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<http://www.shaklee.net/mimc>

<http://www.safeandproven.com/>

Just what is the average food plan of the children of our country? Well, not so good. Obesity and malnutrition is the norm. Many children end up at school without a good healthy breakfast, junk food being the common food grabbed and school lunches are shockingly disappointing. Then there is the fast grab for a dinner, all too often having nothing to do with healthy home style cooking. Yes, I know we are a busy people, burning the candle at both ends. All the more reason for natural vitamins for our children and youth.

I believe the doctors of the future will use nutrition as a common health plan and cure for many illnesses, heading them off before they bud.

Were you aware that as a Shaklee Distributor we have access to a complete line of natural vitamins and nutritional supplement? And with it comes a wealth of information on children and youth health needs.

For example: 75% of brain capacity develops between birth and age three. By age five, brain development is 90% complete. Read on Children's Health to get yourself into the information that is available for you and your family. We have 50 years of science and quality research behind all these articles. Read up on Natural Vitamins and Supplementation. **Children's Health - Begins Now!**

Children do need whole grains. They do need fresh fruits and fresh vegetables. They do need a source of calcium for their growing bones. They do need healthy sources of proteins, either from fish, poultry, eggs, and meat, or from plant sources. These foods give them the vitamins, minerals, and micronutrients they need to build high-quality bodies.

It's hard to compete against fast-food kids' meals--salty, fatty food, served quickly, in a bright, exciting place--and they come with toys! It's no wonder trips to fast-food restaurants have become the pinnacle of gastronomic delight for most preschool children in the United States. But here, in these fast-food restaurants, children miss out on important nutrients and fill their tummies (and

arteries) with things they don't need. We need to be very clear about what they need and what they don't in order to avoid being knocked over by the junk food current.

We live in a time of Fast Food, but can we combine the two, Fast Food & Good Nutrition? YES Â— lets explore some options.

Our special formula for [Natural Vitamins for Children](#) is a comprehensive, tooth-friendly multivitamin and mineral supplement. Or in a [Liquid Citrus Form](#).

[Soy Protein Shakes](#) are available in several flavors as well.

[Meal Shakes](#) are tasty and full of all the natural vitamins and supplements that are needed for growing children.

If your child or teen has been hitting the junk food isle or fast food roll through, you might want to consider [Our Slim Drinks](#).

If you agree with me, truly our children and youth are our treasure. Their learn from our example Let us do all we can to get them off to a good healthy start in life and also one of setting a good example of using Natural Vitamins and Supplement. The sooner we learn to nutritionally care for our bodies, the better.

As a Shaklee Client you will find a wealth of medical information for your family. If I may be of any assistance, please contact me for an appointment and consultation concerning Natural Vitamins or any other Shaklee Product.

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