

Natural Parenting & Pregnancy Create Healthy and Happy Babies *2nd Edition*

Abstract

In the modern world, we have become lost and disconnected. We are sort of like isolated particles floating around in a vast space, trying to bring some sort of meaning to our meaningless existence. This paper summarizes how this affliction affects child raising. Most child raising practices are not based on the Natural principles of life encoded in our DNA. This is a review and a taste of some critical child raising practices and their deep positive impact on the family. The primary focuses are special nutritional factors that support a healthy pregnancy, the avoidance of toxic substances, and ways to create a natural bond between the mother and child. These nutritional factors, and efforts to create healthy bonding with children, are rare in the Western world. A variety of complications related to Pregnancy, Conception and Birth are a result not of a genetic dysfunction, but from a build up of toxins in the body and from the previously mentioned deficiency of certain nutritional factors. Sadly, this information is largely hidden from the public and doctors largely are unaware of it, even though its influence on the child and parents are extremely significant.

You will learn key points to how our ancestors naturally raised children, by holding them close to their skins, for their early years of life. Other conditions are discussed from a holistic perspective, they include Infertility, diet after birth, the birth process, midwives, self care, motherhood, dietary myths, circumcision, vaccinations, morning sickness, natural cleansing, miscarriage, breastfeeding, self care, slings, schooling, fatherhood, and natural healing.

This information is absolutely free, and I encourage you to distribute it to as many people as you can.

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Table of Contents

PARENTING, THE CENTER OF OUR LONGING.....4

INNER WISDOM AND LISTENING TO YOUR INSTINCTS..... 6

FERTILITY, INFERTILITY AND THE NATURAL BIRTH CONTROL PILL ALTERNATIVE..... 7

PRECONCEPTION HEALTH..... 7

CLEANSING AND PURIFICATION BEFORE PREGNANCY..... 9

UNIVERSAL FOOD LAWS.....11

CAPTION: LEFT PAGE: “NOTE THE MAGNIFICENT DENTAL ARCHES AND BEAUTIFUL TEETH OF THESE PRIMITIVES. TOOTH DECAY WAS ALMOST UNKNOWN IN MANY DISTRICTS.” 14

NUTRIENT DEFICIENCY..... 15

DIET OVERVIEW GUIDLINES..... 16

INDIGENOUS PEOPLE GO TO GREAT LENGTHS TO CREATE HEALTHY BABIES..... 16

KEY NUTRIENT: ACTIVATOR X..... 17

KEY VITAMIN FOR HEALTH AND BODY BUILDING: VITAMIN A..... 17

SPECIALTY FOODS..... 18

FOOD SYNERGY COMBINATIONS..... 19

MORNING SICKNESS.....30

THE EFFECTIVENESS OF MIDWIVES..... 30

CESAREAN DELIVERY..... 31

BIRTH.....32

INTRODUCTION.....	34
UNDERSTANDING THE CONTINUUM CONCEPT.....	35
LEFT AND RIGHT: THE BABY IS AT EASE WHEN IN PHYSICAL CONTACT WITH HIS MOTHER AS THE MOTHER PERFORMS HER DAILY WORK.....	37
THE TRAGIC CHILD RAISING PRACTICES OF THE WEST.....	37
HOME SELF-HEALING/ REJUVENATING PRACTICES.....	42
PRE-MATURE BABIES.....	42
CAR SEATS.....	52
FEEDING BABIES (CHILD FOODS).....	53
CHILDHOOD DISEASES AND A THEORY OF ILLNESS.....	63
CHILDREN AND DISEASE.....	64
HEALING THE BODY AND EMOTIONS.....	66
MUST READ:.....	68

Introduction

Within each one of us lies an instinct which can be the center of one of the most important parts of many people's lives, being a parent. Unfortunately many of us have become disconnected with this natural and intuitive part of ourselves. The result is that we raise our children in the same disconnected manner as is common in Western society.

This booklet is a summary of concepts, which are based on the Parenting Instinct. While the details of the booklet may not be exactly accurate, or may not be exactly true for you, they serve as a close reminder, and refresher that will point you towards and support you in reclaiming your inner instincts.

“It takes courage to trust your intuition because people around you are not doing it. The benefits of trusting your intuition are; a sense of strength, feeling connected with all of life, feeling peace, and embodying true success.”

