



# WHY KIDS GET SICK & KEEPING THEM THRIVING.

Includes 19 simple recipes and remedies for all ages!

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## RECIPES AND REMEDIES

A heart warming power porridge  
Home made chicken stock  
Easy home made ghee  
A magical miso soup  
Indian lentil soup  
Simple crunchy seed crackers  
Avocado, garlic or ginger and lemon dip  
Applekraut  
Quick and easy carrot and ginger pickle  
Fermented Garlic Honey  
Immune Protecting Chocolate Snack (Using EO for 7 years & older)

## SOMETHING SWEET

Coconut ice zesters  
Joy jubes  
Home made marshmallows

## DRINKS AND SMOOTHIES

Immuni-tea  
Healing spice tea  
A superhero smoothie  
King kefir

## MORE REMEDIES

Garlic ear oil



## IMMUNITY AND GUT HEALTH

Immunity and the gut are intimately linked with 70 – 80% of our immune tissue situated in the digestive tract. If immunity is low, it's highly likely the gut (digestive system) requires healing.

Our digestive system affects not only our immune system, it is the terrain that nourishes our whole body, mind and as a result spirit.

This is demonstrated with two important statistics:

- 90% of our serotonin (happy hormone) is made in the gut.
- 400x more melatonin (sleep hormone) lies in the gut than in the brain.. Source <https://www.ncbi.nlm.nih.gov/pmc/articles>

If our digestive system isn't functioning well, it's not only our immune system that's affected, our mood, quality of sleep and much more is impacted. It's difficult to treat one area of the body without affecting other areas or indeed, the whole body.

**90%**  
of our serotonin  
is made in the gut

In 460 – 370 B.C. Hippocrates, the ancient greek physician, famously said,

*'All disease begins in the gut'.*

Then, what predisposes the gut to be susceptible to disease?

What we expose it to i.e. food, chemicals, medicines, stress, water etc. And importantly, it's what our bodies absorb and the health of our microbiome. Let's take a closer look...

**400x**  
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than the brain.

## OUR MICROBIOME TO THE RESCUE.

The health of our gut is influenced greatly by the health of our microbial population i.e. our bugs. Both the diversity of our bugs and their number. The greater the diversity and strength in numbers, the healthier we are.

The microbiome is our personal army of feel good microbes (bugs). Over time, as we've evolved, our bodies have enjoyed a perfect symbiotic (mutually beneficial) relationship with these bugs. When we have a healthy army of bugs, we metabolise food better, detox toxins better, we enjoy stronger immune systems, we sleep better and much more.

A healthy microbiome (gut flora):

- Eliminates toxins (detoxification and elimination)
- Helps digest food and supports colon and gut health
- Supports our immunity
- Has an anti-inflammatory function
- Supports brain health (nervous and neurological)
- Supports metabolic health (metabolism, blood sugars, weight)

Again, the importance of our microbiome is widespread and not singular in its function. As shown above, it has an impact on every major system in the body.

**Note: there are nasal, oral, auditory, skin and vaginal microbiomes all helping maintain wellbeing i.e. all surfaces and orifices having direct contact to our external world have a microbiome.**

## CLUES OUR GUT AND DIGESTION ARE GOING WELL.

Good digestion i.e. regular bowel movements every day, ideally after an hour on waking, 1 – 3 times a day, no bloating, cramping, gas or belching.

- ✓ Good oral health i.e. no fillings, well formed teeth and oral cavity.
- ✓ Steady stable energy all day. No blood sugar swings or crashes.
- ✓ Ideal weight.
- ✓ Happy disposition and mood is common. Joyful. Not irritable, moody, anxious.
- ✓ Clear skin.
- ✓ Clear eyes.
- ✓ Deep, restful sleep. Waking up fresh and energised for the day.



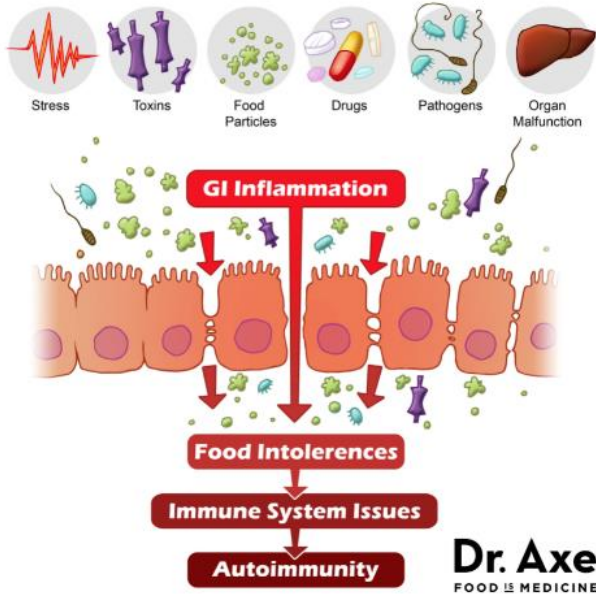
## CLUES TO AN UNHEALTHY DIGESTION OR MALABSORPTION CONCERNS.

