

## **PRESENTATION**

### **DIET WHEN YOU SPEAK ONLY FOR NEWBORN LACTEA WE ARE TALKING ABOUT NUTRITION, WE ARE**

*ignoring her*

For some years the Departmental Committee of Coffee Growers has supported the diet program Supplemental Newborn Dr. Hernán Jaramillo Botero, Director of the Hospital of Mercy of the city of Calarca, mainly by observations that the results could be visits entity over both the hospital as to the health of the township La Virginia in that city.

The Committee has noted from the simple perception of non-experts in the medical-scientific subject, seriousness, perseverance and the will that Dr. Hernán Jaramillo has imposed its program, also palpable results in minors , who have followed the diet Complementary. One of the facts that has attracted most attention is the disappearance in much the pediatric ward of Hospital La Misericordia.

Given these facts, the Bank did not hesitate to support the publication of this book to consider it important for the community, which requires financial support and practical measures to combat the scourges of poverty, malnutrition, morbidity and infant mortality.

It is good to clarify that the medical-scientific responsibility for the content of this book as well as the results of this diet are obtained, solely and exclusively to the author of the work, who has been at the forefront of this research for many years.

The Committee hopes that the publication of this important book, the mothers of Quindio and the country find a solution to many of the problems faced daily with feeding their babies.

OSCAR GARCIA JARAMILLO Executive  
Director

## **DEDICATION**

My wife Doloritas Jaramillo Jaramillo who supported me with love and understanding to start diet with our daughters. Thanks to your encouragement and enthusiasm this book could be done.

My daughters Maria Clara and Esther Lucia, my grandchildren Ana Maria, Manuela, Camilo and Gabriel, beneficiaries of the diet.

## **GRATITUDE**

A Noemia Leandro and his son Leandro Rodrigo Grinberg, in a beautiful gesture of friendship and human solidarity, moving from Brazil came to realize this beautiful dream. The book "Diet Complementary" without them may not have made it.

Thank God that got in my way.

The Departmental Committee of Coffee Growers of Quindio for their invaluable help in all matters relating to the Diet Complementary and general health of the Quindiano people.

## **PREFACE**

"The heights by great men achieved were not achieved in a quick flight. During the night, while their companions slept, they were making their way up"

(HW Longefellow)

Dr. Hernán Jaramillo Botero, surgeon, has made his life a dedication to the investigation that still had no relation to his career in medicine. He looked at creating intelligent brains and hearts with love of nature, sensitive to the problems of humanity and seek a better world. His concern for children begins at birth, giving them their right to placental blood belongs to them and is the last intrauterine food they will receive when you already live in the outside world.

The Complementary Diet plan is based on scientific explanations of the composition of breast milk, cow's milk and nutritional requirements of the infant. Concern resorts

In addition, the nature and finds two cereals that are rich soybeans and peanuts. Now it is known to constitute the largest source of protein, fats, vitamins and minerals, to the point that has been thought of them as the solution to malnutrition in the world.

The diet should be rich in iron, zinc, copper, magnesium, other metals. All vitamins E and C especially A., protein and fiber, nutrients can not be acquired with a single milk diet. Dr. Jaramillo in his long career, with more than 35,000 surgeries, and many professional and scientific achievements admits to having his mind and heart set on all children who come into the world. When referring to the Diet Complementary brightness appears clear conviction in his eyes and even the quality and firm expression of his voice is emphasized impressively. It's exciting to feel their joy when he takes in his arms full of those babies health, liveliness and intelligence. Undoubtedly this is the best reward for the effort that has characterized a struggle, honest, to tell the world the immense importance of providing every baby in the first six months of life, a highly nutritious food that ensures an optimal physical development and the development of intelligence as a logical consequence of this process. In the great human enterprises there are many solitudes but Dr. Jaramillo knows the only truly valid gratification is seen in the development of children's response to their work but often obstacles away from demoralize rather be, we reaffirm that the time and these excellent results have been him right in really forceful way. a food of high nutritional value that ensures an optimal physical development and the development of intelligence as a logical consequence of this process. In the great human enterprises there are many solitudes but Dr. Jaramillo knows the only truly valid gratification is seen in the development of children's response to their work but often obstacles away from demoralize rather be, we reaffirm that the time and these excellent results have been him right in really forceful way. a food of high nutritional value that ensures an optimal physical development and the development of intelligence as a logical consequence of this process. In the great human enterprises there are many solitudes but Dr. Jaramillo knows the only truly valid gratification is seen in the development of children's response to their work but often obstacles away from demoralize rather be, we reaffirm that the time and these excellent results have been him right in really forceful way.

Dra. Nohemia Leandro.

## **SUPPLEMENTARY DIET**

Breaking paradigms has never been easy, open the doors of science has been through very difficult task history, sometimes painfully cruel end; remember to Phillip Semmelweis, Hungarian physician who lived in the nineteenth century (1818-1865) In the maternity ward of Hospital in Vienna where puerperal fever mortality rates reached 60%, to investigate corpses and saw the maternity ward the similarity and extent of infection and decided to cut the vicious cycle forcing all births attending their flag to change clothes and wash their hands with antiseptic solutions created by Him. the mortality fell below

10% in its flag. The reaction of the "scientific" community was crazy and hospitalize declare in a madhouse.

A Galileo was given house arrest discovered that the earth revolves around the sun. A Pasteur "scientific" society of Paris, ridiculed him, hit him and to try to stop hampered in their wonderful research that you have done so much good to humanity. Their discoveries leaflets printed in the same distributed in the streets of Paris.

It must be considered that there is no more difficult to take anything, nor more doubtful result, or riskier management to be the first to introduce new provisions that the introducer has enemies in all those who profit from their old institutions and lukewarm defenders in all those who benefit from the new, warmth that comes partly from the incredulity of men who do not believe in anything new until it ratifies a strong experience.

*NICOLAS Machiavello*  
*the Príncipe 1513*

## **THE NUTRITION**

Every day new findings that position nutrition as the first necessity of living beings and the basis for harmonious development, complete and fill all the characteristics of the species appear.

In humans see as nutrition, so indispensable, it is relegated to the background and covered by false paradigms we are perpetuating intellectual disability and a number of diseases due to malnutrition and malnutrition.

It is not unusual to see an impressive amount of cardiovascular disease originated in very bad nutritional habits. Also type 1 diabetes in infants and adults, as well as genes, it has strong links with defective nutrition. Many cancers are associated with malnutrition and malnutrition. Being overweight is one of the most serious problems in developed countries and is associated with the above pathologies. Looking at the typical American breakfast we can begin to look at this problem: Two fried eggs, Jamoneta, white toast with margarine, coffee with cream. We can see an exaggerated amount of fat

saturated, carbohydrates poor quality and a dose of cholesterol and fats exceeding daily requirements also have an excess of arachidonic acid to determine the presence of bad eicosanoids.

If we allow malnutrition newborn by a single dairy diet we will have a mini brain development necessarily anger associated with much difficulty to learn, analyze, make determinations and trigger these serious people alterations in behavior, frustration, rebellion, jealousy, hatreds that can lead to episodes like we're seeing violence in schools, universities and the world in general.

Nutrition should start in the newborn holding him supply all the nutrients, proteins, vitamins, minerals and fiber to make their normal development is favored especially the brain that achieves its higher cell-brain activity in the first 6 months of life, HUMANS WILL NEVER HAVE THIS OPPORTUNITY.

