

Transforming Down Syndrome Warrior: From Challenges to Triumphs

OUR STORY:

The birth of a child is one of the happiest moments in our lives. It was for us until we realized our baby had Down syndrome. We felt devastated. Our baby was different! What kind of future awaited him and us – would he follow us around for the rest of our lives, or would he have to live in an institution? I would cover his face in public so no one would see him. I didn't even want a baby shower. My emotions were so raw. I struggled so with guilt, shame, and stung pride until God helped us choose to believe that our most difficult challenges are our greatest opportunities.

A CHOICE:

We chose to make him the central focus of our family, and everyone did everything possible to help him thrive. We invested thousands of dollars and poured our energy into trying every remedy and therapy we could find. We gave it our all!

AGE 5:

When he was five, we discovered two significant factors that transformed our lives. Until that point, despite our efforts, he had not been growing or thriving; his speech was limited, and he faced serious heart issues along with several common challenges associated with Down syndrome. At five, we attended the Institute for the Achievement of Human Potential in Pennsylvania, which offered a week-long training for parents of children with brain injuries. The Institute researched typical child development across nearly all cultures worldwide, excluding two at-risk groups deep in the Congo. They found that cultures providing the most opportunities for creeping, crawling, walking, and running demonstrated the highest brain growth and development levels. The Institute applied this research to children with brain injuries by giving them significantly more chances to engage in these activities. They also gradually extended the duration of these activities from a few to about thirty minutes, simulating typical brain development while attempting to compensate for lost time or underdevelopment in that area of the brain. They successfully assisted severely brain-injured children in enhancing their brain growth and began to see remarkable progress.



We often hear that children of Asian descent experience advanced brain development. This is because Asian cultures typically place their babies on the floor for much of their early lives, allowing them ample time to creep naturally from almost day one. In America, we often place our babies in bassinets, playpens, carriers, and swings or carry them around throughout the day. Crawling is essential for promoting natural brain growth from birth. Many children with Down syndrome skip the crawling phase altogether, opting for a "bear walk," which involves moving on all fours. Skipping crawling prevents them from engaging in crucial brain development in the areas that support organized language, speech, and reading. As a result, they face significant challenges in these areas, leading to perceptions of unintelligence. Cultures that carry their babies until they are older often develop significantly underdeveloped written languages, linguistic skills, and other critical thinking abilities due to concerns about the dangers of having their infants and children on the floor or ground.

THE FIRST POWERFUL THING WE DID:

We developed a program that included creeping, crawling, walking, and running for our son. Remember, he was only five when we started. Imagine how challenging it was to motivate a 5-year-old to creep and crawl at that age, especially since he wanted to run. Nevertheless, we participated as much as possible, creeping and crawling alongside him. He loved walking and running, both of which were fun and easy! This highlights the importance of starting from birth and engaging naturally through the developmental stages to avoid the need to backtrack, which is much more difficult. I have prepared a packet of brain-development activities for these four stages. Feel free to print it out.

THE SECOND POWERFUL THING WE DID:

We incorporated nutrient-rich brain nourishment into his lifestyle. After being introduced to Sunrider International, we quickly began Seth on brain regeneration nourishment using the BASIC 5 foods, along with TOP, JOI, and ESE, which are Sunrider's foods for the nervous system. The more he consumed these foods, the more progress he made. Sunrider foods are system-specific, concentrated, whole-live herbal foods that are safe for pregnant and nursing mothers, and they do not interfere with medications. We can start early with our child, even during pregnancy, without concerns.



The results from these two decisive factors—1) Creep, Crawl, Walk, Run Activities and 2) Regenerative Whole Live concentrated foods from Sunrider—were remarkable. He began to grow three inches each year. His enlarged heart and walls returned to their normal size, his speech improved significantly, and his neurological development progressed steadily. His doctor noted that he hadn't seen anything like it and advised us to continue whatever we were doing. He is now almost as tall as I am at 5'4" and has a lean, muscular physique with well-defined muscles.