- Digestive issues e.g. bloating, constipation, irritable bowel, loose stools, gas, diarrhea, cramping etc. low stomach acid, may feel nauseous or little appetite.
- Nutritional deficiencies e.g. low iron, low b vitamins, vitamin d, zinc or magnesium. From poor diet, stress, medications or malabsorption of nutrients (explained further on).
- Poor immunity e.g. sick two, three or more times a year, depending on the age. Seems to catch everything going around.
- Neurological e.g. Headaches, brain fog, lethargy, poor memory, inability to concentrate, disorientation, lack of focus, ADD, ADHD.
- Low or high energy – ‘unstable’ energy.
- Hormonal imbalances e.g. thyroid, hashimotos, cold feet or hands, irritability. PMS symptoms in older girls.
- Autoimmune disease e.g. allergies, asthma, hay fever, eczema etc.
- Mood issues e.g. anxiety, moody, irritable or depressive.
- Skin issues, itching, acne, goose flesh, fungal infections, athlete’s foot or toenail fungus.
- Dark rings under the eyes.
- Food allergies, sensitivities or intolerance.
- Sugar and refined carbohydrate cravings.
- Fussy eating.
- Poor oral health.
- Sensitivities to chemicals and perfumes.
- Muscle and joint pain.
- A nasal drip.
- Under or overweight. Unable to attain an ideal weight.

With many of these ‘clues’ also relating to a ‘leaky gut’ or gut impermeability.

## IS IT LEAKY GUT? A LINK BETWEEN THE GUT AND IMMUNITY.

### Leaky Gut Progression



Leaky gut is a condition where the lining of the small intestine becomes damaged. This causes undigested food particles, toxic waste products and bacteria to "leak" through the intestines and into the blood stream. It can be a primary cause of food malabsorption, low immunity, autoimmunity, mental health and digestive issues.

#### FOR EXAMPLE:

- **64 Million Americans** suffer digestive issues (1 in 5). **319M total.**
- **24-50 Million (1 in 13) Americans** have an autoimmune condition.

*I was unable to find the statistics in Australia unfortunately.*

**Testing:** A common test for a leaky gut is the lactulose / mannitol test. **A simple urine test.**

Then a **Hair Tissue Mineral Analysis (HTMA)** test is also useful for identifying heavy metal toxicity and mineral status.

Perhaps you know already if you or your children aren't absorbing efficiently or have some intestinal impermeability (leaky gut). The reality is today, most children are carrying a toxic burden. Testing can add up and be expensive. Something to consider is 'Will the test result change the outcome of the treatment'?

As shown below there are a range of common food, environmental and lifestyle factors that we are exposed to and diminish gut health.

#### 19 common inflammatory and irritating factors affecting microbiome & gut health.

1. High sugar diet and / or processed foods
2. Gluten
3. Conventional dairy
4. Treated tap water
5. Microbiome imbalance (GI infections) parasites, fungal, viral or bacterial overgrowth (SIBO)
6. Chemicals / toxins in our environment, in our food and inherited at birth, especially glyphosphate / roundup
7. Lack of nutrients, minerals and real food
8. Lack of fibre
9. Stress, physical and emotional
10. Medications, antibiotics (including those in food) and contraception
11. Low stomach acid
12. GMO foods
13. Our mothers microbiome, our birth and start in life
14. Lack of movement
15. Inferior and nutrient bankrupt animal products
16. Less time outdoors
17. Less diverse foods
18. Heavy metals
19. Thoughts and sub conscious belief patterns

And there's bound to be more.

#### Now for the good news!

With the right fuel (food) and tools (supplements, lifestyle factors) the gut heals and the younger we are, the quicker and more easily it happens. Here's how...

## 5 WAYS TO PROMOTE A HEALTHY GUT & MICROBIOME

### 1. REMOVE

common inflammatory and irritating foods and lifestyle factors you suspect are causing issues ( e.g. those on the previous page).

### 2. REPLACE

with nutrient rich healing foods (see below).

### 3. REPAIR

with specific supplements and real foods (below).

### 4. REBALANCE

with plant diversity, time outdoors, movement prebiotics and probiotics.

**5. REVITALISE** keep enjoying new choices, observe your child, show them how to honour their bodies with sleep, sunshine, movement, outdoors and more.

## 2. REPLACE and ADD IN.

Ideal foods for their abundance of healing nutrients and kindness on digestion e.g.

- Healthy fats e.g. coconut products, ghee, olive oil, animal fats & good quality, organic protein at each meal.
- Gelatinous foods e.g. bone stock to support healing the gut and for the richness in minerals. Gelatin, psyllium, aloe vera and chia seeds, marshmallow root.
- Organic organ meat.
- Pre digested foods e.g. smoothies and soups (blended).
- A variety of organic dark leafy greens and herbs preferably from the veggie garden, freshly picked.
- Keep foods simple and easier for the gut to digest and absorb.
- Sprouts e.g. alfalfa, broccoli, that feed the micro flora and help restore enzymes.
- Fermented foods e.g. kefir, applekraut, pickled vegetables.
- A good breakfast (easier to manage than lunch and stabilises blood sugars and mood!)
- Eat smaller meals especially in the evening and not close to bed time.
- Lots of variety in salads / vegetables with dipping sauces, mayonnaise, guacamole and 'snuck' into meals e.g. mince, smoothies, sauces etc.
- Herbs and spices e.g. ginger, turmeric, garlic, cumin, coriander, cinnamon, fennel etc.
- Slippery elm and Deglycyrrhizinated licorice (DGL).
- Fresh organic berries.
- Good quality salt.
- Seaweeds eg dulse, wakame.
- Cooking meat. Slow cooked & on the bone.