IQ of the child is given by the quality and quantity of supplementary diet that is supplied in the first 6 months of life.

We can not continue to allow a newborn child is punishable with a single dairy diet that does not contain the nutrients required and if a large amount of saturated fat that causes or triggers the formation of atheromatous plaques as demonstrated in a study on cadavers children, killed by different causes that already had atheromatous plaques in the aorta and coronary 6 months old.

Without knowing the chemical composition of food we can not talk about perfect diets like breast milk. This lacks many vital elements for the development of children, especially the brain and the elements that usually contains only ensure the survival of the species, never with those very few elements and shortcomings can ensure the harmonious development and especially cell proliferation brain of the first six months of life. Subjecting a newborn baby to a diet free of fiber and is the only milk diet during the first 6 months of life will determine habits and possibly intestinal diseases very difficult to manage, as well as metabolic disturbances generated in cholesterol metabolism and other elements. Both soluble and insoluble fiber

They are vital for the normal functioning of the digestive tract and prevent atrophy of intestinal villi involving nutritional and immunological catastrophe.

Nutrition throughout life will determine the quality of the elderly. We are buying in youth a good or bad old age, everything depends on us. In old age we see nutritional needs are renewed and we see again forget the elderly and submit to inadequate with many deficiencies or excesses as in the case of dairy you looking for calcium diets to prevent osteoporosis accelerate arterio-sclerosis and impair their physical and intellect.

Nutrition shows us in this century as the lifeline to a better, more productive life and especially avoiding many pathologies.

Let's make the best nutrition therapies and make of our better nutrition therapies.

Beyond all doubt was the size of living species as dependent on nutrition. In the human race we have seen when diet another rich in protein, minerals and vitamins change, children are higher than parents and taller than their parents grandchildren. Now the most important thing is to save the brain diet newborn during the first 6 months. We gain nothing physically well developed human beings but intellectual disabilities.

Parte muy importante de la nutrición e incomprensiblemente olvidada e ignorada es el aire que respiramos. Hemos contaminado tanto este elemento que lo hemos convertido en un veneno, lleno de toda clase de sustancias tóxicas y que desencadena cualquier cantidad de alteraciones enzimáticas y metabólicas que por ignoradas no dejan de ser reales y nocivas para el organismo. (Radicales libres de oxígeno)

Los intentos que se hacen para modificar este destructivo proceso se ven obstaculizados por intereses económicos, por ignorancia y sobre todo por falta de inteligencia.

## **INTRODUCCIÓN**

La palabra progreso no tiene ningún sentido mientras haya niños infelices". "Solamente una vida dedicada al servicio de los demás merece ser vivida"

Albert Einstein

Después de más de 40 años de experiencia investigando, analizando y demostrando resultados obtenidos en el municipio de Calarcá, Quindío, Colombia y en el resto del mundo puedo afirmar categóricamente que la *«Dieta Complementaria para el Recién Nacido» es una necesidad urgente si queremos mejorar la salud física e intelectual de nuestros pueblos.*

La miseria intelectual que vive la humanidad producida por la ineficaz, insuficiente y costosa dieta del recién nacido, basada en sólo leche nos está dejando en un estado de crisis universal que se agrava día a día en la medida que la población mundial aumenta a la aterradora cifra de más de 100 millones de habitantes por año.

La destrucción planetaria alcanza niveles asombrosos empezando por la capa de ozono que presenta una abertura de más de 25 millones de kilómetros cuadrados en el hemisferio Sur, con sus letales consecuencias. El agua, el aire, los bosques, todo sigue en una carrera loca de destrucción como consecuencia lógica de la falta de inteligencia. Solo este «Don» magnífico puede salvar a la humanidad de tal hecatombe, de estas crisis de todo orden: social, política, económica, racial, ecológica, etc.

No podemos olvidar la frase de Bertrand Russel cuando dice: "El que todos los técnicos estén de acuerdo, no quiere decir que tienen la razón".

Y las palabras del Nobel Percy Bridgeman que dicen: "La mejor prueba con toda la lógica del mundo no es nada si yo no quiero verla".

Quiero presentar al mundo un programa económico, científico y humano que salve a los niños de la minusvalidez intelectual y que se traduzca, en muy pocos años, en la redención para este desolado planeta tierra.

Salvar los cerebros es más económico que destruirlos.

## ***HISTORIA***

Hace muchos años, siendo estudiante de Medicina, me nació la inquietud de complementar la dieta del recién nacido, basado en la pobreza en elementos nutricionales de la leche tanto materna como de vaca.

Estudios anatomopatológicos e histológicos que realicé en tejidos de las vías digestivas de niños recién nacidos muertos y de fetos, me mostraron la integridad de estos tejidos, su madurez y los hechos me han dado la razón al ver como estos niños asimilan y se desarrollan de una manera extraordinaria.

Al nacer mis hijas, inicié este programa, administrándoles todos los elementos necesarios para continuar su normal desarrollo iniciado en el vientre materno, a través de una dieta complementaria. Esta dieta está compuesta por verduras y cereales que contienen proteínas de origen vegetal y carne que tiene proteína de origen animal. Se busca, también, la riqueza en hierro y los demás elementos que constituyen al ser humano.

En Enero de 1990, inicié este programa en el hospital **La Misericordia** de Calarcá, como una política más del Hospital hacia la comunidad. En la actualidad (2004), contamos con más de 3.000.000 de niños en éste programa en el mundo entero. Después de cerca de veinte años de haber instituido este programa y cerca de cuarenta años de experiencia personal, los resultados nos están mostrando y corroborando lo que he venido diciendo sobre las bondades del programa

No solo por tradición, sino también en la teoría, siempre se ha asociado la desnutrición con la pobreza, pero en la práctica se comprobó que familias con ingresos muy inferiores al salario mínimo tienen niños con un estado de salud excelente, alimentados exclusivamente con leche materna (cuando la hay) y dieta complementaria, sin necesidad de recurrir a otro tipo de productos procesados y costosos.

Además de haber alcanzado un índice de desnutrición de 0,05% en el municipio de Calarcá, la morbilidad también descendió hasta el punto de tener un departamento de Pediatría prácticamente desocupado durante los últimos seis años. La mortalidad infantil en Calarcá, que presentaba un promedio de 20 hasta 30 niños muertos por año entre 1980 y 1990, comenzó a descender hasta llegar a la cifra de 3 muertes en el año de

1994. Uno por accidente automovilístico, otro por accidente casero y el tercero por septicemia que es una infección generalizada; éste último niño nunca estuvo en la dieta.

Los índices intelectuales de los niños de la dieta sobrepasan en todas las tablas de la UNICEF ( *Fondo de las Naciones Unidas para la Infancia y la Adolescencia* ), demostrando una superioridad intelectual y un comportamiento social envidiables.

## ***LA INTELIGENCIA***

La inteligencia es ese don maravilloso y ciertamente muy escaso que ha tenido sus exponentes a través de la historia y para lo cual nunca encontramos explicación. Así tenemos casos como el de ALEJANDRO MAGNO que creó un imperio y a su temprana muerte éste imperio desapareció, no por la falta de generales, que había muchísimos, sino por la falta de inteligencia. ERATOSTENES, 300 años antes de Cristo con un pedazo de madera clavado en Alejandría y otro a 800 kms al sur de esta ciudad, por los ángulos determinados por la sombra de estos objetos, supo que la Tierra era redonda y que su circunferencia era de aproximadamente 40.000 Km .

