrease or eliminate unhealthy sugar laden or processed foods (candy, soda, foods with preservatives and colorings.)
2. Use instead, whole foods like: fresh fruit, vegetables, whole grain products (crackers, cereals, breads and pasta.) Many parents laugh when they hear this comment because their child is so picky they feel lucky to get them to eat at all! I find that when the frequently discovered low zinc level is addressed and we get some B vitamins on board, their pickiness greatly diminishes and they broaden their repertoire of foods.
3. Dilute all juices with water. Some juices have almost as much or more sugar per serving as soda.
4. Identify foods that your child may be allergic to. Work with a holistic practitioner to identify IgG as well as IgE food allergies. Check for peptides to gluten and casein. Once those foods are identified and removed, rotate the remaining foods as much as possible.
5. After decreasing your child's intake of allergenic and processed foods, begin to give him or her a good hypo-allergenic multi vitamin mineral supplement. Nutritionist's Choice can be made into a liquid at Hopewell Pharmacy 800-792-6670 1 tsp = 1 tablet. ASD Plex (powder) has been formulated specifically for the child with PDD or Autism. ASD Plex is produced by and can also be ordered from Hopewell Pharmacy. You will minimize most negative reactions by starting out with a very small amount. In the case of Nutritionist's Choice liquid, start with ¼ tsp and for a 50 lb child work up to 1 ½ tsps 2 x per day (always with food). For ASD PLEX begin with 1/8 tsp and very gradually work up to 1 rounded tsp 2 x per day (dose for a 50lb child). Always give the multis with food, divide into at least 2 doses and do not give past 4-5PM (the B vitamins can create make them feisty if given too late in the day). *continued...*

12 Tips for Getting Kids Started Toward Better Health cont'd

6. The overuse of antibiotics and the associated complication of overgrowth of Candida, have been implicated as one of the many contributing factors in ADHD, allergies, weakened immunity and autism. In many instances, a viral or bacterial infection can be helped by the immune system enhancing herb: Echinacea. The liquid version seems to be most effective. The most effective way to use Echinacea is (at the very first sign of a sore throat or cold) start out with a small amount and gradually work up to 10 drops in a glass of juice every 4 hours. Gaia is a very pure brand. Do not give Echinacea to children who have a severe allergy to ragweed. Antibiotics are needed for strep or Lyme or if an infection persists.
7. If there is a history of recurrent ear or upper respiratory infections that required multiple courses of antibiotics, besides removing all dairy (which can be very mucus forming which creates a breeding ground for bacteria), investigate the possibility of yeast overgrowth in the intestines. Yeast toxins can have a definite impact on behavior, attention and the immune systems ability to respond appropriately.
8. Get a water filter or order reputable (glass) bottled water and make sure your child drinks plenty of water each day.
9. Make sure there is adequate fiber in your child's diet (whole grains, vegies, fruit, nuts, seeds etc.) Between the fiber and the water, your child should be having at least one good bowel movement per day. I do not agree with the advice some physicians give parents regarding bowel patterns. The human body was designed to eliminate toxins on a daily basis. If our colon gets backed up, the blood reabsorbs the toxins that are waiting to be eliminated thus negatively impacting many systems including the brain. Children should be having at least 1 good bowel movement per day. If fiber and water alone do not improve constipation, then try using either Smooth Move Tea by Traditional Medicinals or Herb-lax by Shaklee (does contain gluten, but good in these beginning stages).
10. Processed carbohydrates cause drastic fluctuations in blood sugar which can then affect attention, mood, behavior and energy. It is important to stabilize the blood sugar throughout the day by giving adequate (not excessive) amounts of protein (chicken, fish, turkey, eggs, red meat, soy or rice protein powders, nuts and seeds). Take the child's weight and multiply it by .8gms. This will = the amount of protein in grams needed per day. This should be divided into 3-4 servings with special emphasis at breakfast.
11. With the growing concern about the role that chemicals in the air, water, and food are playing in our physical and mental health, it makes perfect sense to begin moving towards a diet that contains organically grown produce and beef and chicken which are hormone and antibiotic free.
12. Eventually begin to replace your cleaning, laundry and personal care products with items that are biodegradable and non-toxic. Seventh Generation, Ecover and Shaklee are all good brands.