## 5 WAYS TO PROMOTE A HEALTHY GUT

### 3 & 4. REPAIR and REBALANCE.

Foods and supplements that are abundant in healing nutrients. Always try whole foods first, for example:

#### Native and other healing foods

- Gubinge
- Camu Camu
- Lemon Myrtle
- Olive leaf extract
- Echinacea
- Native plants
- Blue green algae. E3 Live.
- Raw Unfiltered Honey
- Fermented foods

#### Supplements

- Vitamin C
- Vitamin D3
- Magnesium
- Colloidal Minerals
- B Vitamins
- Good quality Cod liver or fish oil (omega 3's)
- Probiotics
- Zinc
- Liver Health Tonic

#### FYI foods that help chelate heavy metals e.g.

- Hawaiian spirulina
- Barley grass powder
- Coriander or cilantro (the leaves of the plant)
- Wild blueberries
- Atlantic dulse

Work with an experienced health practitioner on chelating and reducing heavy metal exposure.

#### Therapeutic grade essential oils:

- Digestive blend
- Peppermint
- Thyme
- Oregano
- Lemon
- Respiratory blend
- Tea tree
- Immunity blend
- Frankincense
- Clove

Try different essential oils and find which ones work the best for your family.

### And if you're thinking, 'how in the world will the kids eat that'?

Don't despair. Keep reading for some delicious, creative and super sneaky ways to get them loving these healing foods.



## 5 WAYS TO PROMOTE A HEALTHY GUT

### 5. REVITALISE.

A checklist of revitalising activities for a strong immunity and a healthy gut:

1. Quality sleep.
2. Outdoors and fresh air.
3. Sunshine (Vitamin D).
4. Manage stress. Placate the nervous system e.g. meditation, breath, yoga, dancing, art, massage and spending more time outdoors.
5. Movement / Exercise (oxygenation).
6. Mental and emotional wellbeing.
7. Good food and nutrition.
8. Chewing food well.
9. Greens glorious greens – diversity.
10. Healthy fats and quality protein.
11. Maintain steady blood sugars.
12. Enjoy breakfast.
13. Breastfeed.
14. Stay hydrated.
15. Review toxin exposure. Physical, emotional, environmental.
16. The microbiome. Dirt, Ocean, Outdoors and food diversity, (especially plants).
17. Own a pet.
18. Laughter.
19. Supplementation
20. Your support team.

**Take responsibility. Our health really is in our hands and a there really is no such thing as a quick fix. It takes time and it's worth it.**

## A PROTOCOL FOR EAR INFECTIONS

1. Use a saline spray e.g. Fess regularly e.g. every 2 – 3 hours. It will also hopefully relieve the pain. Try to stop crying if you can, it will make it worse unfortunately.
2. Make an immune building smoothie to sip on through the day.
3. Use garlic ear oil 2 – 3x a day and as soon as there is a hint of discomfort or symptoms show.
4. Take out dairy, bananas, oranges and mango (fruits high in sugar) and all sugar that can be mucous generating.
5. Use essential oils for the infection and fever e.g. melaleuca / tea tree and peppermint for the fever.
6. Fermented foods and/or a good quality probiotic.
7. Lots and lots of water.

## INCESSANT COUGHING

- STEAM STEAM STEAM
- Lots of garlic and lemon and the foods mentioned above.
- Fresh thyme or thyme tea (fresh thyme steeped in warm water) or the teas shared in this book.
- Therapeutic grade essential oils e.g. peppermint, melaleuca and/or respiratory blend. Use in a steam bath, depending on the age or how you prefer to use the oils. If using a steam bath, test it yourself first to ensure the vapour is not too strong.

## CLEANLINESS

When washing hands use soap and water or essential oils NOT antibacterial soaps.

Around the home opt for low chemical, natural alternatives and essential oils rather than toxic chemical products.

## OTHER MODALITIES AND PRACTITIONERS TO CONSIDER

- Health Coach
- Chiropractic
- Homeopathy
- Kinesiology
- Naturopathy
- Sound therapists
- Massage
- Sleep consultants
- Building biologists

## IN SUMMARY IF YOU SUSPECT YOUR CHILDRENS IMMUNITY IS COMPROMISED:

1. Schedule in early nights.
2. Fuel them up with the immune boosting foods, recipes and remedies in this book.
3. Remove inflammatory, processed and refined foods.
4. Boost them with a supplement or essential oils if need be. My go to's are cod liver oil, colloidal minerals and vitamin C, lemon, tea tree and the immunity blend essential oils.
5. If you're not sure what to do, please contact your health care professional for guidance or contact Kate for a short 30 minute consultation at [kate@katebarnes.com.au](mailto:kate@katebarnes.com.au).

**Note: the information in this ebook is a guide, based on personal experience and insight and should not replace a comprehensive consult with your Doctor or health care provider as required.**



Kate Barnes

# The Recipes



# A Heart Warming Power Porridge

**SERVES:** 4-6, **PREPARATION:** 5 minutes, **COOKING:** 15 – 25 minutes, depending on the grain.



## Ingredients:

- 2 cups of an organic grain of your choice e.g. quinoa, buckwheat or whole oat groats (seed) covered and soaked overnight in filtered water with a teaspoon of apple cider vinegar, salt or whey.
- 2 cups of filtered water or bone stock for cooking
- 2 eggs whisked
- 1 Tbsp of healthy fats e.g. organic butter, coconut oil or fresh organic cream
- 1 – 2 tsp of cinnamon powder
- 1 apple, grated
- 1 Tbsp of raw, unfiltered honey (optional)
- 2 Tbsp psyllium husks either stirred into the porridge or sprinkled on the top (if stirred into the porridge, it will thicken the mixture).

## For serving:

- seasonal fruit of choice
- organic coconut, sheep or goats milk yoghurt
- nut milk or milk of choice (optional)

## Directions:

1. place the soaked grains into a saucepan with the 2 cups of liquid and a pinch of himalayan or celtic sea salt
2. bring to the boil then simmer until cooked through and the porridge is at the preferred consistency e.g. quinoa takes about 12 – 15 minutes, buckwheat approx. 15 minutes, oat groats approx. 25 - 30 minutes.
3. When the grain is cooked through turn off the heat and stir in the remaining ingredients, except the topping ingredients. Mix well.
4. Serve into bowls and top with yoghurt and seasonal fruit.

