

# 7

## STEPS TO RAISING HEALTHY KIDS NATURALLY

### 1. Build a Strong Foundation 🧱 First

It's important we start our guide with this one, and we could easily describe it as the “#1 **Missing Link**” to Raising Healthy Kids Naturally as well. The reason it would earn that title is simple — this critical element is barely ever mentioned in pretty much every other natural health book, blog, or guide. And if we skip past this, each of the other 6 steps are greatly limited in their effectiveness for your child.

While we have tons of other articles and videos on our [www.PXDocs.com](http://www.PXDocs.com) site all about the role of the brain 🧠 and nervous system, we'll keep it awesomely simple for you for this guide!

The central nervous system (also known as the autonomic nervous system) is absolutely the boss of the entire body. Think of the CNS/ANS as the mom 🧑 of the family here.

Each family is 100 dependent on the mom knowing exactly what is going on with everyone, and all their activities (food, snacks, sports ⚽, school 🏫, sleepovers, etc.) at all times. Then if we're lucky, half the time us dads drive 🚗 and maybe get the child there on time.

That means moms do one thing all day every day — coordinate and communicate 📡.

That's what the nervous system does for Raising Healthy Kids Naturally! Since it is the main “boss” system that controls every other system (digestive, immune, motor, hormones, etc.)... if it is not functioning at 100, then nothing is.



We routinely have have new pediatric patients present to our clinic who's parents are doing all they can to give them organic, wholesome foods 🥦, tons of supplements, get good sleep zzz, stay fit and active, and maybe even are doing detoxes and other therapies as well to help their child be healthy.

But in so many of these cases, their children still struggle with chronic ear infections, allergies 🤧, asthma, eczema, sensory challenges, behavioral 😞 and emotional regulation challenges, and more.

What gives? They're missing the foundation 🧱 .

If a child's nervous system is subluxated and always stuck in fight-or-flight, then not only can all the basic health functions discussed below (🍏💪💩) not work well, but they also are more likely to get off track with their neurodevelopmental 🧠 milestones and run into sensory, spectrum, behavioral, and emotional challenges down the road.

Remember, like the mom of the family — the brain 🧠 is the boss!

## 2. Movement 🏃, Matters Most

This second key step to Raising Healthy Kids Naturally comes right on the heels of the first one (the nervous system), and we mean that pretty much literally!



Not only is movement of your child's motor system and muscles 💪 crucial to their brain and neurological development, but there is a whole bunch of movement that is even more basic and wildly important as well — digestive, respiratory, and immune system movement.

Our children are designed with a built in defense system that is honestly not all that complicated. They are designed to take in clean, healthy, nutritious foods... and then from there, their digestive systems (controlled by the nervous system) keeps the good stuff and gets rid of 💩 the bad and unwanted stuff.

Think of your child's digestive motility like the plumbing of your house. I'm going to make a pretty gross analogy to really

highlight this one, but it's so important it's needed...

What happens if every time your child goes to the bathroom 🚽 they leave Mr. Poop 💩 and everything else just hanging out in there for hours, days, and maybe even weeks on end? Nothing good right?

That's why poop 💩 is such a big deal! So much so we'll come back to it in Step 5 below!

The respiratory and immune system works the same way. It's designed to take in oxygen, and use the lymphatics and "HVAC" system to get rid of the rest.

Any bacteria 🦠, viruses, or bad guys that get in — are kicked right back out with a cough, sneeze 🤧, fever 🤒, and other naturally designed, health promoting mechanisms already built into your child from the beginning!

Just like the digestive system, keeping things moving 🌀 is the key to good health naturally for our kids. But once again, if things get stuck and subluxated — things get "backed up" and our child gets sick.

This is most easily described with ear infections. Recurrent ear infections may be common in infants and young kids these days, but they are not normal. As long as the nervous system and the body's "plumbing 🛠️ and HVAC 🌀" are keeping things moving along and working the way they should, the viruses and bad guys aren't allowed to stick around, set up shop, and cause trouble.

We don't have the sickest and most stressed generation of kids because they weren't born with enough antibiotics 💊 them. But keep reading and you'll find out that one of the reasons we do is because we overuse them, and have for far too long!

### 3. Eat Clean, Wholesome Foods 🧑🍳

Because there is so much amazing information out there on this one, we're going to keep this one super brief and focus on the one word we don't feel is discussed enough in this context — clean. This doesn't always have to mean organic, but a lot of times it should.

Plain and simple, kids and chemicals 🧪 don't mix.

While we also have way too much sugar, dairy 🥛, and grains 🍞 in our diet these days — the things that really wreak havoc on a child's health are the chemicals, additives, preservatives, and 80 million things found on the labels of most grocery items that not even your high school chemistry teacher can pronounce!

