

Set a Good Nutritional Example for your Kids with Sun Chlorella

It's almost back-to-school time—no better time to focus on what your kids are eating. After all, we know by now that childhood obesity has become a major problem in our country. There's also no better time to remember that as parents, you are setting a living example for your kids by providing them healthy foods at home. You are establishing eating habits and patterns that will stay with your children for their entire lifetime.

The good news, according to a new study released by the National Heart, Lung, and Blood Institute (NHLBI), part of the National Institutes of Health (the federal government's primary agency for biomedical and behavioral research) is that you can teach your children healthy eating habits. The study, published in the June issue of *Pediatrics*, suggests that children taught to follow a diet low in saturated fat and dietary cholesterol adopted significantly better dietary habits over several years, compared to their peers who received only general nutritional information.¹

The more you teach your children about choosing healthy foods, the better and healthier their diets will be. It's interesting to note that approximately one-third of the total daily calories consumed by the children in the study came from snack foods, desserts, and pizza. A startling fact, considering studies have shown that atherosclerosis, or hardening of the arteries — the leading cause of heart disease — begins in childhood.²

Sun Chlorella Can Benefit Your Children

If children aren't started on good healthy foods before they are about 2 ½ to 3 years old, the adjustment can be difficult to make the switch later in life. Getting your children to eat their fruits and vegetables can be challenging – especially convincing them to like eating those all-important green vegetables. And that's also where chlorella comes in. You can start your children on Sun Chlorella even before they have turned a year-old.

Sun Chlorella is a freshwater single-celled green alga, better known as a wholesome superfood that is perfectly suited for a developing child. It naturally offers protein, antioxidants such as chlorophyll & beta-carotene, dietary fiber, B vitamins, vitamins C and E, nucleic and amino acids, and many important minerals. It's particularly good for children because there is far less of a concern about taking too much. Whereas a child taking a manufactured product, which may have certain key ingredients that may be out of balance, Sun Chlorella is a whole food, so there's no concern. And one serving of Sun Chlorella is equivalent to one serving of fresh vegetables, only in a *simplified easy-to-take* tablet form.

Sun Chlorella can also help with common childhood ailments, including stomachaches, irregularity, and other digestive system disorders. Sun Chlorella helps balance and keeps the digestive system regular by stimulating beneficial bacteria in the digestive track, and purifying the intestines of pollutants. A lot of kids have trouble staying regular and they tend to have constipation. Sun Chlorella will help to keep the digestive system healthy and on track.

Doctors Say to Set a Good Nutritional Example

To see how Sun Chlorella can fit into a child's healthy diet, we checked in with two health experts, nutritionist David Nelson, Ph.D. and medical doctor Mark Drucker, M.D., to see how they set their good nutritional example by including Sun Chlorella in their own diets, and the diets of their young children.

David Nelson, Ph.D.

“As a nutritionist, I must not only be a living example to my patients, but more importantly to practice what I preach with my own family. I have been taking Sun Chlorella myself for many years. My son Brandon as been taking it since he was 1½ years old. He loves it! He chews those little tiny green tablets like they are candy, and when I give them to him he just says “mo, mo, mo”, (meaning MORE)! He then smiles with a big green smile and then puts his hand out for “mo!” He loves the taste, as it is so very fresh and rich in chlorophyll.

“Your children should be fed nutritious food from the very beginning of their life, to help create and establish their healthy taste buds and body’s own natural cravings. If you feed your children sugar, they will crave sugar. But if you feed them wholesome and nutritious foods such as fresh vegetables, fruits, whole grains, cereals (not sugar-based ones), and Sun Chlorella, they will literally crave nutritious foods.”

Mark Drucker, M.D.

“As a medical doctor who specializes in nutrition, one of the most important things I can do for my children is to get them in the habit of choosing nutritious foods and whole food supplements. That is why my kids watch me take Sun Chlorella every day, and sure enough, they want to take it too.

“Both of my children started taking Sun Chlorella when they were very young (8-months old), so they learned to chew it. Even though it is available in tablet and granule forms, I chew the tablets because I love the taste. They’ve watched me and now they love the taste as well. Being a whole food and completely natural, in my opinion Sun Chlorella is the best nutritional product that I give my children on a regular basis.”

Sun Chlorella – The Most Digestible Chlorella

What makes Sun Chlorella so *superior* is the unique, patented process utilizing the DYNO®-Mill machine. The DYNO®-Mill pulverizes the cell wall naturally, without using chemicals, or any other methods that have been known to damage its naturally nutritious structure. Sun Chlorella is the only chlorella on the market to contain 95%-99% pulverized chlorella, allowing for **optimum digestibility**. This patented process has been the recognized as the industry leader and no other company has or uses this method.

By creating a healthy nutrition culture within your home, it will help your children withstand the outside peer pressures that urge them to eat poorly, for instance, at school. Most importantly, set a solid nutrition example. *If you* eat plenty of whole grains, fruits & vegetables, including super green foods like Sun Chlorella, chances are your kids will too!

FREE Offer

For a **FREE** sample of Sun Chlorella and a **FREE** informative health magazine, call **1-800-829-2828, Ext. 2604**.

¹www.nih.gov/news/pr/jun2005/nhlbi-01.htm

²www.nih.gov/news/pr/jun2005/nhlbi-01.htm