## Notes

- If you've got fussy eaters, or kids who don't like eggs, don't worry, they won't know there's egg in their porridge. It blends in perfectly.
- Make it a savoury porridge using a bone stock in place of water (or a mix of both).
- Add a small handful of freshly chopped greens and herbs in at the end of the cooking to wilt and stir in.
- Add chopped nuts e.g. almonds, cashews, brazil nuts, walnuts and seeds e.g. sunflower or pepitas to serve.
- Add 1 tsp of vanilla at the same time as the cinnamon.

# A Healing Chicken Stock

(or for a beef or lamb stock refer to the notes section)

**QTY:** makes about 1-2 litres (depending on simmering time)

## Ingredients

- 1 onion with peel and cut into quarters
  - 3 sticks carrot roughly chopped
  - 3 sticks celery roughly chopped
  - Big bunch of parsley
  - Other herbs eg 3 sage leaves, 4 bay leaves, 8 - 10 thyme sprigs, 3 sprigs rosemary
  - 1 lemon cut into wedges
  - 4 or 5 cloves of garlic unpeeled
  - 2cm wedge of fresh ginger root and / or turmeric root
  - 4 or 5 dried shitake mushrooms
  - 1 – 2 Tbsp wakame or dulse (seaweeds)
  - Salt & pepper
- 
- Whole chicken (organic preferably) or use 2 or 3 chicken marylands
  - Filtered water
  - 1 Tbsp apple cider vinegar or 2 Tbsp white wine



## Directions

1. Put all ingredients into the stock pot.
2. Add enough water to barely cover the bird.
3. Simmer over medium heat, without boiling, for about 45 mins to 1 hour until meat is cooked.
4. Skim off any scum that comes to the surface.
5. Carefully remove bird into a large bowl, (if using carcass or wings disregard this step)
6. Cut off the meat and place in another bowl.
7. Return the carcass to the stock and tip any remaining juices onto the meat.
8. Cover the meat with the juices, use some from the stock if need be.
9. Cover meat with a tea towel until cool and then refrigerate for later use.
10. Gently simmer the stock for another 2 – 4 hours, and then a more rapid bowl for 20 mins to reduce the stock (if you prefer).
11. Strain the stock discarding the solids.
12. Place the stock in the fridge to cool and then freeze in glass jars if desired.

## Notes

- If you roast a chook, use the remaining carcass to make stock.
- Any bones can be used.
- Follow the same recipe above to make a beef stock using stock or marrow bones (and without the step of having to cut off the meat.) Pop all the ingredients in together and let it simmer away.

# A Magical Miso Soup

**PREPARATION:** 5 minutes, **QTY:** serves 4



## Ingredients

- 2 cups of filtered water
- 2 cups of home made bone stock or filtered water
- 5 cm dried wakame or dulse or 1 Tbsp dulse flakes
- 4 – 5 shitake mushrooms, sliced thin (or use 7 or 8 pieces of dried shitake, soak first for 5 minutes or fresh mushrooms)
- 1 1/2 teaspoons miso paste per cup of water
- 1/2 an onion, finely sliced
- Watercress or spring onion
- rather than tofu use your preferred organic meat e.g. pre cooked fish or chicken

## Directions

- Soak wakame or dulse for 5 minutes until soft, then slice thinly.
- Add mushrooms (and any other vegetables being used) to the broth and water and just bring to a boil.
- Lower flame to simmer and cook for 3 – 5 minutes.
- Add watercress and spring onions if using.
- Dilute the miso in a small amount of water and when the soup has cooled, add to the soup (to retain benefits of fermented food).

## To add more sustenance or medicine, add in:

- Carrot, celery, ginger, turmeric root and/or garlic when sautéing the onions.
- In place of 1 cup of water, use 1 cup of coconut milk for a creamier flavour.
- Add 2 handfuls of chopped kale or spinach at the end to wilt or a cooked whole grain in at the end e.g. quinoa or all of the above!

## Something else

If the children don't like 'bits' blend it all up into a delicious (palatable) smooth consistency

# Indian Lentil Soup

**SERVES:** 4-6, **PREPARATION:** 5 minutes, **COOKING:** 15 – 25 minutes, depending on the grain.



## Ingredients:

- olive oil or ghee
  - 1 brown onion
  - 3 cloves of garlic
  - 1 tbsp fresh ginger
  - 2 – 3 cups japanese or butternut pumpkin
  - 2 large or 3 medium sized carrots
  - 200 gms red or yellow lentils
  - 1L (4 cups) bone or vegetable stock
  - 1 handful fresh tomatoes
- 1 tbsp dulse flakes (optional)
  - 1 tbsp mild curry powder (or use ½ tsp if for children)
  - 1 tsp turmeric
  - 1 tsp cinnamon
  - good pinch of himalayan or celtic sea salt
  - ¼ cup basil and / or parsley to serve
  - 1 Tbsp pumpkin seeds (pepitas – optional)

## Directions:

1. Chop the vegetables into small chunks.
2. Heat the oil or ghee on low – medium in a medium sized pot.
3. Add onion, garlic, ginger and spices i.e. curry powder, turmeric, cinnamon and salt.
4. After about 1 minute add the potatoes, carrots, lentils (and dulse if using), stir it around another minute before adding the stock.
5. Leave to boil on medium heat for 30 minutes, stir occasionally, taste the soup and add more salt and spices if need be.
6. Add the tomatoes and let it simmer for 5-10 minutes.
7. The soup is done when the lentils are dissolved and well cooked.
8. Either serve as is or blend on high until a smooth consistency is reached.
9. Serve with a fresh grind of salt, fresh basil and/or parsley and pepitas (pumpkin seeds) sprinkled on the top. Enjoy!