No encontramos explicaciones al hecho de que en la ya larga existencia del Hombre sobre la Tierra (mas de 50.000 años), solo haya existido un SHAKESPEARE, un MOZART, un BEETHOVEN, un BOLIVAR, un NEWTON, un JEFFERSON, un FRANKLIN, un EINSTEIN, un EDISON, un PASTEUR, un SÓCRATES, un GALILEO y otros que, como cometas, brillan, por tiempo limitado, dejando hechos y obras jamás igualadas. Estos son ejemplos EVIDENTES de lo que es la INTELIGENCIA , a la vez que demuestran, de manera irrefutable, que:

***LA INTELIGENCIA NO SE HEREDA .***

***LA DIETA SOLO LACTEA ES LA MADRE DE LA MISERIA INTELECTUAL.***

***LA MISERIA INTELECTUAL ES LA MADRE DE TODAS LAS MISERIAS.***

***SALVAR LA INTELIGENCIA DEBE SER TAREA DE TODOS.***

Si la inteligencia se heredara, donde están los hijos de Sócrates, de Eratóstenes, de Aristarco de Samos, de Pasteur, de Galileo, de Einstein ó de los pocos seres inteligentes que ha habido en el mundo.

El peor enemigo de la humanidad, a través de sus mas de 50.000 años de existencia, y la millonaria existencia del Globo Terráqueo ha sido la

DIETA SOLO LACTEA para el recién nacido que nos ha privado, consuetudinariamente, de la inteligencia.

Dos niñas de 6 y 7 años respectivamente, nacidas y criadas en USA, que recibieron la dieta complementaria desde el primer día de nacidas, por insinuación de los profesores fueron matriculadas en un colegio para niños superdotados. La superioridad intelectual de los niños de la dieta, la facilidad para aprender, para recordar, su comportamiento social y su capacidad analítica los hace definitivamente unos seres humanos muy superiores a la vez que le abren una luz de esperanza a la vida y supervivencia del planeta, hoy tan deteriorado por la falta de inteligencia.

Al nacer el niño, su cerebro pesa alrededor de 300 a 350 gramos . La parte más difícil e importante del parto es el paso de la cabeza del niño por el canal vaginal. Si el cerebro del niño pesara de 400 a 500 gramos o más, el parto sería imposible por las vías naturales. Sería obligatoriamente por cesárea o requeriría de otra conformación pélvica femenina.

Esto nos esta demostrando la importancia de la dieta complementaria para lograr sostener esa multiplicación celular-cerebral que se produce en el cerebro desde el 8º mes de embarazo y que se extiende hasta el 6º mes del nacimiento. Después del nacimiento el crecimiento del perímetro cráneo-encefálico así lo demuestra como también los estudios con resonancia magnética hechos en la Universidad de La Florida que demostraron la nula o poca actividad celular-cerebral en niños desnutridos y todo niño sostenido con dieta solo láctea, al mes de nacido ya esta desnutrido.

Recientemente la Facultad de Psicología de la Universidad Antonio Nariño de Armenia realizó un trabajo de investigación en dos grupos de niños. Uno de la Vereda La Virginia, donde se tomaron 10 niños de la guardería infantil y otro en Armenia de 10 niños de mejor posición económica.

The results showed once again what for many years we have been saying.

The Virginia group showed a very high IQ in nine boys and a girl genius daughter of a construction assistant.

The group of Armenia on the other hand showed four children with very low IQ and 6 children did not withstand the test.

Definitely if we want a better world, we must necessarily have an intelligent world and we can only achieve saving the intelligence of all children being born (100 million annually)

Intelligence is not inherited, it is done in the first six months of life, a diet rich in all nutrients, vitamins, minerals, protein, fiber, etc. and these are not in any milk.

#### **THE CABEZONES, SMARTER**

New studies indicate that having large, broad head can be good. Researchers at the University of Western Ontario (Canada) ensure that people with large heads and wide particular tends to become more intelligent. sibling pairs were studied between 20 and 30 years old, noting the size of their heads and applying a cognitive and intelligence tests. - Reuters, (El Tiempo October 4, 2000)

A recent study by the Faculty of Medicine of the University of Quindio, on the growth of head circumference in 2 groups of children; one traditional milk diet and another group with the diet Jaramillo during the first year revealed startling facts: children of single milk diet they grew this perimeter between 3 cm and 5 cm and children Jaramillo diet among

10.5 cm and 17.5 cm. This difference in the perimeter brain injury is telling us that these children have thousands of millions more neurons and this is understanding.

### ***DOWN'S SYNDROME***

*INVESTIGATE is to see what everybody has seen and thinking what ANYONE  
MORE you thought.*

Until a few years ago there was no treatment for this painful illness, only resignation and a thorough and frustrating treatment consisting of physical stimulation.

Thanks to the complementary diet for the newborn the future of these children is completely different coming to an almost normal all their physical and intellectual activities.

And there are many children who have experienced this diet and can say with an extraordinary result in one hundred percent of cases.

It was proven that children living with Down syndrome who undergo this program earn a physical and mental development that lessens the characteristics of this disease, leaving almost normal; children under

a milk diet just are not so lucky.

In the city of London, a child with Down syndrome was born and was subjected to the complementary diet from birth. This child at six months he underwent heart surgery to correct a double communication Inter-atrial and interventricular.

On the second day he left intensive care and the fifth was sent home. The same day seven children were operated more with similar heart conditions. The day the child's diet was sent home, none of the children had operated out of intensive care. This child lived in Caracas, is 8, is bilingual and studied in a Montessori school for normal children, then he was brought to Bogota and admitted to the Colegio Nueva Granada where he was enrolled after multiple tests and examinations to test their brainpower.

In the city of Bogotá he was born a girl with Down syndrome, granddaughter of a Pediatrician and which was started only breast milk diet. Two months had not gained weight, did not present the Moro reflex so he began supplementary diet and ten days had increased almost one pound of weight, had the Moro reflex and overall was definitely extraordinary. When this girl was about 3 years and insinuation management school for special children, it was changed to a kindergarten for normal children. Today at the age of six years studying at the College Pepa Castro and academic performance is amazing.

Thank God there are already many children in Colombia and other countries that have received "**DIET JARAMILLO**" always with extraordinary results and infinite gratitude of the parents of these children. Diet Jaramillo becomes the only treatment and that opens up hopes and possibilities these human beings who otherwise would be condemned to a physical and intellectual disability.

#### **ENZIMAS**

You are wonderful substances or items that appear in the world of medicine as a new galaxy can be defined as life itself. No metabolic process in the body that does not require

Your presence. Of which it depends on the proper functioning of all activities of the body of living beings.

Any enzyme abnormality will inevitably entail an alteration or disease of a living being.

The enzyme system grows daily as long as new enzymes are discovered, more than 350 metalloenzymes are known, there are over 5,000 identified and scientific basis for assuming that exceed 50,000.

The enzyme system essentially depends on good nutrition, to provide all elements, amino acids, minerals, vitamins, etc., required for its production to be continuous. The immune system also depends on good nutrition because we know that the average life of a white blood cell, a macrophage barely reaches 12 hours, which means that the immune system practically must be renewed 2 times a day and this demand an enzyme system and perfect nutrition.

The agency must replace about 230,000 cells per second that is an amount of more than 20 billion a day and this demands a very good enzyme presence. Obviously in the newborn it is most critical situation as well as cells that must be replaced needs to make all kinds of tissues and especially the brain, the brain cell-proliferation occurs and expands until the sixth month after birth.

