

presents...

Top 10 Dangers To Your Child's Health

**'Childhood Obesity-
Causes and Cures'**

by David Jackson, DC

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DISCLAIMER-

The information in this report and contained on the 'My Child's Weight Solution.com' website is for educational purposes only. It is not medical advice and is not intended to replace the advice or attention of health-care professionals. Consult your physician or your child's physician before beginning or making changes in your diet or exercise program, for diagnosis and treatment of illness and injuries, and for advice regarding medication.

Dear Concerned Parent,

Congratulations on taking responsibility for your child's health, vitality and future by getting this report. You have taken the first, and perhaps the most important step in helping your child by simply taking action.

This may seem like a small step, but as you continue your quest toward improving the life of your child (and your own), you will find that just getting started, just taking action, is the most important thing you can do, and for that, I once again congratulate you!

The ideas and concepts you will find below in this report are actually quite simple. They're simple, but they are powerful! Taking the time to learn and implement what you've learned will result in a healthier child, a healthier family and a happier you!

That being said, I feel like I must warn you of something... there is one factor above all others that will determine whether your child will lose weight and regain their health and here it is:

Your understanding of exactly what's at stake.

That's it, plain and simple.

It's called your '**Purpose**' and can be defined as your '**Big Why**'.

In my 20+ years of being involved in health and wellness both in my wellness chiropractic practice and lecturing to tens of thousands of people around the world, I can absolutely tell you that this one factor, purpose, is responsible for success or failure in anything in life... including your child's weight problem.

You see, the reality is that you can choose to look at this situation in many different ways and your success will depend on how you view the reality of the situation. Let me give you an example:

Let's say you have two Mothers, both with overweight children of similar age and gender.

One of the Mothers is concerned about her son and how he appears. She knows he gets teased at school and she feels for him. She also knows that his being overweight isn't good, and she is concerned that he tires easily. She wants to help, and she finds this very report, hoping it will give her strategies that will work.

The second Mother is also concerned about her son and his appearance but her concern goes much deeper. She knows that the looks and teasing he gets at school can have a deep psychological impact on his life. She is acutely aware of the detrimental health effects that being overweight or obese have on him and the future ramifications of not solving this problem. The bottom line is that she believes his life is at stake and is determined to do everything she can to save it.

Let me ask you this: which Mother will help her child get the best results, lose the weight and live a happy and healthy life?

The answer is the second one... every single time.

The determining factor is Strength Of Purpose... how strong is your 'Why'?

I truly want you to help your child, you family and yourself, and I know you do as well. The best way I can help you is to get you to understand this one singular point - **know what's at stake**. Know how dangerous being overweight or obese is to your child and know that **YOU can do something about it TODAY!**

The best place to start is with the truth and the truth is that our children's health is in serious jeopardy. Over that last 10 years, we have seen the birth of a new epidemic, childhood obesity, that will have grave consequences if it is not recognized for what it is and if immediate action is not taken by those who control the destiny of it.

Childhood Obesity does have a 'cure,' and it is in the hands of the parents of these children... specifically its' with Mom.

Over the course of 10 short years, we have seen a dramatic rise in the rate of overweight and obese children. The Center for Disease Control states that by the year 2010, over HALF of the children in the United States will be overweight or clinically obese.

Diabetes in children has doubled in the same period of time and significant heart disease is being diagnosed in children as young as 6 years old.

In addition to these serious conditions, overweight and obese children are at risk for developing a number of other diseases such as high blood pressure, breathing problems (including sleep apnea), metabolic syndrome and high cholesterol.

Along with all of these 'physical' effects, studies have shown a tremendous degree of psychological effects as well. In fact, one study revealed that severely obese children recorded their own 'quality of life' scores as low as children that were undergoing chemotherapy.

The two most devastating and obvious areas that overweight and obese children suffer in is low self-esteem and social discrimination. Lack of physical activity, physical limitations, feeling lonely and teasing from peers are amongst the leading causes of these psychological stresses facing overweight children.

The consequences of this epidemic are dire - **health authorities are now predicting that this generation of children will be the first to have a shorter life span than their parents.** This fact alone should get you, the parent (Mom) to do 'whatever it takes' to find a solution to this problem

There are many causes that lead to a child being overweight or obese and the following list is certainly not inclusive, but it details 10 of what I personally consider the worst habits that are putting your child's health in jeopardy.