True success is a feeling of fulfillment and completion that perhaps only you feel. The outer world may not acknowledge it, or may even shun it. In our

culture, we typically identify success as someone who has made a lot of money, is famous, or is recognized in the world. In following these practices your joy and fulfillment can increase because you are more aligned with natural principles.

This booklet is mostly a collection of information from a variety of sources. The links to the sources are included so that you can further your own research. I have chosen sources which convey ways of life that support our natural instincts.

Parenting, The Center of Our Longing

Parenting is an act of selfless service. Parenting, lies at the center of your longing. It is a core and fundamental truth and experience, it is meaningful, and vital. You might experience this feeling of longing, of hope, and of potential in your body in a general place above your heart, and below your collar bones. This is called the post birth *tan dien*, it is a metaphor for your life's purpose.

Moving Towards Union

The instinct to nurture our children is a movement towards unity. It seeks union. It is an energy set in motion which seeks to stay connected and feel unified. It is an energy which seeks and desires to reproduce. It longs for and seeks safety, it knows truth, and protects its children at all costs. The instinct at best can be described as a feeling of connection within your body, that is accessed when the mind is quiet and at rest.

The Loss of Our Innocence and of Our Desire to Parent

The Western world is inundated and is based upon a diseased way of living. Rather than work with Nature, and her principles, we fight them. We do not walk on and feel the earth beneath our feet, we feel carpet and concrete, and hardwood floors. When we were children, and now as adults, we experienced acute pain because our parents did not love us as we needed to be loved. Many children feel alienated from their parents, or disconnected and so seek to move away from them during adulthood. When we grow up, and seek to have our own children, we may, without thought, habitually follow the old habits of our parents, or we may look outside of ourselves to our culture to decide what to do. What if what our culture does with our children is wrong?

We see children screaming, children in day cares not with their mothers at even 6 months old, children strapped into restraints, children being wheeled around in strollers. Many times children are forced against their will and comfort to be strapped down in car seats and strollers. Parents then make up mental excuses for confining their child instead of feeling the pain and discomfort they are causing their children. There are many things we do not see, women suffering

in childbirth, over 250,000 babies are born with birth defects yearly, over 27,000 babies die in their first year of life in the United States.

As these infants grow, the preference of our culture is to abandon them in many ways; rather than feed them breastmilk from their mother, we fed them chemically laden milk made from a factory and drunk from a plastic bottle. Children who are breastfed, usually are for a short length of time. We let our children cry without consoling them, we send them off to daycare at a young age, as if we would prefer someone else to be their parents. Many of us were raised in a manner such as this, and after many years of being treated like an object, as if our feelings were not important, we reacted to this catastrophic defeat. We numbed out and became disconnected from the feeling of aliveness in our bodies, and we lost touch with our true essence, and thus to our parental instincts. As adults we raise our children in the same manner as we were raised, or how society suggests.

Your Return!

For thousands of years, our ancestors have followed a very specific formula for creating and raising children. This formula was not created from the mind or by science, it is a formula encoded in our genetics created by the mysterious force that created all life, and that perpetuates all life to allow the universe to exist. All we need to do is listen to it. And you listen to it by noticing the feelings in your body. Do you feel pain, love, numbness excitement? These feelings help guide you and direct you to a more truthful and harmonious way of parenting.

Community and Relationships

Even though I created most of this booklet, without my partner fulfilling her role as Mother, I would not have had time to work on the book. What is here is based on personal experience as a parent. Our daughter is now 3.5 years old, she is vibrant and happy. Parenting is not easy, daily there are stresses and difficulties, and our daughter finds upset and frustration frequently. While I am powerless to prevent her feelings towards life, I am powerful at honoring her for who she is. I can be there for her, I can share in her feelings, and I can work together with my partner to create a healthy and harmonious environment for our daughter.

Michelle and I are praying that you find truth in your heart.

The Natural Instinct Will Create Fulfillment & Give Life

The instinct to learn, live, love, grow and parent will fulfill itself and help give you life. There is a great need in the Western world to start raising children humanely. When we raised our daughter, mirroring our parenting after the style of parenting found in many Indigenous cultures, we found that we had no

support. People mostly, even our families, were in complete disbelief of our child raising habits, and at times they fiercely reacted to what we were doing. Meanwhile, we are in disbelief about how anybody can raise their child the “normal” way. We find it to be a type of unconscious way of living which denies the extreme pain and suffering your child faces when you are angry at them, or ignore them. The purpose of this paper is to educate you about how we raised our daughter, and to dispel the common notions of child raising, in an effort to bring a new more loving presence to the process. This not only will DRAMATICALLY change your child, it is the key to finding deep fulfillment as a parent.