This shows us the damage and enzymatic alterations that occur in the newborn subjected to a deficiency and poor diet as the only milk as well if added with cow's milk, "which is not food for humans," we are causing many alterations and child in the brain are irreversible and definitive, which is going to result in all this intellectual disability, all these changes in human behavior.

A child who kills his classmates, their parents, their teachers without reason, a mentally disturbed that ignites a war, young rebels crazed by drugs, frustrated with hatred and envy, fanatics in the name of God kill and destroy everyone, ambitious and clumsy politicians who see only opportunities for enrichment, They are irrefutable proof of what I call the dairy minds, that is, unintelligent as a logical consequence of the milk diet only during the first 6 months of life.

The destruction of the environment, fauna, flora, and everything that crosses economic interests is a demonstration of intellectual disability, lack of intelligence.

*All work is creative if it makes a thinking mind and no work is creative when performed by a blank mind, repeating meaningless critical routine he has learned from others. ( AYN RAND).*

### **WHAT YOU SHOULD KNOW ABOUT THE NEWBORN**

The newborn should be the fruit of love, she deserves respect and much affection.

As the normal development of baby and maternal health depend on good nutritional status, women in the gestation period, should consume a diet rich in nutritional value avoiding ingesting substances that can have an adverse impact on the education of the child, such as alcohol , cigarette and every drug that is not controlled by a doctor.

Alcohol consumption during pregnancy has been linked to an increased risk of abortion, as well as birth defects and low birth weight anomalies. Smoking increases the risk of spontaneous abortions, stillbirth and death shortly after birth, being born with altered heartbeat and nicotine dependence, needing a detox. It has been shown that children of smokers are born with fewer neurons than children of nonsmokers. Drug without a prescription or toxic substances (psychoactive) can create irreversible damage because they easily pass from the mother through the placenta to the baby.

Mientras el niño está en el vientre materno, tiene la capacidad de percibir gran variedad de estímulos que provienen del mundo exterior, por eso es bueno que se realice la estimulación temprana: que la madre hable con su hijo, que le cante y le mande mensajes de amor constantemente.

Sin querer entrar en demasiadas, largas y científicas discusiones, veamos como se encuentra el feto o niño, como se quiera llamar, cuando él se halla en el útero: tiene todo: hierro, calcio, fósforo, cobre, cobalto, vitaminas, hormonas, proteínas, aminoácidos, etc., en cantidades más que suficientes que le son entregados generosamente

por la madre y lo siniestro para este niño es que, al nacer, encuentra Pediatras muy científicos que lo privan de casi todo con toda clase de pseudoteorías y falacias inaceptables representadas principalmente, por una dieta sólo láctea, durante los seis primeros meses que es el período de mayor importancia para el desarrollo cerebral.

En el último mes de embarazo y durante los primeros seis meses de edad, son mayores los requerimientos de hierro, aminoácidos, vitaminas y minerales, pues en esta etapa se presenta la mayor actividad celular cerebral, lo que quiere decir que en este tiempo se está formando este órgano tan importante y por lo tanto es más vulnerable a la carencia de nutrientes. La leche materna sólo cuenta con 0,01 a 0,03mg% de hierro, o sea, nada, es entonces, que pregunto: ¿Cómo puede un niño recibir un alimento tan pobre en hierro y otros elementos y no ser un anémico o un desnutrido? Científicamente no se puede aceptar la anemia normal del recién nacido.

Las investigaciones del Dr. Baggs muestran la importancia del hierro y cómo su carencia en la dieta y en el organismo se traduce en disminución de las defensas (\*1)

***(\*1) Iron Deficiency-Scientific American: October 1991:46-52***

Los destrozos, perjuicios, retardos e interferencias metabólicas causadas por la carencia o disminución de los niveles de hierro en el organismo, anemias muy ligeras y más aún, ferropenias suaves, difíciles de diagnosticar, causan disturbios enzimáticos de letales consecuencias para el cerebro del recién nacido. La ferropenia produce una baja en las defensas, alteraciones metabólicas y lesiones cerebrales en estos niños en formación quitándoles, aunque sea de buena fe, toda posibilidad de ser un individuo normal e inteligente.

Iron and zinc, magnesium and manganese appear recent research as precious metals for the body and enter into the composition of many enzymes that enable the chemical reactions of the body. Myeloperoxidase is an example of this; without it the white blood cells, the body's defense can not exercise because its bactericidal action required to produce oxygen free radicals that induce this. Like this, there are thousands of processes that are disrupted or interrupted by the lack of the necessary elements for the child to make their defenses. Another example is monoamine oxidase, composed of iron and amino acids, without which all processes of neurotransmitters (dopamine, serotonin, epinephrine, Nor-epinephrine, etc.) that are altered

responsible for the transmission of nerve stimuli substances. By altering these processes, the development of the central nervous system deteriorates.

It was tested in the University of Israel, which cell proliferation is markedly impaired by brain deficiency in these elements. Gail Sforza Brewer argues in his book "What Every Woman Should Know: The truth about diet and drugs in pregnancy" brain cell division is faster and therefore more vulnerable since last month pregnancy until the age of 5 months. **The human brain never again have such an incredible proliferation of new cells** . The millions of neurons (cells that analyze and process information) are formed before and after birth and inadequate nutrition for the baby, alcohol consumption, use of cigarettes or illegal drugs during the pregnancy and post-partum cause a permanent and irreversible deficits in the number of cells that make up the infant brain.

### **Breast milk is low in protein**

Protein, other essential and necessary element is low in human milk; content of 1.5g% not fairly meets the needs of the newborn, if you also know that only 0.7 grams are equivalent because the rest are lactoferrin and immunoglobulins. It is assumed that a child requires Kilo 3g of protein per day, to meet their needs; this, of course, based on growth of 2 cm per month. Children with my diet are growing between 6 and 8 cm per month and up to 16 cm in the first 2 months, requiring an increased supply of protein, vitamins and minerals and shows that if children do not grow with the dairy diet is because we do not give them a chance.

The protein should be administered generously child in amounts exceeding 8 grams per kilo or 10 weight so that the newborn can have a normal enzymatic and immune system and also provides sufficient material for the formation of new tissues.

### **BREAST MILK FIBER LACKS**

Fiber is an essential element in the intestinal lumen, it favors peristalsis and besides many other benefits too numerous to mention, avoid frightening cramps considered normal by

and generating some increased intra-abdominal pressure, intrathoracic and intra-cranial and whose effect has not yet been studied. Colic have been treated, erroneously, with antispasmodics calming symptoms but aggravate the actual situation of the child. These cramps are called, in pediatrics, ORDINARY colic.

Recent research shows that a diet without fiber produces villous atrophy of the intestinal mucosa, resulting in impaired functioning annulling the absorption of nutrients and triggering processes malnutrition, diarrhea, dehydration and electrolyte imbalance. This atrophy of intestinal villi also brings an immunological catastrophe. The child should receive a diet rich in soluble and insoluble fiber from the day of birth in order to develop a digestive tract habits and normal operation.

Both soluble and insoluble fiber is vital for the preservation and cell proliferation of the intestinal villi and intestinal mucosa. The absence of fiber in the diet causes atrophy of the villi and intestinal mucosa alterations favoring bacterial translocation and impairs the absorption process of all nutrients.