Most of the typical challenges gradually diminished. He still has Down syndrome, which is chromosomal. However, he continued to consume his regenerative foods and exercise regularly, and we saw continued physical, emotional, and mental development.

A FUTURE:

At 18, he attended a boarding high school—not one for special needs—graduated and then joined the staff. He supplied all the wood for the wood-heated school and staff homes. He owns three chainsaws and has saved money to purchase a \$30,000 tractor that he enjoys using on campus. Additionally, he has traveled to Peru ten times for mission trips.

HE HAS A LIFE:

He is passionate about helping others and making a difference in their lives. Thanks to Seth, we are all here tonight to share his story. He has made a significant impact on thousands, and his life is truly a blessing.

He has dreamed about and studied homesteading in Alaska for years. Guess where he is right now: Alaska! He isn't homesteading yet, but he's learning about and experiencing Alaska during its coldest and darkest months—from January to March. He loves it and works with a contractor. He has a life! He continues buying his Sunrider foods and wouldn't want to be without them. He loves them and notices the difference when he doesn't have this nutrient-dense, whole-live food.



IN SUMMARY:

Our goal was to assist our typical, very weak child with Down syndrome, whose muscle tone was so poor that he struggled for several months to lift his head off the bed independently. We implemented these two significant actions, transforming him into a high-functioning, strong young man who went from Challenges to Triumphs. These two actions were:

1. We nourished and continue to nourish his brain and body with regenerative foods from Sunrider International. Their powerful, concentrated, system-specific whole-live regenerative food removes the guesswork of nourishing the brain and body, making it simple, delicious, and effective. Kids love these foods!
2. We optimized the four key stages of brain development—creeping, crawling, walking, and running—by increasing the frequency and duration of each activity throughout the day. For example, we gradually raised the number of times he crawled up and down the stairs from one to four or five times a day while progressively extending the duration from 5 to 10 minutes to about thirty minutes of crawling. The more we repeat a brain growth activity, the more significant the progress! We focused on one or two activities for an entire week to maintain high engagement before selecting a new set for the following week. I have compiled a list of 10 to 15 engaging activities for each developmental stage to spark your creativity. These activities provide enjoyable, practical, and fun ways to connect with your child. Your child will cherish this time with you, and the whole family can enjoy supporting and participating in their growth.

TIME IS CRITICAL:

Time is of the essence! Integrating these two components during a child's first seven years leads to significant progress. Even though we didn't begin until our son was five, which means we could not make as much progress, our efforts still resulted in substantial benefits. He continues eating regenerative foods and exercising regularly to support physical, emotional, and brain development.

EFFECTIVE FOR EVERY CHILD:

These two methods for promoting significant brain development are effective for all children, whether they are typically developing or have special needs.

2 Things you can do immediately:



1. Call the person who shared this with you and make an appointment with them to help you with a simple plan to get these powerful foods. If need be, I love to schedule three-way calls for extra support. But before either call, so you have a handle on this, watch our very important video, **“Regeneration the Natural Way,”** recorded by me, a Naturopathic doctor and parent of our exceptional son. Watch the video ASAP. You will find it in our Educational Library <https://cleanslate.live> – on the front page: **Regeneration the Natural Way”**

2. While in the library, click on the words **“DOWN SYNDROME”** at the top and print out the **“Brain Growing Activities”** for creeping, crawling, walking, and running. Incorporate these into your lifestyle right away, no matter your child's age or development. Give your child the best chance for success while also enjoying quality family time together.

Mom, Dad, Grandparents, I invite you to embark on a transformative journey for your child. Time is critical. You have the power now to turn these little warriors from a life of struggle into one of triumph. You can rewrite your family's story, turning adversity into achievement. Together, let's embark on this journey. Your child can thrive! Your family can thrive! Start immediately! **YOU CAN DO THIS!**