'Top 10 Dangers To Your Child's Health'

1. SOFT DRINKS

THE PROBLEM-

Soda is over-loaded with sugar (an average of 13 teaspoons per 12 ounce can). It is also packed with artificial sweeteners, up to 200 mg of caffeine and typically contains at least 150 'empty calories' (calories with no nutritional value). Plus, soda often displaces healthy beverages like milk or water and causes tooth decay.

It's been reported in numerous studies that the average adolescent male consumes 500 cans of soda per year. At an average of 40 grams of refined sugar per 12 ounce can, that's a staggering **62 POUNDS of sugar per year!**

Think of it this way: a child who consumes the 'average' amount of soda or sweetened beverages per day (356 calories) would need to jog for an hour a day or walk for more than three hours just to burn off these excess calories.

"These findings highlight an alarming trend in sugary beverage consumption and should be a major concern for parents and policy-makers worried about the childhood obesity epidemic," says Y. Claire Wang, MD, ScD, assistant professor of Health Policy and Management at the Mailman School of Public Health.

'Parents Beware'- all of those 'healthy' drinks may not be all that good for your kids either. "Parents can be easily misled by the labels on fruit punch and sports drink bottles because they make these sugar-sweetened beverages seem essential for good health, when in fact they are nothing more than different forms of sugar water," notes Steven Gortmaker, PhD, professor of the Practice of Health Sociology at the Harvard School of Public Health.

The same study also shows that children are consuming the majority of these beverages (55 to 70 percent) **in their home**. Perhaps if they weren't 'there' in the first place they would help themselves to a glass of water!

Researchers calculate that a single 12-oz sugar-sweetened beverage per day translates to about 1 pound of weight gain over 3 to 4 weeks. That adds up quickly and can easily result in a weight gain of 12-20 pounds per year from soda alone!

THE SOLUTION-

If you're a soda-junkie yourself, kick the habit and watch YOUR health (and weight) improve. By the way, don't however, get stuck in the 'diet soda' trap... it's not good for you either!

Once you are over your soda addiction, nix soda from your child's diet and replace it with water, milk and other healthy beverages. The easiest and most powerful strategy here is simple: don't buy it and it won't be there for your child to consume it!

2. LACK OF EXERCISE

THE PROBLEM-

Today's kids just don't get out much and are leading inactive lifestyles. This puts them at risk for cancer, heart disease, diabetes, osteoporosis and more.

The average 8 year old watches 2.5 hours of TV (or video games) every day. Kids 8 and up spend an average of 4.5 hours propped up in front of the TV or wriggling a joy stick on a daily basis.

With these stats in mind, it's not that your children don't 'have time' to exercise, it's that they haven't been 'taught' to exercise. Equally important is that they likely haven't learned from you (Mom) that exercise can, and should, be fun and exciting!

THE SOLUTION-

Physical activity should be as important for your kids (and you) as brushing their teeth. Positive association and habits should be instilled in them when they're young so they'll be more likely to stick with it as adults.

If you feel like it's 'too late', you are simply wrong... it is never too late to learn new habits.

Find something that your child enjoys that requires them to move around more. Start slow and increase time each day.

Don't look past the simple 'everyday' things that can add up:

- Take the stairs instead of the elevator.
- Park the car in the spot furthest away from your destination.
- Go on a walk with them
- Use the money you save by not buying sodas and buy them a bike. Go for rides with them.

- Make physical activity an ‘opportunity to take care of their body’, rather than a ‘punishment or a chore’.

One of the easiest and most effective ways to increase your child’s activity is to limit their screen time — including television, video games and computer time — to a maximum of two hours a day. Make it easier by not having a TV in your child's bedroom, and keep the computer in a family area.

If your children do play video games, opt for those that require movement like the ‘Wii’ games. Activity-based video games — like dance games and video games that use a player's movements to control what happens — increases your child's calorie-burning power. In a study done at the Mayo Clinic, kids who traded sedentary screen time for active screen time more than doubled their energy expenditure.

The bottom line is do something, anything to get them off of the couch and moving. There are lots of great resources out there that can help you with this as well.

Keep in mind that kids learn by example, so you know what that means- get active with them!

