

Nutritional Guidelines for Children

Halls of Training



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Nutritional Guidelines



Honey

Honey should be one of the foods introduced to a babe along with his milk and porridge as he is weaned from the breast.



Maple Syrup

A child should never be given any other sweetener until the age of six or seven when their body would be able to handle small amounts of pure maple syrup. There is much goodness in pure maple syrup in the form of minerals that will enhance the opening of brain cells. There should never be any processed sweeteners such as sugars given.

These are products that have been through the processing stage before being eaten, whereas honey and pure maple syrup are not and will do their processing in the body. This perhaps would be one particular guideline that would serve well all the way from birth onward is anything already processed is on the way of

moving back to the kingdom behind. Anything not processed is moving forward to the next kingdom and is, therefore, the type of food that should be ingested. The more processing done, the more dead food that is being ingested.



Milk

The presence of honey along with pure milk from the cow will balance out in the body. The honey will have the effect of cleansing the cholesterol from the veins. This is not recognized at the present time, but honey could do much to help those whose veins are clogged. The two, milk and honey, compliment each other and perhaps others

allergic to milk could handle this source of calcium if they would but mix a little honey in it. There is basis in fact of the saying "the land of milk and honey." This was known up until the production of white sugar which actually acts as a poison to the human body.



Fish

Also on the list of foods for a babe would be fish in some form. There are no baby foods today in the commercialized market that have fish in them in any form. There is much in fish to benefit the opening of the Channel in children. If not fish flesh, a little fish oil would serve, but the actual flesh is better than just fish oil as the fish flesh

itself serves as a blotter for the oil. The fish flesh will absorb what oil the human body does not and will pass through the body easier than if

just fish oil were taken. So this babe of ours is getting milk, honey and fish. Not a very appealing combination to adults, perhaps, but these wee babes has never tasted a McDonald's or a taco or pizza have they?



Licorice

The next consideration would be licorice. This also has many minerals that will pair up or combine with the other foods the babe is eating, to allow full benefit of vitamins and minerals to be absorbed by the body. It also coats the lower intestines with a soothing coating to ease the passage of bulk from the body. The digestive system is the true seat of spiritual power and is a well designed and could be an easily functioning machine if thoroughly understood.