

Special Report

----- by Ka Sundance and Katie Flint -----



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Introduction

Thank you for signing up for our free e-Zine called “Raising Rawfood Children” dear friend. As a “thank you”, we want to give you this Special Report, which will provide you with information about an aspect of the raw food diet, most parents underestimate. It is about the magical green!

It does not matter if you and your family are eating mainly cooked and processed foods, a high raw or a 100% raw food diet - the dark green leafy veggies are probably the most important, most natural and most effective source of nutrients on earth!



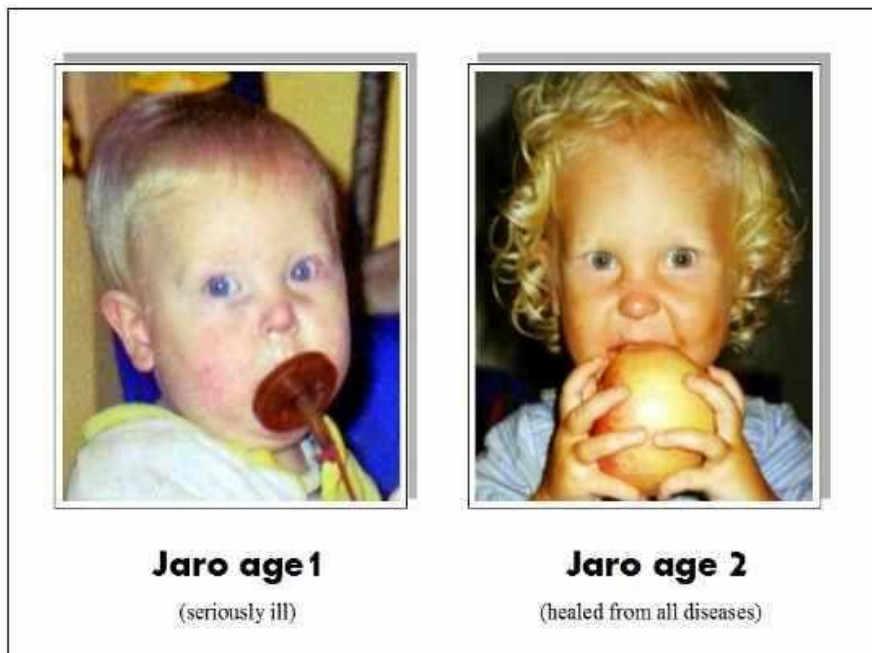
This is the reason why we want to give you this Special Report!

Mainly we want to inspire you and share our knowledge we gathered over the years as a Rawfoodfamily.

The reason why we started our raw food journey was, that our middle child called Jaro used to be seriously ill.



It looked like nobody could help us. Doctors told us, that we will have to live with an inhalator by our side, and be always alerted, and that there is nothing we can do to change that.



Have you ever tried to force an one year old to wear the inhalator mask for twenty minutes? And this 4 times a day??

Hah!

We tried, and it was a nightmare! ..

Then we thought: "All right, we have to change something!"

And we did!

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We found the healing power of Raw food....
and – basically-over night - all the symptoms were gone,
and never came back.

But it is not all about Rawfood!

There is a lot more than the right diet for children in order to stay
healthy AND HAPPY as well.

You can have raw food children, which aren't happy, because they are
forced to eat raw foods.

It is *not* about pressure, when you want to raise happy and healthy
children.

This is supposed to be fun!

It is fun to become more healthy. And one really important point about
becoming more healthy, and it doesn't matter if you are eating a lot of
processed food, high raw, or 100% raw, is the truly magical
importance and power of the dark green leafy veggies!

This is a must for everyone who is seriously interested in health.

And it is especially important for our children, because they are still
growing.



Why green is so important

Almost all of the wild vegetarian animals on this earth eat a high percentage of greens in their diet, so it is obvious that we should as well, especially if you have a look what science found out about the nutrition of green, and the unbelievable high percentage of minerals and vitamins in it.

I would go so far, and call it one of the most important supper food of nature. This is definitively the food of the future! And the best part about it is:

It is for free, and available in abundance almost everywhere in the world.

Greens are rich in potassium, calcium, iron and zinc and also is magnesium. All of these minerals are essential for human health.



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We need to include green vegetables often in our diets in a form that is easily to assimilate by the body.

We also need to include the richer greens, those that contain the most minerals, more often in our diet.

Green-leaf vegetables are the best source of folic acid and folates - which are of particular importance for pregnant women.

- Help you overcome cravings and addictions of all kinds
- Help you feel so energetic that you'll literally jump out of bed in the morning!
- Help you prevent and heal dental problems (especially important for children!)
- Help you prevent and overcome deficiencies of all kinds.



Here's are a few facts about greens vegetables you might not know...
and will help you to understand the importance of eating loads of it!

- **Greens contain more vitamin A than carrots**
- **Greens contain more vitamin C than oranges**
- **Greens contain more vitamin E than whole wheat**
- **Greens contain more vitamin B2 and digestable calcium than milk**
- **Greens contain quality proteins**

But there's even more.