3. BEING OVERWEIGHT

THE PROBLEM-

While obvious, it is important to realize that 'being heavy' is just a few steps before being 'overweight or obese.'

It might seem vogue to be heavy, but it is actually just 'common', not 'normal'. As you look around at other children or perhaps even at yourself, keep in mind that over 50% of American Adults are overweight.

We are also a 'sick' nation with a higher incidence of many 'weight related' diseases in spite of having one of the top 'health care systems' in the world.

The bottom line is that if you are modeling what you or your child should 'be like' or 'look like', be very careful not to confuse 'common' with 'normal'... most of these health concerns are absolutely NOT normal although they are very common.

THE SOLUTION-

Pay attention. Watch your child's weight and their eating/exercise habits. Don't over-react or put too much pressure on

your child, but keep an eye on their weight so you can be proactive instead of reactive when it comes to their health.

It is much easier to lose a 'little weight' or exercise a 'little bit more' than to tackle what may seemingly be impossible. Start early and keep an eye on it!

As always, clean up your own diet, and your family will automatically follow. Likewise, become a regular exerciser, and your children will be encouraged to join you in being more active.

4. NOT EATING ENOUGH FRUITS AND VEGETABLES

THE PROBLEM-

"My kids hate vegetables!"

Most kids do, but I'm certain that they won't hate all of them! You need to figure this one out because fruits and vegetables are loaded with disease-fighting nutrients, and kids who don't eat enough of them are at greater risk for developing obesity, cancer and other chronic health conditions.

And talk about not getting enough...a recent study of elementary school children revealed that not even one of 10 students (7 percent) was consuming the recommended serving of five fruits and vegetables a day. In fact, seven of 10 (70 percent) ate less than three servings of fruits and vegetables a day. Of that number, more than half (56 percent) ate fewer than two servings per day.

THE SOLUTION-

Make fruits and veggies a big part of every meal, and your kids will easily get the servings they need.

Encourage your child to trade in the bag of chips for a fresh apple or plum and start adding variety in the vegetable category. There are so many different types of delicious vegetables out there (I know because my kids devour them) and even more healthy ways to prepare them. Just spend the time to try them out in different ways and encourage your children to give them a fair try... you may just have to bribe them on this one!

5. EATING PROCESSED MEATS

THE PROBLEM-

Your kids might love hamburgers and baloney sandwiches, but processed and barbecued meats have been linked to cancer, especially colon cancer.

Many experts point to the large variety of preservatives that are included in many processed meats as the culprit to a variety of digestive problems so read labels.

THE SOLUTION-

Do your best to steer your kids clear of processed meat, and instead, turn them on to more healthy, wholesome foods like fruits, veggies, beans, nuts and seeds.

Be certain to read the labels on any packaged meats you do buy and opt for those that don't have a long list of things that you can't pronounce or understand!

6. TOO MUCH TV, VIDEO AND COMPUTER TIME

THE PROBLEM-

We talked about this one already, but it really deserves it's own category.

Watching TV and playing video games are both sedentary activities in and among themselves, but they also encourage heavy snacking at the same time that they are replacing exercise (a true double whammy).

Watching TV also exposes your kids to a **lot of negative energy** in the form of opinions, news and most important, commercials.

Keep in mind that executives are paid a lot of money to convince YOUR child to buy, eat, drink, smoke and take whatever they are selling. In fact, it's been estimated that the average teen has seen **over 180 thousand drug commercials** alone telling them to take a pill for whatever ails them. And we wonder where drug problems begin!

THE SOLUTION-

Limit your child's use of the TV, video games and computer. Many believe that children under two years old should not watch any TV, while kids over two should be limited to no more than two hours of any media a day. In fact, these are pretty much in line with the American Academy of Pediatrics guidelines.

7. SNACKING ON SUGARY AND STARCHY FOODS

THE PROBLEM-

I'm sure your kids go gaga over treats (who doesn't), but they're nutrient-poor, calorie-laden foods made up of mostly empty calories... and they make our kids (and us) fat!

Most sweets and snacks are made with refined grains (stripping the healthy part of the food away), which have been linked to cancer.

They also contain excess amounts of sugar, and we've already discussed the detrimental effect that sugar has on your child's weight, not to mention that sugar is known to depress immune system function.

