

# 2023 HOMESCHOOL FAMILY CONFERENCE

AUGUST 7-8, 2023



## *A Nourishing Home*

חַיָּה *chaya*—to be alive and continue alive; to have life within; the revival of life gained from food.  
([Ancient Hebrew Lexicon](#), by Jeff Benner).

The brain's primary fuel is oxygen and glucose.

- Protein is needed to build neurons, make and repair cells, and provide energy.
- Without needed fuel, the result is fatigue, cell damage, and cell death.
- We cannot use brain stimulation without adequate nutrition. Learning is wasted.
- Other problems include leaky gut, low acid, peristalsis, and decreased blood circulation in the stomach lining and intestines, resulting in the inability to absorb nutrients.

Foods to Avoid:

- Food that is biblically unclean (Leviticus 11; Deuteronomy 14)
- Commercially processed foods
- High-Fructose Corn Syrup
- Too Much Sugar
- Trans-Fats (Hydrogenated Fats, Rancid Oils)
- Seeds and Grains that have not been properly prepared
  - Soaked
  - Sourdough
  - Sprouted

Goals:

- Make more food at home.
- Eat foods that YHVH made.

Foods to Include:

- Variety!
- Whole Grains
- Healthy Fats
- Vegetables
- Eggs, Meat, Beans
- Raw Dairy
- Fermented Foods

Tips:

- Grow your own food.
- Buy local and form co-ops.

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## How to Afford Good Food:

- Give it to YHVH in prayer. Don't worry!
- Don't spend things on our lusts (James 4:1-3).
- Don't buy what you can make.
- Be content with simple things.
- Practice "good, better, best."

## Top Piece of Advice:

***Make a menu each week!***

## Recommended Resources:

- How God Defines Food:  
<https://anneelliott.com/2016/02/how-god-defines-food/>
- Food's Many Gray Areas:  
<https://anneelliott.com/2016/02/foods-many-gray-areas/>
- How Gelatin Is Used in Many Products, Such as High-Fructose Corn Syrup:  
<https://oukosher.org/blog/consumer-kosher/gelatin-revisited/>
- Dangers of High-Fructose Corn Syrup:
  - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5747444/>
  - <https://www.westonaprice.org/health-topics/modern-foods/the-murky-world-of-high-fructose-corn-syrup/#gsc.tab=0>
  - <https://www.westonaprice.org/health-topics/modern-foods/the-double-danger-of-high-fructose-corn-syrup/#gsc.tab=0>
- <https://anneshealthplace.com>
- Azure Standard Food Co-op:  
<https://www.azurestandard.com/>
- Weekly Menu at Homeschooling Torah:  
<https://homeschoolingtorah.com/members/this-weeks-menu/>