This can seem overwhelming if you try to do too much at once. Changing habits is difficult and changing the habits of children is even more challenging. Take one step at a time!

Resource Guides:

Stockton Family Practice
56 South Main Street, Suite A & B
Stockton, NJ 08559

Phone 609-397-8585
Fax 609-397-9335
www.StocktonFP.com

Resource Guide for Environmentally and Biologically Friendly Products

Outside the home

www.hangersdrycleaners.com To locate dry cleaners using CO2 based technique instead of PERC
www.greenearthcleaning.com To locate dry cleaners using silicone based technique instead of PERC
www.earth911.org To locate recycling centers in your area for difficult items like fluorescents
<http://www.lamprecycling.com> For mailing used fluorescent bulbs. Note Home Depot will recycle now.

Food Information:

Vegetarian Starter Kits: www.bostonveg.org.
Information on raw milk: www.realmilk.com, www.westonaprice.org
To locate healthy food markets, farms and restaurants by zip code: www.eatwellguide.org
For locating local organic farms farmers markets and restaurants: <http://www.localharvest.org>,
www.ams.usda.gov/farmersmarkets
For the Shoppers Guide to Pesticides in Produce: www.foodnews.org

Safe water for the home:

- Anyone interested in having their water tested can call the EPA Safe Drinking Water Hotline (800-426-4791) to get a list of what contaminants to look for in your community and a list of qualified labs in their state. You can also call Suburban Water Testing Labs 800-433-6595 <http://www.h2otest.com/other.html> or National Testing Labs in Cleveland Ohio (800-458-3330) <http://www.ntllabs.com/homeowner/index.html>.
- <http://www.nrdc.org/water/drinking/usecities/contents.asp> for reports on contaminants found in drinking water in 19 major cities. If your local water utility is not listed you can obtain a copy of your water utility's annual quality report often called a right-to-know or consumer confidence report. Then download "Making Sense of Your Right to Know Report" from www.safe-drinking-water.org/pdf/makesense.pdf. This site also has fact sheets on common contaminants.

You can request a copy of the pamphlet "Drinking Water and Disease" from Physicians for Social Responsibility at http://www.psr.org/site/DocServer/Drinking_Water_and_Disease_Primer.pdf?docID=559 or call 202-898-0150.

- Water Filters vary significantly in effectiveness for different needs. NSF International offers a certification program for water filtration systems based on standards of the American National Standards Institute (ANSI). Up to date information about water filtration systems can be obtained from NSI at 800-673-8010 or www.NSE.org.
 - <http://www.nrdc.org/water/drinking/gfilters.asp> for a guide to some types of common water filters
 - <http://www.searchawarf.org> can search for information a many other types of filtration technologies. Report indicated that ozone or a combination of UV light plus peroxide would be very effective in removing almost all types of contaminants.
 - Reverse osmosis water purification is very effective but very inefficient
- Information about bottled water is available from Natural Resources Defense Council at www.NRDC.org
 - <http://www.nrdc.org/water/drinking/bw/appa.asp> results of tests of several hundred bottled water brands
- Rain water. May not always be "safe" but it is environmentally friendly and it can be collected and used for garden watering other outdoor needs.

continued...

Grass-Fed Beef Ranchers

www.panoramameats.com Panorama Meats – Black Angus and Red Angus

www.countrynaturalbeef.com Country Natural Beef – Hereford and Angus

www.tallgrassbeef.com Tallgrass Beef

www.nimanranch.com Niman Ranch – A network of more than 600 independent farmers and ranchers

www.newseasonsmarket.com Pacific Village – Entirely grass-fed cattle since 2002

Resource Guide for Environmentally and Biologically Friendly Products

Gardening Tips: Healthy Happy Gardens on a Budget

Edwin Marty

Seems that most everyone these days has dreams of bringing their food source closer to home. Whether their 'buying locally' or getting involved with groups like Slow Food, most folks are realizing there is something very important about knowing where their food comes from. The basic truth, however, still hasn't changed. If you really want to 'shorten' the food mile, grow it yourself.

What's not to love about home grown food? It's fun, tastes fabulous, and can even make your yard look great. But this simple advice takes a different tone to those gardeners watching their investment fizzle in the summer haze. Here are some ideas for what not to skimp on this spring as your visions of heirloom tomatoes dance on your taste buds.