Often times, the more your kids eat sugary and starchy treats, the more they begin craving them, which could eventually lead to a further weight gain... a vicious cycle indeed.

THE SOLUTION-

This is a lot like your 'soda solution'... Don't buy sugary snacks and limit refined, starchy snacks like chips.

If you don't bring them home, your kids won't eat them.

Ban sugary cereals, cookies and candy from your home. There are plenty of cereals that children love that are also good for them so buy those and lose the ones that are covered in frosting and then dipped in sugar!

Next, become a savvy label reader and look for hidden sugars in everything from 'health bars' to ketchup and sauces. You will be floored to see how much sugar some foods contain and remember, these are a huge contributor to your child's weight problem and to diabetes so take this serious.

If you have a sweet tooth to satisfy, serve fruit as a snack or dessert.

8. FAST FOOD

THE PROBLEM-

Fast food is everywhere and kids love it. It's easy, it's quick, and it's making our kids overweight and sick. It may be convenient, but it is also a serious contributor to your child's weight and health issues.

Each time you take your kids to the drive-thru, you are giving them (and you) the lowest quality food possible, which adds tremendous calories, tons of fat and little nutritional benefit to their diets.

The end result shouldn't be a surprise...you are contributing to your child's weight and lack of health. It may seem easy, but it is a short term solution with long term ramifications to your child's health and you simply have to break this habit and break it now.

THE SOLUTION-

Remember my earlier advice about ‘knowing what’s at stake’? This is where you need to simply commit to change **KNOWING** that your commitment will radically affect the life of your child!

With that in mind, this one is simple...Don’t eat fast food. Avoid it at all cost by planning ahead and eating before you go out to shop or for a family drive.

9. NOT ENOUGH VITAMIN D

THE PROBLEM-

Vitamin D deficiency is linked to dozens of health conditions including, osteoporosis, rickets, heart disease, diabetes and cancer.

Vitamin D deficiency, is common in obese children. According to a recent study by Dr. Margarita Smotkin-Tangorra and colleagues at Maimonides Medical Center, N.Y., the researchers found that 55% of obese children and adolescents were deficient in vitamin D.

THE SOLUTION-

Sunshine is the best source of vitamin D and it's free! The problem is that most kids don't spend enough time outdoors because they are too busy watching TV and playing video games!

If you live in a northern climate, getting enough vitamin D in the winter can be tough, so tough so make sure your child is getting 400 IU of vitamin D daily through a multivitamin and/or vitamin D supplement.

10. TOO MUCH WHITE (PROCESSED) FLOUR

THE PROBLEM-

White flour has zero nutritional value, which is why many experts believe its use should be strictly limited, especially for overweight children.

The more refined foods (including white flour) a child eats, the more insulin that must be produced to manage it.

Insulin promotes the storage of fat, which makes way for rapid weight gain and elevated triglyceride levels, which can lead to heart disease.

Over time, the pancreas gets so overworked that insulin production slows down to a halt, resulting in hypoglycemia (low blood sugar) or diabetes.

THE SOLUTION-

Avoid food made with white flour. When you shop for your child, choose 100 percent whole-grain products. Your kids may not jump up and down with joy the first few times they eat it, but their taste buds will adapt and soon they will be loving it and becoming healthier because of it!

FINAL THOUGHTS

These 10 points contain enough information and strategies to make a significant difference in the life of your child. I believe that if adhered to and implemented, **you have the power to save your child's life.**

Other than you own 'why', or purpose, there is one HUGE factor that will dramatically help you achieve success with your child and that is...

To Succeed Yourself!

It's a known fact that a large percentage of overweight and obese children have parents who are overweight and obese.

Use these 10 strategies to help you child for sure, but perhaps the best way to help your child is to help yourself first.

I know it may seem backward, but you are your child's world, and they do what you do.

Take good care of YOU. Spend some time thinking deeply about YOU. What is at stake in YOUR life? If you can find a huge 'why' (it could be your child!) for you to lose weight and get healthy, then YOU can (and will) succeed.

And **when** you succeed, **your child will succeed** and I for one will know that I have served my purpose in helping others live the best quality life possible and **you** will know that you have accomplished your purpose in being a fantastic parent and doing whatever you can to raise healthy, vibrant and happy kids!

I wish you all the best on your road to success!

In Health,

Dr. David