We can not forget the importance of all immunological processes carried out in the intestinal mucosa and are altered or suppressed, producing an immunological catastrophe as a result of non-fiber diet and lack of nutrients (milk diet only)

"The normal surface of the digestive tract is between 100 and 300 square meters, which means it is an area of extreme importance for nutrition and also a huge field of battle if we consider that the digestive tract is inhabited by millions of bacteria only they expect a decline in defenses to invade the body. Recent research shows that about 70% of the immune system depends on the development and health of the villi of the intestinal mucosa and in a single milk diet atrophy of these crucial villi is a catastrophe for the immune system, the enzyme system and nutrition."

## **BREAST MILK IS POOR IN MINERAL**

Breast milk contains approximately 0.01 mg% iron, trace amount if we think that the daily requirement of the child

exceed 50 mg of iron a day. The anemia-inducing effect of only milk diet is irrefutable and carries serious alterations in all enzymatic and immunological processes of the child. It has been shown that anemia newborn triggers a Tyrosinaemia that will cause irreparable damage to the brain. Iron deficiencies have sufficient scientific literature demonstrating the havoc in the brain and the body in general, some of them irreversible; even knowing this is still talking normal newborn anemia. Iron deficient patients showed, in several experiments, be unable to maintain their body temperature, finding a decrease in oxygen consumption and increased excretion in urine Epinephrine.

Recent studies show that fed diets lacking Vitamin B12 children have mental retardation "irreversible and definitive process" and every child in only milk diet was a diet free of Vitamin B12.

Vitamin B12 is only found in meat and some seaweed.

Recent studies also found in these children only milk diet, vitamin D, milk lacks vitamin D which is important supply of this substance.

Everything I've been saying for the last 40 years will appear but gradually and this iceberg is beginning to show its full extent.

## **CURRENT CHILD NUTRITION EXCLUSIVELY IN MILK IS BASED DISASTER AND BECOMES THE LARGEST VIOLATION OF THE RIGHTS OF A CHILD.**

The deterioration of enzymes, metalloenzymes over 350 known, more than 5000 enzymes identified a strong suspicion that can exceed 50K and mental deterioration caused by lack of iron, other metals, proteins and vitamins is unfortunately irreversible and painful. We are depriving the world of what it needs most: Intelligences.

Zinc, precious metal for the body, it is difficult to measure in milk and therefore its deficiency in the child's diet brings deep enzyme abnormalities. The same applies to other metals such as copper, cobalt, magnesium, manganese, etc.

## **BREAST MILK IS POOR IN VITAMINS**

Breast milk in 100 ml contains 152 units of vitamin A, 1 mg of vitamin C, contains or does in impossible amounts measuring vitamin E, leading the child to be unprotected from the harmful action of free radicals oxygen, exposing the child to the dangers of severe cellular alterations and further oxidation of low density lipoproteins which, when oxidized by vitamin E deficiency, become fagocitable matter by macrophages that are converted by this, and these foam cells to infiltrate the arterial wall, initiate a plate arteriosclerosis. In autopsies performed on American soldiers killed in the Vietnam War, he attracted wide attention advanced arteriosclerosis processes in many of these young people,

In India, a comparative study was conducted with two groups of 16,000 infants each and the only difference was the addition of vitamin A, one of them. The group that received vitamin A showed a very low incidence of respiratory diseases.

The other vitamins, are also scarce in breast milk and do not meet the daily requirements of the newborn.

The B vitamins are in amounts ranging between 4 and 44 thousandths of milligrams. Vitamin D can not be quantified.

## **BREAST MILK IS POOR defense against diseases**

Crompton and Neshum, doctors found that of the four major manifestations of malnutrition, the most important is the protein-energy, probably becoming the most serious problem of world health. Ensure that each year more than half a million children lose their sight due to lack of vitamin A, two thirds of them die within a few weeks, and six or seven million suffer moderate forms of vitamin A deficiency (\* 2)

(\* 2) Crompton, David WT, Netsheim, MCSI insidious partner of malnutrition.

Global Health: disseminator of WHO. (1984), p.18.

### **Breastmilk is one of the ways of AIDS transmission**

Another important problem is that of nutritional anemia, related to iron deficiency and finally iodine deficiency, which has become an important type of malnutrition.

In practice, malnourished individuals can not be classified as strict categories, as they often suffer at one time several of the mentioned diseases, whose origin can be determined by multiple factors, which make the most complex and intractable problem.

Alaska was anemic children who resisted evil and were almost always fatal cases of meningitis, contrary to what was seen in non-anemic. Chicago experiments with two groups of approximately thousand children each, one group was supplied with multivitamins and other iron and multivitamins, finding that in the group receiving iron presented a very low incidence of gastrointestinal and respiratory diseases.

The development and renovation of the intestinal mucosa and their functions infectious barrier to prevent bacterial translocation depend on a high percentage of the number of nucleosides and nucleotides existing in the body which in turn depend on good nutrition and provision of basic proteins of amino acids.

We know that the average life of a white blood cell, a macrophage, etc., is less than 12 hours and this again leads to good nutrition and adequate supply of protein-based amino acids to renew their defense and immune system 2 times up to date.

All these deficiencies in protein, vitamins and minerals produces alterations, disruptions and impaired many metabolic processes in the newborn, and especially the brain will suffer

irreversible and irreparable changes and disorders that result in low intellectual index.

As we see, one only milk diet becomes a mistake that grows if we talk about people with limited economic resources are the majority and they buy milk from expensive jar, which in its eagerness to make them pay, end up giving almost only water in the bottle, with the fatal consequences of malnutrition and delayed brain development is irreversible and irreparable.

Dr. Nevin Scrimshaw, in his article in Scientific American, makes a detailed scientific analysis of what iron deficiency in the brain. Corroborating data in multiple articles from the world's leading medical journals and renowned research centers of major American universities, as John Hopkings, Harvard, Cleveland Clinic, University of California, etc.

Breaking these ancient paradigms is not easy, it never has been. Let us remember Galileo and his discovery of the Earth's rotation around the sun, Albert Einstein and his theory of relativity and a thousand more cases that would be impossible to list, but we must insist and in our case, when the intelligence of the future is in our hands. We can not ignore that if today we have thousands of complicated problems caused by the lack of intelligence in just over 30 years will be much worse when we complete 2025 8 000 500 million people.

It is urgent to correct these practices in infant feeding. The chemical composition of breast milk is far to meet the needs or requirements of a newborn. The nutrient content that goes through the umbilical cord is rich and we should try to maintain the nutritional value, once the child has left the womb.

Complementary Diet institute would stop this ruthless slaughter brain.

The brain injury perimeter children complementary diet has an amazing growth. I receive daily reports from all cities in Colombia and abroad. All show this increase, girl 20 days with 2 cms growth. Twin City Dallas (USA) with 6.5 cms in the first 3 months and the grandson of two of the most important Colombian doctors like Dr.

Carlos Uribe MD orthopedic surgeon and Dr. Alvaro Rodriguez MD Ophthalmologist, whose perimeter grew 7.5 cms in the first 4 months.

Many of these children have commanded scans in cities across the country for its cranial growth and have been reported as normal.

This is another reason why I insist that intelligence is not inherited, it is done in the first 6 months of life and not made with milk.

The granddaughter of a prestigious medical Quindio was unjustly subjected to a single milk diet and the growth of brain injury perimeter was 1 cm. in the first 6 months.

### ***NEW DIET***

In nature there are thousands of things that are like gifts from God and should not be omitted from feeding a newborn child.