## Notes

- If you've made it for the whole family and you like it spicier add more curry powder.
- If dairy tolerant, add approx. 1 Tbsp of organic cream to the childrens' as it's served.
- I've also added 1 cup of coconut milk as part of the stock, which adds another element of creaminess.

# Easy Home Made Ghee



## Ingredients:

- 500g organic unsalted butter cut into smaller chunks or as is (or more if you'd like it)

## Directions:

1. Heat the oven to approximately 90 – 95 degrees celsius (it needs to be under 100 degrees celsius or 200 Fahrenheit).
2. Place butter into a bowl or a large glass jug.
3. Put into the heated oven for approximately 30 minutes. The butter will melt and foam will rise to the top and form a light crust. Carefully skim this off the top.
4. The ghee will be ready when it's a dark, golden colour.
5. Pour the ghee through a very fine strainer, (the milk solids should be settled on the bottom of the bowl or jug).
6. Leave the leftover solids and discard.
7. Allow the finished ghee to cool down and then store in a tightly covered jar in the fridge. It's ready to use in all your favourite recipes.

## Notes

- To make a larger quantity of ghee simply use more butter e.g. 750 grams or 1kg.
- Inspiration for this recipe came from the book, Nourishing Traditions by Sally Fallon.



# Simple Crunchy Seed Crackers



## Ingredients:

- 200g sunflower seeds
- 60g flax seeds
- 100g sesame seeds
- 2 Tbsp psyllium seed powder (different to psyllium husk)
- 1-2 heaped Tbsp fresh herbs e.g. lemon thyme or rosemary
- 2 Tbsp freshly squeezed lemon juice
- 500ml water
- 1 tsp. Himalayan sea salt

## Directions:

1. Preheat oven to 140 degrees celsius.
2. Line 2 baking trays with baking sheets.
3. Mix all ingredients in a bowl and leave to stand until the mix is thick and pliable. This will take about 10 minutes.
4. Spread the mixture as thinly as possible on the baking trays.
5. Bake for 1.5 – 2 hours, turning trays after 45 minutes if browning more on one side. If not crisping up in the middle, turn the oven heat right down to 100 degrees and bake for another 30 – 60 minutes until they're really crispy and crunchy.
6. When browned and crunchy, remove from oven and leave to cool.
7. Once cool, break into any size you like and store in an airtight container.

# Avocado, Ginger Or Garlic Dip With Lemon.



This is a great way to get children eating raw garlic, a potent immune booster. Or for upset tummies add in a small amount of grated ginger or if everyone is up for it use both the garlic and the ginger. The lemon is also great for immunity and helps disguise the garlic and ginger flavour (a bit). Give it a go!

## Ingredients:

- 1 large peeled avocado
- 1 small garlic clove crushed and / or small wedge of ginger finely grated
- squeeze of lemon juice, not too strong (enough to disguise garlic or ginger)
- pinch of celtic sea salt or himalayan salt

## Directions:

- Add all the ingredients into a blender or bowl and mix thoroughly.
- Add sea salt and fresh black pepper to taste or if using.
- Serve as a snack with mixed raw vegetables, rice cakes or as a side with meals

## Notes:

- When storing in the fridge, place the pip of the avocado in with the dip to prevent the dip 'browning'.

# Applekraut

The tart flavours of fermented foods can be unusual for children to try. To help them get used to the taste, mix grated apple or grated carrot, (carrotkraut), into the sauerkraut for a sweeter and more familiar taste.

## Ingredients:

- 1 serving of sauerkraut e.g. 1 Tbsp to a  $\frac{1}{4}$  of a cup, depending on what your family will enjoy.
- $\frac{1}{2}$  an apple and/or carrot grated

## Directions:

- Mix the 2 together. Taste to check it's palatable for your family. If need be add more apple or sauerkraut.
- Serve as applekraut



# Quick and Easy Carrot and Ginger Pickle

**FERMENTATION:** 3 – 5 days, **PREPARATION:** 10 minutes, **QUANTITY:** approx. 500g



## Ingredients:

- 5 medium sized organic carrots, unpeeled and washed clean.
- approx. 7-10 cm length of organic ginger, cut into matchsticks (optional).
- 1 Tbsp celtic sea salt or himalayan salt i.e. salt with a high mineral content.
- 1 – 2 cup of filtered water, room temperature.

## Directions:

1. Dissolve the salt into the water, and leave aside to fully dissolve into a briny solution.
2. Slice carrots into halves and then cut each half into long halves, thirds or quarters depending on the thickness of the carrot.
3. Pack carrot sticks into your glass jar (I use a clean masons jar) then placing the ginger matchsticks into empty pockets in-between the carrots.
4. Then pour your briny solution over your carrot and ginger sticks.
5. The vegetables need to be fully submerged in the water with about 1cm of water above the vegetables to allow for expansion as the vegetables ferment.
6. Place lid on the jar and store in a cool, dark place to ferment e.g. the pantry cupboard.
7. Leave to ferment for 3 – 5 days. You will notice small air bubbles start to bubble to the surface of the jar, indicating the fermentation process.
8. When you think they're ready, have a taste. If they're good to go, start enjoying and store in the fridge for up to 6 weeks. If they're not quite tart enough to your liking, put the lid back on and leave for another day or two.
9. Let them sit at room temperature for one to two weeks, and enjoy!