The reason these are such a major trouble maker for our kids health is that they wreak havoc on the nervous system (yep, back to step one). They create not just an inflammatory response in your child's body, but they also activate and stimulate the sympathetic fight-or-flight side of the nervous system.

That system then shuts down and inhibits respiratory and gut motility, and alters immune system function. The real Perfect Storm 🌪️ our kids face is a one-two combo of birth trauma and too many toxins in our diet and environment.

For even more in-depth help here, check out this incredible [Healthy Nutrition for Kids](#) article by our good friend Dr. Josh Axe!

## 4. Prioritize Sleep 🚿

Remember the last time you had a poor night of sleep mom and dad (probably was last night, darn you John Dutton and binge watching Yellowstone!)?

I bet any and every time you get poor sleep you end up not just tired, but also lacking the energy to be active and move much (steps 1-3 depend on that), make good food choices (step 4), and probably were super cranky, mad 😡, emotional, and had brain fog and forgetfulness all day long.

So if we want our kids to develop healthy and strong 💪, they have to be able to do those things each and every day! And since a good night's sleep is the foundation to a healthy, energetic, and active day for even our littlest of humans infant 🍼 — you must prioritize sleep from the time they are tiny to the time they are teenagers!



Since this one is so darn important, we wrote an entire in-depth article all about it — [Natural Sleep Remedies for Kids](#).

## 5. Prioritize Poop 🍌

Well over 80% of the cases of Autism, ADHD, Sensory Processing Disorder, Seizures, Anxiety, Asthma, and Allergies that we see at our clinic for the past 15 years also have constipation in their current or past health history.

Why? Because it's that darn important.

One of the most tell tale signs of health for your child overall is whether they are going #2 🍌 regularly or not.

And, we hate to break it to you — but if you're needing to rely on things natural (prune juice, probiotics, magnesium) or things medical 💊 (Miralax, suppositories, etc.) to make poop 🍌 happen — that doesn't count.

The reason why we put this as #5 is it's entirely dependent upon the first **4** steps above! If the nervous system is stressed and subluxated, things aren't moving and active, and if toxic and unhealthy food are going in — not good things come out 🤔.

## 6. Be Prepared to Kick the Sick w/o Drugs 💊

Here's the cold hard truth moms and dads — even if you rock those first **5** steps consistently for your child, they're still going to get "sick" from time to time.

Now, we put the word sick in parentheses there because however you interpret things when your child is in that situation, determines how you'll handle it.

The medical system 🧑🏻 has ingrained in us that if our child has a fever, runny nose, or cough 🤧 that something is wrong, broken, and needs a pharmaceutical 💊 fix. This philosophy or perspective if you will has now been passed on for a generation or two (but is NOT how things

were for thousands of years before that), and has led to some serious overuse of especially antibiotics 🍯 .

Research as far back as 2011 has told us that this was a major problem in regular pediatric health care, but sadly despite mountains and mountains of research on this topic — prescribing habits of pediatricians have not changed as swiftly and significantly as they should.



So what the heck should you do instead? Since I know that's one of the top things you're reading this guide for, let me list it out in literally priority order that we do for our kids when their immune systems are working hard and doing their thing (formerly known as "getting sick"):

- Let them rest so the body has energy and reserves to support the immune system 💪
- Get them neurologically-focused chiropractic adjustments to make sure the neuro-immune system and "move things along" system are working at 100
- Load up on immune boosting foods, herbs, and supplements

## 7. Always Remember the Sequence | | | |---|---| | 1 | 2 | | 3 | 4 | is Key

And finally for the last key step, we repeat steps one through six on the regular!

Each and every night we prioritize bed time and sleep. Each and every day we eat clean and healthy, take our vitamins and supplements, get active, keep tech and TV 📺 time super limited, and follow these steps as best we possibly can.

Then on top of all that, we get our neurologically-focused chiropractic adjustments 1-2X every single week to keep the foundational 🧠 brain and nervous system 🧠 healthy and rocking!

Then when we are "sick" and going through a resilience-building, adaptability-boosting challenge — we double or triple down! More rest zzz , more supplements, and more adjustments 🙌 !

For us, Raising Healthy Kids Naturally is not complicated. Now that doesn't mean it's easy either, because it certainly takes not only a significant perspective shift from the traditional medical 🏥 (chemical) model... but it also takes significant, consistent action.

But that's why God made us parents so darn tough, committed, and resilient! You absolutely can rock these 7 steps like a boss parents, and your [PXDocs.com](https://pxdocs.com) team will be here again and again to help make that possible!