Complementary Diet is for better growth and development of the newborn, include products (vegetables, cereals, legumes, tubers, meat and egg)

Children from birth have the ability to digest and absorb all food, as evidenced by all tables in growth and development and the very low rate of mortality, morbidity and malnutrition of children who have participated in the program.

Children on this diet toddlers between 7 and 9 months as have more than children milk diet only start walking at 12 to 14 months physical development. In addition, children on this diet grow 6 to 8 cm per month and there are cases reported of growth of 16 cm in the first two months. They do not have problems of obesity; also obtained a higher intellectual development than those treated only with milk, we can check with their school performance, social behavior and this is interesting is said:

**"We are all born equal with DIET STARTS THE DIFFERENCE".**

Complementary Diet newborn depends on several factors ranging from the nutritional value and variety of foods, such as

Also the preparation, hygiene and motivation of the mother or person in charge of the child.

The diet is very economical as baby foods are prepared with products of the region, favoring the family economy.

In preparing food for infants, it is recommended to avoid animal fats, refined sugar and salt, as these practices continued over a lifetime, can lead to various disorders (cardiomyopathies) hypertension, obesity and possibly some cancers. They are currently several thousand fed supplementary diet (more than 3,000,000) worldwide children, some did not receive milk, which show an enviable than their chronological age physical and intellectual development in accordance with the tables UNICEF.

## BREAST MILK

Chemical analysis of breast milk shows that its composition is 100 cc of milk:

WATER	90,0%
GREASE	3,8grms%
PROTEIN	1.5 gms% *
VITAMIN C	1.0mg%
VITAMIN 152	UNITS%
FIBER	0 (ZERO)
IRON	0.01 mg%
VITAMIN E	0 (ZERO)
VITAMIN D	0 (ZERO)
MANGANESE	0 (ZERO)

\* only 0.7% of these are comparable, the rest are immunoglobulins and lactoferrin.

B complex components are between 4 and 44 thousandths of a milligram. We can not forget that the daily requirement of vitamins, minerals and proteins baby proportionally double and even triple the adult, since the child has to replace and form new tissue for growth.

Breast milk is a good food for the infant, but it is not a complete food as it lacks or has low amounts of some nutrients needed for the formation of the child as iron, vitamin

C, fibers and others. Breast milk is usually scarce and are many mothers who can not breastfeed their children for lack of it, to be taking drugs for mastitis processes, etc.

**Your child is entitled to be smart; Please do not destroy your brain with inadequate milk diet only.**

Breast milk is deficient in vitamin C which results in multiple metabolic disorders, fenders, iron absorption and this enzyme disorders and anemia which result in elevated tyrosine, as is shown, causes irreversible injury brain.

Breastfeeding can be a route of contamination for the baby because usually the nipples are never properly washed before feeding the baby. Thus we see how the buses, trains, social gatherings and even street children are breastfed without resorting to any treatment of teat cleaning in addition to normal skin bacterial population can be in contact with not very hygienic clothes.

Iron, vital element in the human body, is unusually important in the body of the newborn. In addition to its presence in red blood cells, it appears as the absolute leader in countless enzymatic processes of all kinds, in processes not yet well identified transfer oxygen to the muscle and tissues and defense mechanisms. Myeloperoxidase without which the white blood cell can not create free radicals of oxygen for bactericidal action. Thus, this wonderful element (iron and proteins) have to be administered to newborn if we preserve and stimulate entire immune system, physical development

and, above all, mental.

**We must eliminate forever these paradigms that speak of a "endless reserves of iron, normal cramps and anemia normal newborn"**

### **Benefits of breast milk:**

- 1) It is easy to provide the child;
- 2) Provides the child protection against some diseases;
- 3) It is cheaper: no need for bottles or baby bottles;
- 4) Satisfy emotionally, as reported breastfeeding to mother and child a sense of skin to skin contact, establishing a mutually satisfactory relationship.

### **Breast milk production:**

To have a good level of milk production, there must be a constant stimulus in the chest either by sucking baby or manual removal. Deposits milk or lactíferos are below the areola and the mother should compress these lactíferos deposits.

### **Manual removal of breast milk:**

Placing the hand in the chest moving side to side by an interval of 3 to 5 minutes; then switch hands and repeat the same operation on the other breast. After completion, be a small circular massage, hand sliding chest.

*When production is abundant milked recommended:*

- 1) *To keep milk and feeding it to baby when the mother must leave.*
- 2) *To avoid chest congestion.*
- 3) *To prevent the milk from running, because it is somewhat uncomfortable.*
- 4) *For use in the dilution liquid.*

We can not forget that a very large percentage of the population

Third has extremely high degrees of malnutrition. We also see some mothers too young to very bad nutritional habits and some of them terribly malnourished which will aggravate the quantity and quality of breast milk.

### **Cow's milk:**

In top medical journals in the world, Scientific American, Science, The New England Journal of Medicine, etc., have published articles where the ratio of consumption of cow's milk and the incidence of childhood diabetes is demonstrated. It was found that the albumin cow's milk triggers the formation of antibodies against it and biochemical similarity to P 69 protein beta cells of the Islets of Langerhans are destroyed presenting these obviously childhood diabetes. The picture shows a high incidence where milk consumption is high as in Finland, Norway, USA, Canada, Sweden and very low in Japan and Korea where consumption of cow's milk is minimal.

Cow's milk is composed of:

More than 90% is water

High fat 3.8%

Poor 3% protein content:

No fiber;

Paupérrimo iron content 10 mil milligram;

Poor content in various essential vitamins and minerals for normal growth and physical and mental development of the newborn.

In Japan, where people no longer fits, let alone cows, and cow's milk consumption is very low, the incidence of childhood diabetes is very low.

Cow's milk should be eliminated from the diet of newborn and human beings in general, for the multitude of all kinds of problems associated with their administration. It is worth noting the valuable concept of Dr. Frank Oski, (QED) Head of the Department of Pediatrics at Johns Hopkins University, which definitely disqualifies milk

cow, powder or liquid as a toxic calling for the newborn.

In a world symposium held in Sao Paulo last year it concluded that more than 80% of children allergic problems are due to the ingestion of milk.

Cow's milk studies we are doing in Calarca Mercy Hospital, is showing us how strong the association of bronchopulmonary disease with the consumption of cow's milk. Which it does not occur in children Complementary Diet.

Ingestion of cow's milk or its derivatives in nursing mothers triggers bronchopulmonary processes, cramps and other pathologies associated with milk consumption in the newborn, so should be excluded dairy intake in lactating mothers.

Multiple studies have shown thickening and increased adhesiveness of all body secretions bronchial especially in children who consume cow's milk, facilitating the development of bronchopulmonary infections.

asthma or bronchopulmonary chronic or genetic-enzymatic origin (Mucoviscidosis or fibrocystic disease of the pancreas) aggravate their clinical symptoms with ingestion of cow's milk making it very difficult to treat and increased too the economic costs and above all human diseases children.

Due to the richness in saturated fat, cow's milk is presented as one of the main causes of arterio-sclerosis in humans.

The United States is the country with the highest rate of world consumption of cow's milk per capita in its many forms: Pasteurized milk, buttermilk, yogurt, cheeses, cakes, desserts, ice cream etc.

Studies by ARMED Forces Institute of Pathology in Washington DC in autopsies on dead soldiers in Korea and Vietnam showed a too widespread and severe injuries atheromatosis for which there was no apparent explanation. Today we know that these injuries can be attributed to the extremely high consumption of dairy products.