Greens provide essential alkaline minerals such as calcium and magnesium that are found in insufficient quantities in fruit, nuts and seeds, not to mention other more conventional, acid-forming foods.

To provide enough minerals in the diet, we need a sufficient quantity of green vegetables.

We need also a good variety of green vegetables -- just celery and



romaine lettuce might not be enough to provide to most people's and children's mineral needs.

I have interviewed almost all of the famous long term raw fooders of the world, like David Wolfe, Shazzie, Kevin Gianni, Matt Monarch, Angela Stokes, Kate Magic and many more. And one thing they had all in



common was, that they told me that they juice lots of green, and believe that this is important!

The very best source of green we discovered is the wild edibles! So we tried to increase our amount of green, especially the wild edibles.

Did you know that stinging nettles compared to normal organic lettuce has about

30 times more Vitamin C

20 times more Pro vitamin A

40 times more Calcium

25 times more Magnesium

And 50 times more iron!!

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Think about this one!!

They are just so much more valuable than the domesticated ones!!

These are amazing news! Wild edibles are such a super super food, I cant even describe the importance of it, especially for children who are growing!!

And again: It is available almost everywhere and in abundance! So take the what mother nature is offering and keep on walking towards health!



Maybe one sentences about the essential fatty acids. In order to absorb especially all the minerals in the green leaves, make sure that you also eat enough of the important essential fatty acids.

Especially hemp seeds are good, because they have the optimal relationship of Omega 3,6 and 9 for our bodies to absorb. But also flax, and sesame is very good.

Just have a delicious smoothie after you had your greens together with your kids.! If you follow this, you ill experience a boost in your energy and health level. So lets get started. Go GREEN

This may all be said very easy, and sound good in theory, but sometimes it can look very different in a real family life!

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Becoming real!

Our little loved one can be very picky sometimes, especially when they have not been raised on a raw food diet. They love sweet taste, and some of the children, will refuse any kind of green. So what can you do???

We want to show you tips, tricks and tools you can use today, to improve your children's health by eating more raw food, more veggies and especially more greens now.



Maybe you have even started to implement more raw food into your life, but then problems came up.

It is suddenly not so easy anymore, the children won't eat greens, we don't know whether we should use some supplements, and we find out about the importance of raw food recipes.

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Suddenly we are really confused, because we want to do everything right and just don't know what to do. We wish for somebody giving us an overview of all the possibilities we have.

I KNOW that feeling! I've been there myself.

When we started it was not as easy as today to get good information on raising raw children.

I wish I had somebody giving me an exact overview, so that I could choose what to do.

Many people wrote to us, and asked us to share our knowledge, so that Katie and I finally decided to write this book together to give you the information you want, about how you can raise your children in the most healthy way.

We have written a long chapter on how you can make your child eat more greens and vegetables.

We want to give you 11 ways of reaching that goal!

We want to share our secrets only with you, because you can see the great value of what we offer here – unless many other parents in the “normal” society.



You have now access to the ultimate tool (172 pages!), which will give you all the information you need and also a clear action plan that will show you how to realize healthy changes within your family.

We will give you:



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- Nutritional needs of children

-All the necessary background information about raw food

- Answering the question how you can cover these needs with raw food

- The food and super food you must add to your childrens diet, in order to make them more healthy

-A clear step-by-step system on how you can manifest more health by eating more (or 100%) raw food with your children

- 6 secrets how to stay raw

- How to deal with social pressure school/kindergarten or in your family

- The biggest mistakes most raw food parents do (and how to avoid them)

- 11 top secrets how to make your children eat more green and veggies

- 2 menu plans you can choose from, to help you transforming to a healthier diet

- 6 top secret rules to healthy cooking alternatives

-The most important raw food recipes

This book is **not** about condemning cooked food, and preaching a narrow minded concept.

We believe that becoming dogmatic is not helping your children either. We even offer you healthy cooked alternatives, and some good reasons not to go for a 100% raw food diet.

We need to be open to new ideas, this is the bottom line of our message.

This is what we want to give you here. New, revolutionary ideas, of how you can manifest total, shining health by slowly



changing towards a more healthy diet together with your little loved ones!

We just offer you a new perspective of things, and how you can manifest change.

Because we deeply want you and your children to experience more health and happiness, we want to give you even more.

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Much more!

We have linked online videos to this book, so when you read it, you will see links to these videos, which are closely related to the topics written in the book.

You get many hours of these free additional videos, which gives you a wealth of additional input, on top of all the information given already in the book!

And it is not only about videos - we also share all of our online resources, beginning from possibilities getting high quality raw food products you never get in any shop around you (products you need when you want to go high raw, or 100% with your children), over links to online shops where you can buy raw food kitchen tools, until websites where you gain access to literally hundreds of raw gourmet recipes.

It is about ALL of this and much more!

We even give you a full money back guarantee, because we are so convinced about this book. If you have the feeling that you did not like it for any reason, we will give you every penny back. Promise!



So there is really nothing at all to lose for you. You can only win!

So please have a look at <http://www.therawfoodfamily.com/raising-raw-children-11.php>

and download your copy now!

All our love and support to you dear lightworker

Katie and Ka Sundance

☺ Sundance & ☺ KATIE
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