## Notes

- You may notice bubbles gathering on the surface of the vegetables, this is okay.
- If you open your jar and you see a distinct mould and there is a putrid smell then it didn't work this time. Although it's unlikely this will happen!
- Add in your favourite herbs and spices e.g. in this batch I also added fresh turmeric, lemon thyme and coriander seeds or keep it simple first up.

# Fermented Garlic Honey



**PREPARATION:** 10 minutes,  
**FERMENTATION:** 1-12 months,  
**SERVES:** 1 cup

## Ingredients:

- 1 cup of peeled fresh, local (preferably organic) garlic cloves i.e. the best you can find.
- 1 cup raw, unfiltered local honey
- 1 tsp apple cider vinegar (optional)

## Directions:

1. Peel garlic cloves. Slightly crush if needed to help loosen and remove the 'skin'.
2. Add to a glass jar with a lid (large enough to fill half way). This allows room for the fermentation process i.e. gas.
3. Cover garlic cloves completely with honey while filling the jar approximately half full (as per above).
4. Put lid on the jar and place on a plate (in case it overflows) at room temperature in a dark area e.g. in the cupboard. Keep sealed.
5. Loosen the lid every 2 or 3 days to 'burp' i.e. release gas and prevent any explosions!
6. The garlic cloves will 'float' for a week through to a month.
7. Gently turn up and down, each day to keep the garlic cloves covered in honey. 8. Enjoy one or so a day.

## Notes

- The recipe works 1:1 for more or less of the ferment, adjust the quantities of honey & garlic accordingly.
- The honey may foam a little while fermenting and become more 'watery'.
- Add a tsp of apple cider vinegar to help the fermentation process and eliminate any bugs that cause mould or disease.
- Add a small amount of cayenne pepper for extra goodness.
- If the ferment smells 'really bad' or looks mouldy, then trust your instinct. Generally you will know by the smell!

# Immune protecting chocolate snack



**PREPARATION:** 5 minutes,

**SERVES:** 1 – 1 and ¼ cups

A great recipe to have on hand. Each ingredient is either a great immune booster or highly supportive of a healthy body. If you're not using honey, try stevia or xylitol or a sweetener of choice and only use therapeutic grade essential oils (if using them).

## Ingredients:

- ½ cup raw, unfiltered honey (manuka would be great if available)
- ½ cup coconut oil
- ¼ cup organic ghee (optional)
- 5 drops each of a therapeutic grade oregano or clove oil, lemon oil, on guard (or an immunity blend), tea tree, frankincense (note: leave the essential oils out if using for children under 7 years of age)
- 1 tsp cacao powder (optional & if you like chocolate)
- ¼ tsp cinnamon powder

## Directions:

- Add all the ingredients into a blender
- Blend on a low – medium speed until all ingredients are well combined
- Spoon into a glass storage container.
- Take approx. 1/4 – 1 teaspoon a day during the change of seasons or when cold and flu bugs are around. The amount taken depends on age, weight and tolerance.

# Coconut Ice Zesters

**PREPARATION:** 10 minutes, **TIME IN FRIDGE:** 30 minutes, **QUANTITY:** approx. 15 bite sized balls



## Ingredients:

- 1 cup or 80 g desiccated coconut, + extra for rolling (or shredded coconut)
- zest of 1 large lemon
- 1 Tbsp lemon juice
- 1 tsp vanilla essence
- pinch of himalayan or celtic sea salt
- 1 cup or about 100 g Raw macadamias (or cashews)
- 2 Tbsp honey or brown rice malt syrup
- 4 tablespoons coconut oil

## Directions:

- Add all the ingredients into a high-speed blender and blend on high for about 30 seconds.
- Scrape down the sides and blend on high again until all the ingredients are mixed and the desired consistency is reached.
- Taste for added zest or sweetener or add more nuts or oil for your desired consistency.
- Roll into small balls, about the size of a walnut. (note if the mix is a bit soft, pop in the fridge for a few minutes to firm up)
- Dust in desiccated or shredded coconut, (I prefer shredded for a more rustic look).

Place in a container and in the fridge to set or the freezer for another time.

# Joy Jubes

**SERVES:** approximately 15 small jubes, **PREPARATION:** 5-10 minutes



## Ingredients:

- 1/3 cup of strained lemon juice (or if everyone is feeling well use apple or pear juice and no added sweetener)
- 1 – 3 tbsp sweetener of choice if not using juice (honey, brown rice syrup, coconut nectar) if sick 1 tbsp of raw honey
- 1 ½ Tbsp of powdered gelatin, (grass fed)
- optional: for colour 1 tsp beetroot powder or ¼ tsp turmeric powder if using lemon juice as juice.

## Directions:

1. Place all ingredients into a saucepan. Cook on low heat, stir constantly until mixture is smooth and all lumps have disappeared (about 5 minutes).
2. Place immediately into ice cube trays, or chocolate molds and place in the freezer for about fifteen minutes or the fridge for about an hour
3. Once they've set remove them from the molds and place in a jar for storage in the fridge.

## Notes

- Use coconut milk or cream in place of juice for healthy fats and a creamier, coconut flavour.
- They will keep for a few weeks at room temperature (if they last)!
- For a special occasion or great to have on hand to substitute for lollies, little kids and big kids alike.





# Home Made Marshmallows



**PREPARATION:** 20 minutes

## Ingredients:

- 4 Tbsps of grass fed, preferably organic gelatin powder.
- 1 cup of filtered water
- 1 Tbsp of Marshmallow Root (optional)
- 3/4 cup raw, unfiltered honey
- 1 tsp vanilla or other flavor optionals (mint extract, lemon, cocoa powder, etc)
- Optional: 4 capsules of probiotics. Shelf stable recommended.