Another study by a major American University in autopsies on children between zero and five atheromatosis showed the presence of plaques in the aorta and the coronary as early as six months of age arteries.

In The United States presented around one million five hundred thousand heart attacks annually of which about five hundred thousand others die and undergo medical and surgical treatments with extremely high human and economic costs (Trillions of dollars annually)

In addition to other problems triggered by the consumption of cow's milk in children as are diabetes, bronchopulmonary diseases, allergies, arteriosclerosis, intolerances, anemia, reflux, etc. We must conclude that this product cow's milk, definitely not for human consumption and never as the only food for a newborn.

## **Soy milk**

Soybeans, native to Asia, is one of the richest food in nature. Soy milk emerges as one of the best complements or substitutes for breast milk. Its rich in iron, protein and other nutrients makes it indispensable in the list of Complementary diet foods. This has demonstrated the intellectual development of people born in Japan, where soy is part of their normal diet. Although for many years was given little importance now it knows which is the largest source of protein materials fats, vitamins and minerals, to the point that has been thought of her as the solution to malnutrition in the world.

Cost, compared to other foods, is quite low. It can advantageously replace meat and milk. Reasons enough to appear as a substitute for cow's milk for the newborn and often in our daily menu.

The amount of protein contained in soybeans compared to other foods of daily consumption can be seen in the following table:

## **PROTEIN FOOD**

Soya 35.41%

25.19% peanuts

Dry pulses 18-24%

Cereal 10-13%

Fresh cheese 15-19%

Eggs 17%

Milk 3.5%

14.21% meat

Soybeans also contains *Mineral salts* as important as iron, phosphorus, copper, sodium, potassium and magnesium. Soybean oil is of excellent quality for its rich in lecithin and other fatty acids. The vitamin content of the beans is surprising, especially in vitamins B and E. A smaller percentage provides us vitamins A and

D.

The culinary versatility of soy is amazing because you can easily prepare bread, cheese, soups, raw salads or cooked, buttermilk, yogurt, arepas, cakes, sauces, egg substitutes, meat and milk. The latter allows the flavor to be varied when bananas, oats, guava, honey or brown sugar is added.

## HOW COME Soymilk

### Ingredients:

1 pound of soy

7 water bottles

### Process:

Put in enough water per pound of soybeans, for twelve hours minimum.

Remove the husks, soybeans rubbing his hands and add enough so that they float and can easily draw water.

Pour boiling water over soy, leaving it for 5 to 10 minutes. (This is called "blanching soy") and is performed to inactivate an enzyme that is what gives the flavor of paint, flamboyant taste.

Boat water blanching and wash the beans several times until you have completely disappeared characteristic odor.

Muela soybean finally at the mill.

Add to the resulting water bottles mass 7, listed above, mix and blend at high speed.

Strain mixture through a bag or sack of liencillo squeezing to remove all possible liquid. (The remaining bran fiber or save it for other preparations arepas, cakes, cookies, etc.)

Cook the liquid soy over low heat, stirring with a wooden spoon for about 30 minutes counted from the moment it begins to boil, being careful not to spill (be careful not to cover the container where you cook the milk to to achieve a perfect evaporation). To complete the extraction procedure extravagant bean taste, it is recommended that during the boiling process a piece of charcoal previously cleaned and wrapped in a bag sheers.

After cooking and relaxed once the milk container, preferably glass container, tightly capped and place in cooling.

This milk can be kept 16 hours at temperatures between 26 and 30 degrees and several days if refrigerated.

## **MANI MILK**

### **Second feeding option for newborn**

Peanuts is a plant of American origin that is of extraordinary value as food. It is rich in proteins, fats, minerals such as iron, phosphorus, calcium and vitamin B, carotene or provitamin

TO.

Peanuts unroasted can be used in the kitchen, replacing the usual legumes: beans, chickpeas, lentils, peas, beans, etc., and can be used in the same way as these.

Peanut flour is one of the effective and inexpensive weapons that have nutritionists to combat malnutrition.

The complete peanut protein value of wheat, thus preparing the "bread perfect food", made with a mixture of 25% of peanut flour and 75% wheat flour is recommended.

Peanut milk can be a great supplement or substitute for cow's milk and breast milk feeding children and adults.

### **How peanut milk is made**

Ingredients (\* 2)

1 cup peanuts

1 liter of water

Sweet to taste

### **preparation:**

In a heavy-bottomed pan, lightly semidore peanuts until they take yellow. Rub the beans between your hands and remove the husks.

Blend peanuts using 1 liter of water and strain for a bag of porous cloth to remove all the liquid. The pulp remaining in the bag can be used in various preparations adding it to arepas (corn bread) cakes cookies, breads, etc.

The remaining liquid, give a slight simmer, rebullendo with rocking and being careful not to spill.

This hot weather, or ice and flavored drink is multiple applications in the kitchen. This milk can be used with very good results to supplement the diet of children and weak people.

NOTE: To ensure perfect crushing of peanuts, it is recommended finely grind in the mill and then blending the resulting paste.

This paste can be packaged in glass or plastic container and store for future climate preparations.

Some suggest using barley water for making soy milk or peanuts, instead of pure water.

### ***ANALYSIS PROGRAM***

After analyzing the studies on the composition of both breast milk and cow, I came to the conclusion that the only milk diet is not enough for the newborn as it vulnerable to contracting anemia and other deficiencies by the low amount of iron and other nutrients in milk and high demand the child's body and brain development where a nutritional insufficiency can cause irreversible brain damage.

The state of psychomotor development presented by children of the Diet calls attention; you can see that all cases exceed their chronological age, many dramatically. It should also be noted that most children walk between 7 and 9 months.

This program has succeeded in reducing the rate of malnutrition in the group of children aged 0 to 5 years the municipality of Calarca to the enviable figure of 0.05%, which compared with figures from Armenia, Quindio and in Colombia generally they are exceeding 50% and in some places, 80% and 100% make us feel truly proud. In the city of Armenia, of 19,881 consultations, 63.58% of them were for morbidity due to malnutrition.

Complementary Diet arguments against are outlined in a total lack of knowledge and experience. Studies in Calarca Mercy Hospital in collaboration with the School of Medicine John N. Corpas, show that there is no poliglobulia to leave the child stuck his placenta for more than 30 minutes. Cause allergic demonstrations Complementary Diet

Nor they have scientific background and experience of more than thirty-eight years, so he has shown us.

In a global forum on this topic in Brazil, it was concluded that more than 80% of allergies in children are due to ingestion of milk. Another argument is renal immaturity and inability to handle a load of amino acids, forgetting that the blood going through the umbilical cord is rich in all the nutrients needed for the baby and it passes through the kidney almost entirely. This wealth of nutrients is virtually impossible to achieve with any diet. Pathological renal manifestations as a result of the Diet Complementary do not exist.

Not only by tradition but also in theory, it has always been associated malnutrition poverty, but, in practice, that families with much lower income than the minimum wage (about \$ 50 a month) was tested with children with a state excellent health, breastfed (when available) and "Diet Complementary, without resorting to other processed and expensive products.

Theories based on false assumptions have imposed only milk diet in infants with terrible consequences in rates of malnutrition, infant mortality and morbidity and perhaps most serious, determining an intellectual disability of mankind.

