

Ensure the Wellness of Your New Baby

A new baby is a beautiful and indescribable blessing to any family. Months of preparation and anticipation lead up to a very climactic birth day. All is well it seems, mother and baby are doing wonderfully and in a day or two will head home. From the warm, safe and very recognizable, to the baby, environment of mom's womb, what environment, what cocoon will provide your baby safety from here on out?

Unless you specify during pregnancy that your baby will be wrapped in only the safest and best 100% cotton organic materials possible you will receive lots of gifts in blankets and crib materials that will not be so supportive for a newborn. Let people know early on your preferences for organic and green. This will ensure safe and cozy crib bedding for your sweet baby. Why cotton and why organic?

Certain clothes, especially permanent press, wrinkle free and water resilient fabrics are dipped or sprayed in formaldehyde, which is also used as embalming fluid. Many fabrics on sofas, chairs and carpets are preserved with harmful chemicals such as formaldehyde. Formaldehyde has some alias names to look for: Formalin, Methanal, Methyl aldehyde, Methylene oxide, Mordicid acid and Oxymethylene.

In any home, and especially next to the baby in the crib or anywhere in nursery decor, the materials will have a direct impact on the health and long term safety of a small child.

With constant contact, any person, and especially a small person will acquire sensitivities. These sensitivities are actually meant to be a warning signal that something is not right, to look at what is happening and make changes for the better.

There is no need for scare tactics; it is enough to say that reactions are not what you want for a newborn infant or any person. It is enough said that an allergic reaction can appear as benign as a slight skin rash, or unbearable dermatitis. Allergies can also come on unexpectedly as a life threatening asthma attack or anaphylactic shock.

The best way to insure a healthy environment for the entire home, starting with baby is fine though, is to buy 100% cotton, organic and from a reputable company. There are many listed in the green directories, online and most search engines.

Which Children Are Most Susceptible in a Toxic Environment?

Those babies and children who have a poor diet, rich in fast foods, sugars, hydrogenated fats and sodas will always be those that go to the doctor more, are diagnosed with strange diseases, labeled ADHD, etc. Not meant simply as a general statement, it is meant to emphasize what makes all the difference between a child that survives to adulthood and one that thrives to be a productive and vibrant part of society

What mom eats will make a difference too for breast fed babies. Moms have the job to eat mineral-rich diets prenatal, when breast feeding and afterwards. This especially so because all of the best goes to the baby while a woman is breast feeding.

What to Do If You Suspect Allergies?

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The body is equipped with digestive juice factories. Some are located in the mouth, some in the stomach, some juices that digest travel from the liver and pancreas through the hepatopancreatic duct to supply digestive help in the duodenum, the first part of the small intestine. Even though proteins are the building blocks for the body, without the minerals and enzymes needed to digest and utilize the proteins it is useless to over-proteinize the system.

When the body is depleted of the juices it needs to digest, even proteins which could be building blocks, become instead boulders the body simply carries along until it has the capacity to rid itself of what has become a liability. At this crucial point 75% - 80% of all foods ingested should be raw or lightly cooked.

Over time, when a person does not eat mineral and enzyme rich foods, these internal juice factories become run-down with serious over "abuse. At this point the human body begins showing those signs in such things as allergies. When the body is depleted of the juices it needs to digest, even proteins which could be building blocks, become instead boulders the body simply carries along until it has the capacity to rid itself of what has become a liability. At this crucial point 75% - 80% of all foods ingested should be raw or lightly cooked.

Precautions and Solutions

Creating Green Environments is going to be our best ally for the future. Begin small and add on something new each month.

Eating whole and natural creates whole Human Beings. If you are pregnant or newly into parenthood " begin now. Begin throwing out dead foods and replace them one by one with live food. Make it a family quest and project. What fun!

Create an organic nursery for your organic and healthy baby. This is a new beginning for your entire family, no matter whether you are expecting child #1 or #5.

Look for whole and green everywhere. Expect the best and insist upon it. To Your Best Health, Ellen Valentine, CNC

About the Author

Ellen Valentine is a nutritionist who has practiced herbalogy and naturopathy since 1975. Ellen is committed to disseminating knowledge about how healthy foods assist the body to heal. [Healthy Families Today and A Green Earth Tomorrow.](#) [Baby Nursery Bedding for your baby's health.](#)

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