## Directions:

1. Optional Step: Combine 1 cup of warm water with the 1 tablespoon of Marshmallow Root and let sit for 5 minutes (or as long as overnight in the fridge), Stir well and strain. Make sure that the liquid makes a whole cup.
2. Pour ½ cup of water (marshmallow mix if you used it) into the metal bowl or mixer bowl and add the gelatin. Whisk slightly to incorporate and let sit.
3. Pour the other ½ cup of water and honey into the small saucepan.
4. Slowly bring the water and honey mixture to a boil. Keep boiling, stirring constantly for 8 minutes.
5. Slowly start pouring the honey/water mixture into the bowl with the gelatin mix (which will be hardened by now).
6. Turn on the mixer or hand mixer and keep on medium as the honey mixture is added.
7. When the honey mix is added, turn the mixer to high and blend with the mixer for another 10-15 minutes or until it forms a stiff cream the consistency of marshmallow cream (it should form gentle peaks).
8. Add the probiotics and any flavor ingredients for the last 2 minutes of mixing (except cocoa powder which can be added to the honey mix in the saucepan).
9. Grease a loaf tin or square baking dish approx. 19cm x 20cm with coconut oil or line with baking paper.
10. When marshmallows are whipped, pour into the lined/greased dish and smooth evenly.
11. Let sit at least 4 hours (overnight is better).
12. Flip on to a cutting board and cut with a sharp knife. You could also cut into shapes with a cookie cutter (although you'll waste a lot of marshmallow)!
13. Store in an airtight container. Delicious!

## Notes

Do NOT store in the fridge as they will melt. Store in an airtight container at room temperature. The probiotics will decrease the shelf life to 3-4 days. Without the probiotics, these will last 2-3 weeks on the counter.

Recipe inspiration from <http://wellnessmama.com>

# Immuni-tea

A tea steeped in goodness. And if you don't have all the ingredients - not to worry, use what you have on hand.



## Ingredients:

- 1 big desert spoon of home made bone stock / broth (optional) or 1 desert spoon organic, grass fed gelatin (hydrolysate).
- squeeze of fresh lemon juice.
- dash of cinnamon.
- dash of turmeric or approx. 1/2cm thinly sliced fresh turmeric root (optional).
- couple of thin slices of fresh ginger root (optional).
- 1 drop lemon essential oil (therapeutic grade - optional).
- warm filtered water.

## How:

- Place all the ingredients into a cup or double the quantity into a teapot for tea for 2.
- Add a small amount of cold water.
- Fill the cup with boiling water and stir.
- Pour into your favourite teacup and sip slowly.

# Healing Spice Tea

A full-of-flavour healing tea to support digestion, immunity and assist with detoxification.



## Ingredients:

- ¼ teaspoon whole coriander seeds
- ¼ teaspoon whole cumin seeds
- ¼ teaspoon whole fennel seeds
- 1 teaspoon cinnamon powder
- 1 ½ cups room temperature filtered water
- Raw honey to taste

## How:

1. Gently grind with a mortar and pestle the coriander, cumin and fennel seeds in a mortar and pestle or place in a bowl and use base of a rolling pin.
2. Add cinnamon.
3. Bring 1 ½ cups of water to a boil in a saucepan (without lid).
4. Add the ground spices.
5. Reduce heat to low and allow to simmer uncovered for 3-4 minutes.
6. Strain and allow to cool completely before adding honey.

Can also be served as Ice Tea by pouring over ice and adding lime or lemon juice.

# A Superhero Smoothie

**PREPARATION:** 5 minutes, **SERVES:** 2



## Ingredients

- 1 apple or pear (or fruit in season)
- 2 handfuls of washed english spinach leaves
- 1 teaspoon coconut oil
- 1 – 2 Tbsp gelatin powder or ½ cup bone stock
- ½ cup of ice (if they like)
- 3 cups of water

## Directions

- Place ingredients in blender or Thermomix. If you sense some resistance get the kids to choose some of the ingredients!

## When family members are sick

- Keep the smoothie simple.
- The basis: A handful of spinach (for green) and water or coconut water for minerals and electrolytes if needed.
- For sweetness (if not using coconut water): Add in an apple or pear and a wedge of lemon with the rind
- For healing: 1 or 2 garlic cloves and/or ½cm wedge of ginger and / or turmeric root, 1 tsp gubinge powder for vitamin C.
- Blend altogether to a smooth consistency

## Notes

- More sustaining: a handful of almonds or chia seeds or oats, tsp of spirulina, E3 live, or a raw egg at the end.
- If your kids are seasoned smoothie drinkers, in place of 1 cup of english spinach add in 1 cup of bitter greens e.g. dandelion greens from the garden, kale or bok choy, mixed with fresh herbs e.g. basil, coriander or parsley.
- For chocolate leave out the herbs and add 1 Tbsp cacao + ½ cup organic berries.
- For a pink or purple smoothie leave out the greens and cacao and use coconut yoghurt (sugarfree) with raspberries or blueberries as the base.
- The coconut oil helps with the absorption of vitamins & minerals and fighting infection.

# King kefir



**PREPARATION:** 5 minutes,  
**FERMENTATION:** 2 – 3 days,  
**QUANTITY:** depends on the amount of grains.  
1 Tbsp of grains = approx. 1 cup of liquid.

## Ingredients:

- 1 Tbsp of dairy or water grains
- 1 Tbsp sweetener e.g. maple syrup
- 1 cup filtered water or coconut water or if making a dairy kefir use either coconut or organic milk if tolerated.

