

Precision Natural Medicine

Dr. David J. Otto; B.S., D.C., C.C.W.P., C.B.P. Fellow¹, C.F.M.P.¹, D.A.C.B.N.


1339 Blanding Blvd. Suites: 5 & 6


Orange Park, Florida 32065


Clinic: (904) 272-OTTO


Web: www.discoverhealth.us


Kids 'Korner'


 Almond Milk: dairy alternative found at most health food stores. Also provides a little protein.

 Carob chips: a great alternative to chocolate chips that doesn't have the caffeine. Found at most health food stores. You may also want to try the peanut butter chips.


 Almond Butter: The same thing as peanut butter but almonds are used. There is also cashew butter. Use a variety of all 3 nut butters. Each have their own unique nutritional value. Found at most health food stores.


 Honey is very pure [the FDA prohibits additions of any sort]. Because of its anti-bacterial properties, it keeps well and never spoils and is thought to have immune building capabilities. The Dextrose [a type of sugar] in honey is assimilated very quickly, giving that "instant" boost of energy the body needs. The Levulose [another type of sugar in honey] is absorbed much more slowly and maintains the sugar level for some time. Honey's double-action sugars quickly satisfy a craving for sweets and tend to maintain that sense of satisfaction for awhile.


 For a great snack, mix raw, unsalted seeds and nuts (almonds, sunflower seeds, pumpkin seeds, pine nuts, cashews, etc), carob and/or peanut butter chips and their favorite cereal. It's cheaper than buying the pre-mixed versions and you don't have to worry about hydrogenated fats or other unwanted ingredients.

 Don't forget fruit! Try to offer a wide variety when seasonal.

 "Betty Lou's Smackers" and "Blissbars" found at most health food stores.

 For babies, take a ripe avocado and applesauce, puree in a food processor. Makes an interesting green "pudding". For variety, instead of applesauce, use a pear or banana or a mixture of all three. This is highly recommended as a "first food" for infants.

 Take away the temptations. Do not offer or keep unhealthy food items in your house. If all they want to eat is blueberries, then let them have all the blueberries they want! Don't cave in and give them unhealthy alternatives.

 Be aware of your child's behavior in relation to the foods he/she has eaten. If they are acting especially cranky or out of control, it may not be a discipline problem but rather a dietary problem. Ask yourself, "When was the last time my child had something to eat?" or "What has my child been eating that could affect his/her behavior?" Children need to eat a little snack at least every 2 hours or they could start getting "cranky" or exhibit abnormal behaviors. Also, many preservatives, additives and sugars can cause your child to exhibit unacceptable behaviors. If your child is "acting out", try to correlate this with something he or she may have eaten.

Tips on Getting Your Kids to Eat What You Put on the Table

1. SET THE EXAMPLE!!! Eat with your children and let them see that you eat these foods as well.
2. When changing habits, do it gradually. All at once may be too much for them to deal with.
3. Don't offer unhealthy foods – don't even have them in the house.
4. Be consistent. Once you decide to clean your diets, don't give them some junk food and some good. (Especially in your house.) "Once their taste buds change, they don't ask for the other stuff."
5. Program them to believe that "we don't eat that, it's not good for us" and say it all the time. They are special and you are treating them that way.
6. Kids are smart...they can understand what "artificial colors" are and that they aren't good for us. Teach them to read their own labels...they will like the sense of "control" it gives them.
7. Get them around other kids who eat healthy. (Peer pressure can be a wonderful thing!)
8. "Provide healthy alternatives for snack foods for them to take to parties and church activities. My 11-year-old son doesn't mind at all!"
9. "Don't despair if it seems they only like 2 things...they will learn to expand their tastes. Continue to offer the food just like it's a normal thing."
10. "When they ask for snacks, offer them fruit, vegetables, or whole grain bread with peanut butter."
11. Get your kids involved. This helps them to try new things.
12. "I tell my kids they have to try everything. I can't count how many times they have turned up their noses at the sight of something but cleaned their plates once they tried it."
13. Educate them about junk foods and why they are bad for you. "If they are old enough, explain to them why you are changing their diets. Do they suffer from acne? That's just their skin trying to get rid of the unhealthy things they eat. Are they tired? Overweight? Runny nose? Constantly clearing their throat? Can't concentrate? All these things can be improved by choosing better foods."
14. Start with small portions. Don't overwhelm them.
15. Some kids like their foods separated and other like the casseroles.

16. “My kids love frozen vegetables! Sweet peas, green beans, corn, it's so easy! I just buy organic frozen stuff and dump it out of the bag! (Please don't tell them some people cook these things...)”
17. “My kids like the organic peanut or almond butter that I mix with raw honey and sometimes wheat germ. They ask for ‘peanut butter balls’ and I spoon out globs that they eat straight.”
18. Pray...ask God to give you creative ideas to involve your child in getting healthier.

Tips on Vitamins

1. Talk about the benefits of vitamins & minerals for our bodies.
2. Some capsules can be opened and mixed with applesauce, avocado and banana “pudding”, a small amount of juice (last resort!), a teaspoon of jelly, fruit smoothies
3. Lauricidin [Monolaurin] can usually be taken straight [even by 3 year olds!] and swallowed with a glass of water. Be very clear that they shouldn't chew it because it won't taste good. Don't underestimate the ability of your children to understand!