These practices, are life giving. Many things written here you will probably never even hear about even from a majority of alternative minded doctors or midwives. Yet these ideas constitute the re-emergence, for those of you who wish it, of a way of child raising that fosters a deep connection and sense of belonging with your child. What can be more important than that?

In raising children in this manner, we begin bring people onto Earth who feel connected to life. When they are connected to life, they care about Nature, about other people and the planet. Living in a disconnected manner is an unconscious way of living because nobody is or can be separate from life, and yet many of our child raising practices are done in a manner which assumes a separated existence and a world in which life is paralleled with suffering.

Inner Wisdom and Listening to Your Instincts

What each individual needs is different. All too often we are easily influenced by what the outer world is doing. We do not listen to the quiet, delicate, and strong voice that comes from within. Everything in this booklet, is meant to be a reminder of what that voice might be telling you. Wisdom is like a babbling brook, it flows from within, and all it needs is an ear to listen to it. Take a moment now, a pause and break from your normal stream of thoughts. Feel your breath coming into and out of your nose. Inhale... Exhale... As you take deep breathes, you not only expel toxins that are from the cellular metabolic process, you may also notice a deep sense of peace, tranquility and inner knowing.

Pre-Pregnancy

Avoid Birth Control Pills

”In *The Breast Cancer Prevention Program*, Sam Epstein, MD, writes, ‘more than 20 well-controlled studies have demonstrated the clear risk of premenopausal breast cancer with the use of oral contraceptives. These estimates indicate that a young woman who uses oral contraceptives has up to ten times the risk for developing breast cancer as does a non-user, particularly if she uses the Pill during her teens or early twenties; if she uses the Pill for two

years or more; if she uses the Pill before her first full-term pregnancy; if she has a family history of breast cancer.”

Source: <http://www.westonaprice.org/women/reprod-health.html>, Katie Singer

Fertility, Infertility and the Natural Birth Control Pill Alternative

“Fertility Awareness (FA), a natural method for preventing or achieving pregnancy based on a woman's daily charting of her waking temperature, cervical fluid and cervix changes. According to numerous studies, the method is virtually as effective as the contraceptive pill in preventing pregnancy, *if its rules are [strictly] followed.*”

Fertility is also likely related to a Woman's diet. Geraldine Matus, a Canadian midwife states : “I rarely see women with normal charts. I think this reflects the use of hormonal birth control—by today's women and their mothers... And the typical North American diet (which includes hormonally treated animal products, fast foods, and a deficit of fresh, non-processed foods) also interferes with the normal functioning of male and female reproductive systems.”

Source: <http://www.westonaprice.org/women/fertility.html> Katie Singer

If a Woman is infertile and cannot conceive, one place to begin looking for a solution is towards her diet. A deficiency in nutrients, or an excessive accumulation of toxins in the body can create infertility.

Preconception Health

Creating healthy children begins before the time of conception!

The health of your child-to-be is a direct factor of the health of the mother and the father prior to the time of conception.

Approximately 3 months before conception, ovum that will become your child go through a ripening process, and sperm are generated.

The ecosystem of your body determines the vitality of the seeds that then set the stage for your pregnancy, birth, and the entire life of your offspring.

One cannot put a value on the joy of having a healthy and vibrant child. And equally one cannot give solace to the tragedy that befalls too many parents, who have children who are deformed or who die before the age of one, who have miscarriages, and who are infertile.

These conditions are a result not of a damaged genetic map, but of a map whose criteria has not been fulfilled.

Due to our wrong way of living, out of harmony with Nature and her divine plan, the seeds of life we produce are incomplete, and out of balance. For many, the results of these imbalances are less obvious; a difficult birth, an uncomfortable pregnancy, or a child who is frequently ill, for others, the results are more severe.

The mainstream health establishments, the media, and the government refuse to be aware; that birth defects, miscarriages, early infant mortality, and infertility arise significantly from imperfect seeds for life; and that these conditions can be substantially reduced, and even over a period of one generation, virtually eliminated.

Through their preconception health program; eliminating toxic food and drink, healing allergies, mineral balancing, cleansing, and natural family planning, [Foresight](#), the preconception health organization in the UK, in higher risk couples achieves a 1276% reduction in birth defects to the national average, a 714% reduction in miscarriages, a 400% reduction in pre-mature births, and a 78% success rate in healing infertility.

