



Oby's Wisdom!
A Caveman's Simple Guide to Holistic Health and Wellness
Action Guide

Chapter Nine
Scooter's Wisdom

"Grown men may learn from very little children, for the hearts of very little children are pure, and, therefore, the Great Spirit may show to them many things which older people miss."

Black Elk

1. Go to pp. 149-150, read the opening story of the chapter. Finish this sentence: "Oops...forgot _____."

Think of another example of where the "Oops...forgot..." mentality is prevalent in our approach to our children's health.

2. Read "Mother Nature Has a Plan" on pp. 150-152. Write one example of how parents can do a better job of following Mother Nature's plan.

3. Read "Mom is Packing a Lunch" on pp. 152-153. What recommendations would you offer expectant parents who are undecided as to whether or not to breastfeed their new baby?

4. Read the story, "Get Dirty!" beginning on p. 159. What are some possible long term implications of keeping kids too squeaky clean in their earlier years? _____

Considering this story, what changes can parents make to improve their children's health?

5. Read "The Most Important Lesson" on pp. 162-165. What do we need to teach our children every day? _____

What lesson can you learn from the two children in the story who had progressive scoliosis?