



# Help Transform Your Child's Lunchbox With Brooke Thomas of 360yourlife

Written by Sandra West  
Balanced In Success

You may have heard that our children are the first generation that will not outlive their parents. Their health has deteriorated due to insufficient exercise and poor choices in their diet. We as Americans are in a health crisis!

The average American consumes 30 teaspoons of added sugars and sweeteners a day as reported by the Center for Sustainable Systems at the University of Michigan. [www.css.snre.umich.edu/css\\_doc/CSS01-06.pdf](http://www.css.snre.umich.edu/css_doc/CSS01-06.pdf)

By age 12, 70% of all American children have developed beginning stages of hardening of the arteries. *Bogalusa Heart Study*

Brooke Thomas, Certified Nutrition Consultant and Owner and Founder of 360yourlife, is helping Americans "get their health back". Her passion is to help live the way we were designed to live. She is playing a part in the American health revolution aimed at getting us out of this health crisis. "We as Americans have come so far away from where we used to be relative to health and nutrition. We need to get back to basics," says Brooke.

After facing cancer 6 years ago, and having two children with husband Brett, Brooke realized that everything that she put into her body could contribute to her cancer coming back. She learned that certain foods cause inflammation and had an adverse effect on her body. As she continued to learn more about nutrition, she discovered her passion to help others realize that there is hope in turning their own health and life around. She does this not only with adults, but also with kids at a young age. One of ways that she is reaching children is through her leadership in the afterschool fitness and nutrition and healthy lunch program that she developed for Davidson Day School in Davidson, NC. Sandra Gant with Charlotte News Channel 36 covered the story earlier this year which highlighted the impact that good nutrition has on children who participate in the program.

360yourlife is focused on facilitating each individual's unique health transformation. Brooke explains that it begins with choosing foods that come from the earth and are closest to "real" foods. For example, by choosing an apple instead of apple juice, the fruit stays in its pure and natural form. The next shift is to look at ingredients listed on the packaging of our food instead of calories and fat content. You want to choose foods that have "real" ingredients that are good, clean foods. She makes this easy by offering a free grocery list that can be downloaded from the website 360yourlife.

As our children head back to school the dreaded lunch packing begins. One of the most important parts of the health transformation includes our children. Parents can learn to replace those less healthy items that our kids like with others which have better ingredients. One of the best ways that Brooke has found to accomplish this is by using a lunchbox that has separated compartments. Not only does it save the environment

by not having to throw numerous plastic bags away each day, but it also allows for packing kids healthier options. These kits allow parents to move away from pre-packaged, heavily processed and preserved foods to more natural foods such as fruits with natural dips and creative healthy sandwiches. Brooke suggests preparing lunches with themes as well as getting creative with fun shapes. Great recipe and theme suggestions are offered on the 360yourlife website to make it easy.

Often time's parents are concerned when beginning this lunch transformation that their children won't like the healthy food substitutions or that they will see other kids at lunch with the processed food options that they prefer. Brooke suggests talking to your children about why certain foods are better for their bodies; those that make them happier, give them more energy, and make their tummies feel better. She also encourages involving your children in the selection of the lunch themes for the week and even to include them in making some of the items. This will leave a lasting impression while also making Mom feel good about what she is doing for her children.

There are many reasons to start a healthy lunch program with your kids as they return to school this fall. By offering your children "live" foods you will bring life to their bodies instead of giving them "dead" packaged foods. There are numerous behavior issues in children that have been linked to the foods that they eat. The Food Commission, Britain's leading independent watchdog on food issues, conducted extensive research with children ingesting food additives found in over 200 common children's foods and drinks. As a result of this research they called for the list of additives to be removed due to the adverse effect it had on the children's concentration, temper, and sleep patterns. While it is impossible to ensure that all morsels of food that go into your children's mouths are healthy, especially as they get older, they will be learning about making good choices which will filter into their health even later in life.

Brooke's passion to play a significant part in our country's health revolution has led her to offer free shopping guides and free weekly health tips and recipes to everyone. She has also developed a lunch box kit which includes everything to get you started on packing healthy lunches for your kids. In addition, she offers individual and group consultation in many areas of health and wellness from Pantry Makeovers to Vitamin Basics.

Brooke would like for you to join in the health revolution today by living healthy and loving life. Please visit her website [www.360yourlife.com](http://www.360yourlife.com) to learn more.