



Conscious Parenting: The Holistic Guide to Raising and Nourishing Healthy, Happy Children

Gabriel Cousens M.D., Leah Lynn

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Conscious Parenting is a great resource for parents seeking advice on optimal vegan nutrition and the importance of unplugging and having quiet time in nature for today's children. Anchored by extensive research on the importance of diet and environment by the world's leading authority on spiritual nutrition, the book is packed with advice and information to help you

- choose authentic, organic, vegan food for optimal health;
- support your child's emotional, social, and mental development;
- counter the effects of environmental toxins and harmful media;
- and create a nurturing environment for your child's spiritual growth.

Table of Contents (Preview)

Chapter 1: The Role of the Alive Parent / The Role of the Alive Child

Chapter 2: Creating an Alive Environment / Six Foundations for Spiritual Life / The Sevenfold Peace

Chapter 3: Perspectives on Support for the Alive Child According to Stages of Development

Chapter 4: Supporting the Child's Physical Development / Living Foods for the Living Body / The Vegan, Live-Food Solution is Safe / A New Look at Transitioning from Eating Flesh Food / Don't Eat the Fish / Don't Pig Out / Poultry Problems

Chapter 5: Why Authentic, Vegan, Organic Food? / Organic Foods / Organic Veganic Farming / Pesticide Pestilence / Protect Yourself Against Food Chemicalization / Genetically Engineered Foods / Irradiated Foods: Another Biohazard / Go Organic / The Low-Sugar Piece to the Whole Food Puzzle / Natural Low Sugar and No Sugar Sweeteners / Minerals and Children: Precious Gems / Children Need Dietary Fats / Protein for Growing Bodies/ Is a Plant-Sourced Diet Safe for Children? / But Children Don't Like Healthy Food? Soy What? And Other Vegan Foods to Be Wary Of

Chapter 6: Holistic Veganism

Chapter 7: Supporting the Child's Emotional Development / Living Foods and Freeing Up Emotions / Listening to How the Child Feels about Eating Animals / Thoughts, Emotions, and the Preparation of Food / Self-Esteem

Chapter 8: Supporting the Child's Social Development / Living Foods and the Child's Social Development / Positive Socialization within the Home / Peaceful Conflict Resolution / Other Opportunities for Positive Socialization / Have You Ever Heard of the Candy Fairy?

Chapter 9: Supporting the Child's Mental Development / Movement and the Mind / Childhood Depression / Nature and Learning / Emotional Safety and Learning / Deficient Diet and Mental Degeneration / Living Nutrition for the Living Brain / "Vitamin-O" (Oxygen) / Water / Food for Thought /The Mythological Dangers of High Cholesterol and High Fat / Health Dangers of Low Cholesterol / The Importance of Omega-3s for Health / Media Affects on the Child's Mind / The Harmful Effects of Pornography

Chapter 10: Synergistic Toxicity of Brain and Body / The Great Vaccine Question for Parents Who Value Alive and Conscious Children: What To Do? / Gluten / Marijuana: Toxicity to the Brain / Fluoride: Toxicity to the Brain and Body / EMFs and Our Children's Brains / Perspectives on Dairy

Chapter 11: Supporting the Child's Spiritual Development / Spiritual Nutrition for Childhood / Supporting the Spirit of the Child with Silence / Imagination / Meaningful Work /Wisdom Teachings / Music/

Chapter 12: Recipes for Children / Resources for Holistic Parenting

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