Living Breathing Soil

Unless you've been blessed with twenty feet of rich bottom soil, the best investment you can make in a garden is better drainage. Optimum plant growth depends completely on water moving through soil. While there are some notable exceptions, plant roots must breath to live but still have sufficient moisture to move nutrients. Too much moisture and plants' roots drown. Too little and they starve. Soil microbes, those little guys that unlock nutrients for plants, also depend on air for their existence. So what's a gardener to do?

While there seems to be a gadget to solve almost every garden challenge, soil drainage, the most essential garden issue, remains unassisted by technology. Fortunately, drainage can often be improved without much money. First consider growing vegetables in raised beds, either using wood, stone, or even just mounded soil. The key is giving a place for excess water to move. If this isn't an option, just add more compost. Soil drainage improves quickly with the addition of any organic materials, and compost does this better than any other material. Finally, avoid walking on garden soil. Even light compaction destroys soil structure and prevents water from passing through.

Not a Drop to Spare

The only thing more frustrating than watching your plants melt in standing water, is watching them wither from not enough. This too can be easily solved with some simple additions to your garden. In fact, the same things that helped your garden soil drain, often also help soil retain moisture. Compost and other sources of organic materials greatly increase the soils capacity to provide sufficient moisture to plants roots. Think of it like compost increases the number of nooks and crannies in the soil where water can hide. Plants roots seek these out as the soil dries. The next best thing to ensure your plants stay hydrated is a good layer of mulch. Try straw, wood chips, or newspaper as a way to stop evaporation from drying out the soil. These bio-degradable mulches slowly breakdown over a season and eventually improve the soils drainage. Get your soil tested to find out if an acidic mulch like wood chips or a more neutral material like newspaper is best for your conditions.

From Above or Below

Even with improved soil and a good layer of mulch, most plants will still need a sip of water every now and again. Anyone that survived the summer of '07 will understand that an efficient and simple irrigation system is a good investment. Fortunately, this doesn't have to be a huge investment to work perfectly.

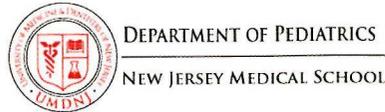
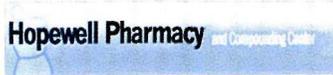
There are three basic options when it comes to irrigation: Hand-watering, over-head, and drip. Hand-watering is the simplest and cheapest. Using a hose to water the soil around individual plants is a good way to get recently installed plants what they need the most – consistent moisture. Avoid watering the foliage of plants since this encourages disease and wastes water. If you have a number of plants to water you may be tempted to use an over-head sprinkler. This may seem simple and effective. Unfortunately, it's neither. Over-head sprinklers waste water, encourage disease, and don't help plants develop deep roots. Grass lawns are the only appropriate place for over-head watering and then only early in the morning to avoid water loss from evaporation.

Instead, set up a drip system that delivers a small amount of water to each plant's root zone. This will help plants develop deep root systems that make them more capable of surviving fluctuations in moisture. Drip systems are also very easy to operate once they're installed. Most garden supply stores now sell drip systems that can be easily hooked up to a hose spigot. Timers are also available to allow the systems to turn on automatically. These should be used sparingly since they encourage overwatering.

The Triumphant Triumvirate

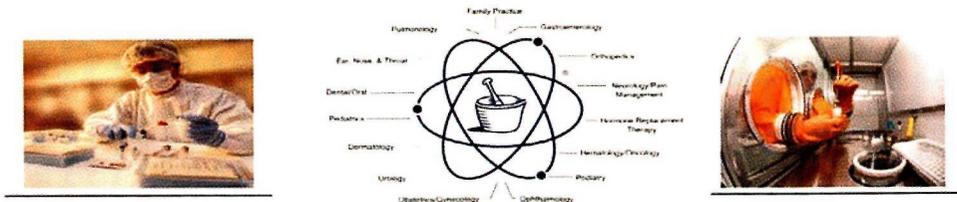
With good soil, a thick layer of mulch, and a simple irrigation system, there should be nothing holding back a profusion of edible or ornamental plants in your garden. However, don't let these simple investments stop you from spending time with your plants. The old adage that the best fertilizer is a farmer's footsteps means there's no substitute for actually watching plants grow, and noticing what they're saying.

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