## Directions:

- Rinse grains in filtered water (must be filtered).
- Place grains in a large glass jar (enough to contain the amount of milk or water needed).
- Place approx. 1 Tbsp of grains in 1 cup of water or raw or unpasteurised milk (depending if you have dairy or water grains).
- If using filtered water, not coconut water add approx. 1 Tbsp of maple syrup or rapadura or coconut sugar. (The bacteria feeds on the sugars). For additional flavour add 1 slice of lemon and a few slices of fresh ginger. If using coconut water, there is no need to add extra sweetener / sugar.
- Place muslin cloth or lightly weaved tea towel over the glass jar & hold in place with elastic band.
- Leave to ferment and grow on the bench for approx. 2 days, maybe 3 days in colder weather.
- It is ready when small bubbles rise to the surface consistently OR with dairy grains the milk starts to 'separate' – it does not look pretty & will smell & taste a bit like buttermilk or a very sour cream.
- Drain the grains from the kefir liquid using an enamel colander (metal can kill off the bacteria), and drain into a bowl to collect the liquid (similarly if using a spoon, use a wooden spoon).
- Rinse the glass container and dairy grains as you go & place back into rinsed glass jar. (Water grains won't need to be rinsed each time).

Start the process again.

- The remaining liquid can be stored in a glass jar in the fridge for up to 5 – 7 days.
- Use this in smoothies, by the tablespoon or drink as a refreshing drink.

If going away:

Drain off the grains & then add enough milk or water & sugar to cover the grains.  
Store the grains in the fridge for 3-4 weeks.

## Notes

After hibernating it can take a bit longer to get the grains 'warmed up' again. It may take 3 or 4 days for the bubbles and fermentation to form.

For a demonstration on how to make Kefir visit <http://www.katebarnes.com.au/recipe/6-benefits-of-milk-kefir-how-to-make-it-in-3-easy-steps-with-video/>

# Garlic Ear Oil

Garlic is a powerful natural medicine. For centuries, it's been used for its antibiotic, anti-fungal, and antiviral properties. Garlic ear oil is an ancient Ayurvedic medicine that's easily made on our stove tops. I first came across it in a talk I listened to by Dr John Dulliard, an Ayurvedic Doctor and Teacher.

It's worth taking the 5 minutes to gather the garlic and oil and let them simmer away together for 20 minutes or so to create this traditional elixir. Use the oil for prevention as well as medicinal.

**PREPARATION:** 5 minutes,  
**Simmering:** 20 minutes

## Ingredients:

- 1-2 bulbs of peeled garlic, slightly crushed with the palm of your hand or the blade of a knife (about 8-10 medium sized cloves)
- 1/2 cup of sesame oil
- A small bottle & dropper



## Directions:

1. In a saucepan, add the oil and the garlic cloves. Bring to a simmer, and allow to bubble and spit for approximately 20 minutes. (Don't let the garlic burn). At the end of the 20 minutes the garlic was slightly caramelised (which you can then eat)!
2. Remove the pan from heat and allow to cool.
3. Slowly pour just the oil into the bottle, and store at room temperature.
4. To use the oil, lay head on a pillow (covered with a towel).
5. Tilt the head to the side and gently squeeze 3 – 5 drops of warm oil into the ear. Allow it to rest for about 5 to 10 minutes.
6. Drain the oil onto a tissue and repeat in the other ear.
7. For prevention try the oil once a day or if trying to combat a cold or flu symptoms try the oil twice a day e.g. morning and night.

*The inspiration for this recipe comes from Dr John Douillard at <http://lifspa.com>*

The information in this book is just one part of a balanced lifestyle that covers a wide range of health fields and professional advice. If you are ill or sick with a treatable medical illness then continue to see a conventional medical practitioner. Ultimately health is about discovering the choices that work for you and your family as individuals and taking ownership of those unique requirements.



## About Kate

After working as an executive in professional services, Kate started her global business as a Certified Holistic Health Coach over 15 years ago. She has a Bachelor of Science and a Post Graduate Diploma in Business.

With over 10 years experience working specifically with families and their health challenges including allergies, mental health concerns, fussy eating, weight management and more, Kate has successfully enriched the lives of countless families.

Kate uses her extensive experience and passion for family wellness to develop a comprehensive coaching philosophy that transform your health – for life - literally. ‘Being healthy is our natural state’ is Kate’s ethos. Simple, life changing & fun’.

“Eating nourishing foods, making empowered choices, not only changes the mind but the body too. Prevention is the cure. Our health is in our own hands - it’s a liberating choice.”

*Kate Barnes*

## How to work with Kate:

- one on one transformative coaching and mentoring, including her signature nourished family program.
- her practical and engaging online e-courses,
  - ‘[A gentle cleanse with Kate](#)’ her leading nutrition and detoxification programs for busy women. And
  - ‘[Our Happy Children](#)’ her ground breaking nutrition and education program for lifelong healthy families <https://www.katebarnesschool.com/p/our-happy-children>.
  - [Get-up and Glow with Kate](#) a transformative 21 day program for more energy, better sleep and vibrant skin.
    - regular live workshops and webinars.
    - guest speaking engagements.

Kate loves sharing her message of taking our health back into our own hands, and that prevention really is the cure. By increasing awareness about the best nutritional choices and eliminating the many confusing messages, her clients become their own doctor, they stay motivated and inspired to take action & live their best lives – while passing timeless knowledge on from one generation to the next. Just as we used to do.



# WHY KIDS GET SICK & KEEPING THEM THRIVING

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