

Tips for the Halloween Sugar Scare

*Many children, however good intentioned their parents are, will be consuming enormous amounts of sugar this Halloween season, which can lower their immune system and leave the body very acidic. To buffer the effects from such events, here are a few tips/recipes to consider.

Pumpkin Juice

Pumpkin is full of antioxidants, very alkalizing and nutrient dense. Skin the pumpkin, harvest out the seeds, and send the “meat” of the pumpkin through a juicer. This is a refreshing, mildly sweet drink. Add some spices and apple juice for a pumpkin pie flavor.

Green Drink- my kids called this “Swamp Juice”

Dr. Christopher makes a formula called Jurassic Green. It is raw, dried juiced wheat, alfalfa, and barley grass. This is full of antioxidants, very alkalizing on the body, and nourishing to the blood. Mix this with some pineapple, grape, or apple juice for added sweetness.

Veggie tray

Make a tray of veggies with celery, cucumbers, bell peppers, broccoli. These are all very alkalizing and antioxidant veggies. Make a delicious hummus, cashew cream, or other dip kids enjoy to dip their veggies into.

Slippery Elm Porridge

Slippery Elm is the bark from the Elm tree. It is demulcent, absorbent, and very helpful at soothing heartburn. The powdered bark with a small amount of fresh apple juice quickly stirred will become a mildly sweet tasting porridge.

Catnip and Fennel tea

A tea of equal parts of catnip and fennel is great for those with an upset stomach, soothes the nerves and expels gas. Sometimes I will blend my tea up and strain it after it has steeped. I get more out of the plant and get a lovely green color.