The plan that I offer is not their plan, but rather an adaptation based on my personal experience.

Prior to conception, both the mother, and father need to significantly change their health.

A Preconception Health Plan

It is never too late to begin preconception health. Every little bit of effort you make prior to conception, will blossom with a several fold reward towards health improvement. Ideally preconception health should begin 2-5 years before conception for the father and mother. 3-6 months before conception is less ideal, but important progress can be made. Below is an overview of the preconception health plan.

Creating health for ourselves begins with an internal felt belief of, "I want to take care of and honor myself." You need to believe that you are really important and deserving enough, to take the time, effort, and energy required to look and listen within, to attune to your bodies true health needs.

Create Physical Preconception Health

Build nutrient stores in the body, particularly fat-soluble vitamins using highly assimilable foods, and avoiding modern nutrient devoid foods.

Recover from drug and contraceptive use (Birth Control Pills and IUD) recovering lost minerals and vitamins, and using Fertility Awareness instead of drugs.

Cleansing and healing is done by removing toxic build up, and identifying and eliminating allergies. At the same time you can balance blood chemistry.

Maintain health through avoiding environmental toxins and by practicing holistic exercise like; yoga, tai chi, chi gong, swimming or walking.

Create Emotional Preconception Health

Taking time to breathe, notice and feel your feelings.

Journal and engage in nurturing relationships.

Create Mental Preconception Health

Clarify your thoughts and feelings, especially around your intentions around parenting, family and community; through meditation, journaling, talking to friends, and through reading spiritual or other harmonious texts.

Create Spiritual Preconception Health

Align with your life's purpose as a parent. Parenting lies at the center of our longing.

Engage in spiritual practice such as prayer, meditation, reading religious or spiritual texts, yoga, selfless service, and communication with spirits or your higher self.

Source:

http://www.preconceptionhealth.org/preconception_health_diet_nutrition.htm

Rami Nagel

Cleansing and Purification Before Pregnancy

“The body can be overwhelmed by toxic accumulations as a consequence of fatigue, poor circulation, or improper diet. When we undertake to detoxify the body, we must take care of those things in particular to avoid simply spinning our wheels. I want to emphasize that an under active body burdened with toxic wastes does not have the capability to throw off toxins.”

Source: Dr. Jensen's Guide to Better Bowel Care, Page 18-19

"I believe that the number-one source of the misery and decay we are witnessing in our society today is autointoxication – self-poisoning caused by microorganisms, metabolic waste, and other toxins in the body."

Source: Dr. Jensen's Guide to Better Bowel Care, Page 10

Cleansing, offers some of the most divine and pleasurable feelings that I have experienced. After toxic accumulations were out of my body, a sense of harmony with life and nature came over me. If you are taking prescription medications, or have a diseased condition, please cleanse under guidance of a licensed health care provider. Many toxins will be moved into the bloodstream for elimination.

For cleansing the bowel use a fast that combines the use of herbs, apple juice, psyllium husks, flax seeds, and vinegar. The cleanse I used is available in Dr. Jensen's Guide to Better Bowel Care, and similar cleanses are offered by Arise and Shine, and Blessed Herbs. Please consult your inner wisdom, and a professional who has experience doing cleanses such as a naturopathic doctor, or a nutritionist.

Special Note:

Cleansing while pregnant or breastfeeding is not advised. The toxic wastes thrown into the bloodstream of the mother can affect the child through the bloodstream, or through breast milk. Also fasting does not seem wise during pregnancy because of the bodies heightened need for nutrients.

More information about Dr. Jensen's Cleanse,

http://www.yourreturn.org/Inertia/Bowel_Cleansing.htm

Proper Nutrition (Before Pregnancy, During Pregnancy, and During Lactation)

Nutrition Introduction

The importance of proper nutrition during pregnancy has been greatly underestimated in the West. Many of the conditions that are of deep concern for Mother's, such as ensuring for a safe and healthy birth, preventing birth defects, having a healthy child, are all significantly influenced by nutrition. Significantly is probably not a strong enough word, if you do not take an extra effort to ensure that you are eating well, than you are setting yourself up to suffer, and for you child to suffer as well. Unfortunately our culture sadly lacks the ability to share this information with Mothers. Take action and research your diet and nutritional needs!

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