

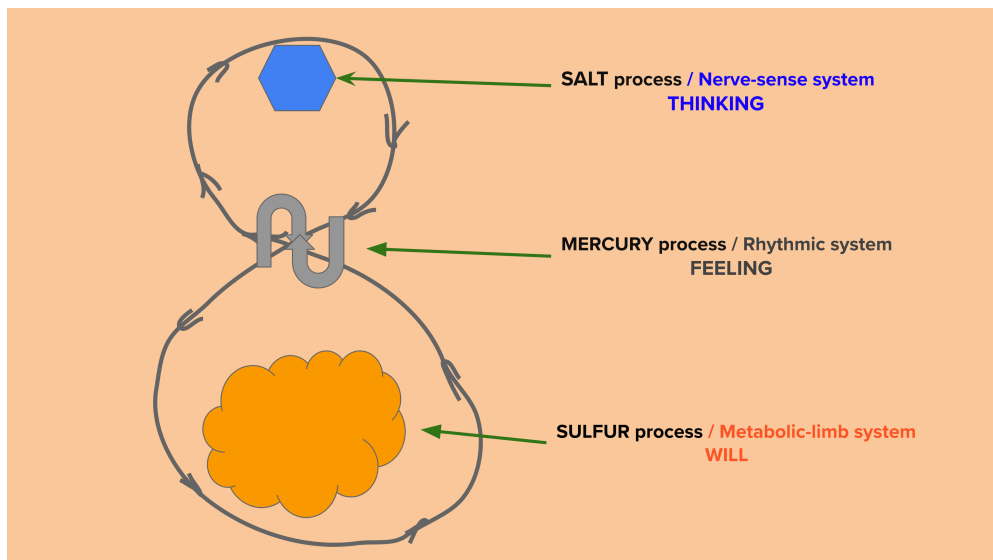
Picky eating results from inability of a child's digestive system to take in the substance and make it its own.

This problem is directly related to weakness of the *I-organization** in the metabolic-limb pole. Any substance that is too difficult to take in and digest is not going to be tolerated: it remains foreign to a child's organism and cannot be made into its own substance. Therefore, a child prefers starchy foods (white bread, rice crackers, chips, sweets) because these types of foods require minimal amount of efforts on the part of metabolic-limb system. This also explains why picky eaters are extremely rigid in their food selections: they only eat what their digestive system is **able** to deal with, all other foods will be rejected as foreign substances and therefore poisonous to them.

We can illustrate this point by the following comparison. Imagine a person in the gym trying to select the appropriate weights for physical exercises; he or she sees various weights on display: 5 lbs, 10 lbs, 15 lbs, 30 lbs, 50 lbs, 100 lbs, 200 lbs, etc. If this person does not possess a strong, well trained physical body, then he/she would not select the 200 lbs weights for exercising. A trained athlete can go for a substantial weight and workload, yet our person of interest can lift only 5 lbs, that's all.

This situation is similar to a picky eater who is **unable to stomach** the workload of various foods rich in substances and forces that put too much strain on the metabolic-limb system.

As a rule, plant and animal proteins, whole grains, many vegetables and fruits cannot be tolerated by picky eaters because these foods require a lot of effort to be digested, and these children do not have resilience and strength to do that. A variety of foods are also unacceptable for picky eaters for the same reason. Any attempt to explain the phenomenon of picky eating purely mechanically will not lead to any fruitful solution.



Five cardinal causes of the metabolic-limb system's weakness in modern generation of children:

1) Premature and undue demand on children's intellectual development (rote memory and mechanical thinking). Etheric forces are withdrawn from their normal focused work on formation of the bodily organs, these forces are consumed by the head.

2) Methodical suppression of the warmth-organism and metabolic system from the very beginning of life by artificially reducing normal febrile defensive processes of the body. Unnecessary overuse of antipyretics and antibiotics.

3) Lack of understanding of the normal healthy rhythms in the child's daily metabolic, sensory, emotional, and thinking processes.

4) Lack of etheric forces in foods, harmful chemicals and toxins in foods, nutrient and energy deficient diet.

5) Ignorance of the totality of human organization, both *three-fold* and *four-fold* organization*, leading to unskillful ways of upbringing and education. Modern education gives priority to development of the head and mechanical thinking; education of the body and emotions is not considered to be equally important.

* Please refer to video lecture #1 of the educational series *From troubled to healthy: pathways to children's well-being*.