



# Chirothots

By Tim Wood D.C.

## “My Kids Won’t Eat That!”



I was reminded recently of a trip our family took one summer. Our kids were eating whole wheat organic pizza, oatmeal pancakes, wild rice cakes, and much to their excitement homemade ice cream! After a couple of days we asked our then three year old what he wanted for dinner and his response was awesome, and shocking. He told us he wanted an avocado for dinner. We tried to suggest other options but he was set on having avocado, by itself. His body was craving goodness. His body was tired after 2 days of eating more carbs and less good stuff. He ate fruit and avocado for the rest of the trip. Our kids have been fed an organic diet rich in fruit and vegetables and healthy meats. They get excited at the thought of birthday cake, or brownies but are great at saying no to junk food and things they know are bad for their body, except for good ice cream. They also get excited about a lot of healthy food as well!

If you or your kids are not like that realize that your response to food is trained and learned. If children see their parents get excited about “treats” which are bad for them and groan about eating healthy food, those treats are what will excite the child? If they are rewarded for doing good things with bad food, what food will they aspire to eat more of? In fact, if they are rewarded for doing good things with food at all, even good food, the result will be them doing the right thing for the reward, not because they want to do the right thing. That is a whole other issue! If they don’t see their parents eating healthy food and talking about how good it is, how could a child learn to love good food. If the parents talk negatively about eating vegetables or good stuff that is what the child will learn. Being a great ROLE MODEL is the most important step to having children who eat well regularly. We are not perfect role models so don’t get me wrong. We naturally have just **taught our kids that some foods are good for their body, and some are bad for their body.** They know their body is amazing, can heal and do incredible things and they know giving it foods that it needs helps them be amazing. We just tell them if a food is bad for their body, and they usually choose to not have it. If they really want it, we will trade it for a more natural treat from the health food store that they are equally excited about. Or if we are OK with them eating something we will tell them they can have a food that is bad for their body, like organic candy, if they have something that is good for their body, like a carrot.

I often hear things like “my child won’t eat vegetables”, or “how do you get your child to eat that”. Children all go through phases of eating so don’t worry about the phases, mine are not perfect and change what they like regularly, but inevitably they will always return to the habits they learn from watching their parents. You need to train them to eat what is good for their body and that will work every time because that is what their body knows it needs.

I don’t believe for a minute that a child’s perfect body would not want healthy food. If you ran around all day and climbed to the top of a mountain, your body would innately choose an apple and water over a pop and a chocolate bar EVERY TIME. **Our bodies want good food to fuel them but some of us have trained our minds to want different things** or have let commercials train our mind. **YOU MUST START BY TRAINING YOURSELF TO EAT THIS WAY FIRST!** Teaching your child to act differently than you do will never work. **So how do we train our mind to want good stuff again?** First know that our bodies need only three things, fruit vegetables and healthy meat (fish, chicken, wild or organic meat). The first simple step is to eat more and more of these things. Naturally you will eat less and less of the bad stuff. Find healthy treats which can be special and sweet fruits like pineapple or mango, or the local fruit that is in season. If you like certain textures of junk food, find similar textures of healthy food. Try making baked French fries, or buy organic yam fries. Buy wild rice chips or apple chips. Check out our facebook page and website for ideas!

Most people die from lifestyle caused, preventable diseases so realize that what your child learns to eat can be the difference between life and death at some point in their life. Train them to eat what their body needs.