On Sunday March 23, 1997 the newspaper SUN ~ SENTINEL Florida USA, published an interesting study done with MRI at the University of Florida revealed irrefutably deterioration, lack of brain development in children malnourished during the first 6 months of life and this damage it is irreparable resulting in a significant decrease in intellectual level and quite possibly in all kinds of alterations and pathological attitudes of human behavior and we must admit that every child subjected to cruel only dairy diet a malnourished.

**Let's give the world an intelligent youth and all this paraphernalia, hate, crime, youth rebellion and abuses disappear.**

**Let's give the world intelligent men and all this barbarity of war, envy, hatred, destruction, fanaticism, death, militarism and armaments disappear.**

## Plan Highlights

- 1) Allow transfusion "placental child" immediately after birth.
- 2) Diet Start Complementary within the first 24 hours after birth.
- 3) Deworming frequent (monthly) since the beginning of the crawl, the approximately six months to 6 or 7 years.
- 4) Vaccination.

## ***SUPPLEMENTARY DIET***

A high IQ can only be achieved when you bring the child after birth the same nutrients had been receiving since the beginning of "intrauterine development".

The diet should be rich in protein, minerals, vitamins, fiber and generally all those elements that allow you to develop your body and your brain.

### Food box to make liquefied:

VARIOUS FOODS		
MEATS	VEGETABLES	FRUITS
CEREALS	VEGETABLES	GRAIN
	JUICES	

### Food for baby

#### Remember:

Breast milk is a good food for your child, but it is not complete, it is important to give the baby an additional diet for better growth and development.

This diet should be started within the following 24 hours of birth.

The child needs fiber for normal bowel movements and prevent cramping. When needed breast milk can substitute soy milk or peanut.

**Soups:** They are of high nutritional value and easy preparation.

## INGREDIENTS

GREEN VEGETABLES	
Chard	1 leaf
Celery	1 stalk
Green pea.	15 Peas
Broccoli	1 Troriquito
Spinach	1 leaf
Bean	1 Habichuela
Cabbage	1 leaf
You repollitas	1 Repollita

YELLOW VEGETABLES	
Carrot	1 Short
Ahuyama	1 tablespoon

CEREALS	
Integral rice	1 tablespoon
Corn	1 tablespoon
Barley	1 tablespoon
Oats	1 tablespoon

LEGUME	
Bean	1 tablespoon
Lentil	1 tablespoon
Chickpea	1 tablespoon
small peas	1 tablespoon

Soy	1 tablespoon
Broad beans	1 tablespoon

TUBERS	
White potato	1/2 Pope
small yellow potato	1 potato

PROTEIN	
lean beef	50 to 80 grams
Chicken	50 to 80 grams
Liver	50 to 80 grams
Fish	50 to 80 grams
eggs	1 egg
Veal	50 to 80 grams

Check only one or two of the proteins.

## PREPARATION

1. Wash, peel and chop food thoroughly. Cooking in a pressure cooker using the soaking water.
2. Blend macerate or cooked foods.
3. Save the liquid in the refrigerator immediately.
4. Do not add salt, oil, *sugar*, seasoning or liquefied.
5. Give liquefied baby using a bottle or a spoon, taking care to keep it semi-sitting position.
6. Provide the liquid 3 times a day or more. starting with one, two or more ounces and progressively increasing according to demand.

## Preparation

1. Wash, peel and chop food thoroughly. Cooking in a pressure cooker using water

soaking.

2. Blend macerate or cooked foods.

3. Save cl liquid in the refrigerator.

**Not add salt, oil, *sugar*, seasoning or liquefied.**

Give liquefied baby using a bottle or a spoon, taking care to keep it

semisitting position.

6. Provide the liquid 3 times a day or more. starting with one, two or more ounces and

gradually increasing according to demand.

*Do not forget water-bath canner liquefied before offering it and be taken to increase the size of the hole cross cutting the bottle.*

The amounts will be by small course according to the baby's size, but ideally should have a smoothie green and yellow vegetables, grains, cereals and meat.

Legumes such as beans, soybeans, chickpeas, lentils and peas should soak the day before removing impurities before cooking. All food should be washed with *clean water*,

peeling and chopping, then cooking in a pressure cooker.

Liquefied not have to go through strainer.

Sucks to be opened to allow cross liquefied easy way out and this should be moderately thick.

## **JUICES**

Fresh fruit juices give the baby vitamins, fiber and protein.

## **METHOD OF PREPARATION**

Wash, chop and blend (or marinate) with boiled water

FRUITS QUANTITY	
Guava	1 unit
Mango	1 piece
Papaya. etc	1 tablespoon

Do not feed citrus juice (lemon, orange).

### Administration

Give the baby bottle or teaspoons.

Give starting with 1 ounce and gradually increase as the baby ask for more.

Give the time to ask ounces to be taken.

### The time of feeding itself:

Heat water bath and the amount needed, the semisitting baby, give it using a spoon or bottle.

### Remember:

- a) Do not store the liquid for another day; discarding what about at the end of each bottle.
- b) prepare juices to be consumed immediately.

### MOTHER

Good nutrition and affection that you will provide your child depends on its proper growth and physical and intellectual development.

Dese chest massages and place the baby to suck constantly, this is the best stimulus to produce breast milk.

The newly born never be lying horizontally or upside down. to prevent aspiration. The head should be higher than the feet, using a small pillow.

## **deworming**

Parasites affect a child's health, taking advantage of all these nutrients in food; There are many cases of malnutrition presented by this problem. We must begin deworming after six months, providing a monthly doses throughout childhood and adolescence.

## **VACCINATION**

DO NOT FORGET YOUR CHILD'S VACCINATION ... ATTEND A pediatrician and educational CAMPAIGNS OF THE MINISTRY OF HEALTH

**IF you follow these steps your child will have the opportunity to be smarter, school performance GETTING MUCH BETTER.**

## ***CONCLUSION***

Complementary diet for the newborn is a change of mentality starts with education of mothers about the nutritional value of their food and the realization that your child needs to grow and physically and intellectually developed, which depends exclusively on good nutrition in his life, but especially in the first six months.

Diet is Complementary Home Immediately after delivery with fetal placento-transfusion and then prepared food supply with no sugar, salt and fat. It is important to note that "I am not an enemy of breast milk but should be complemented by poor content of essential substances in the formation of the child as minerals, protein, fiber and vitamins. As a food option for the newborn, have soy milk and peanut milk as the percentage of protein in these elements is 35.41 and

25.19 respectively '

The program consists of three points, all tending to improve iron levels newborn and protein intake, mineral fibers and vitamins.

The first point is to harness the placental blood avoiding cutting

umbilical cord for a period not less than 30 minutes after delivery, to minimize the loss of a significant blood volume belonging to the newborn.

The second point is the initiation, from day, a complementary diet of breastfeeding.

The third point is parasite prevention and vaccination.

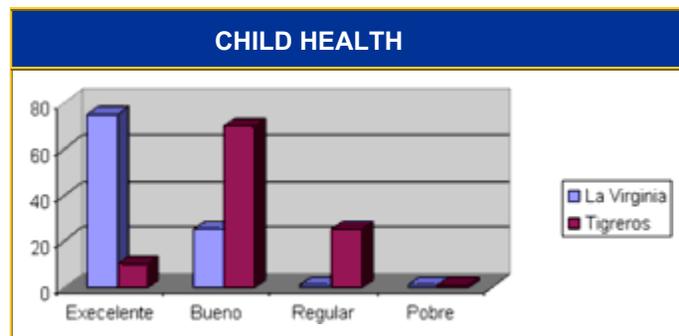
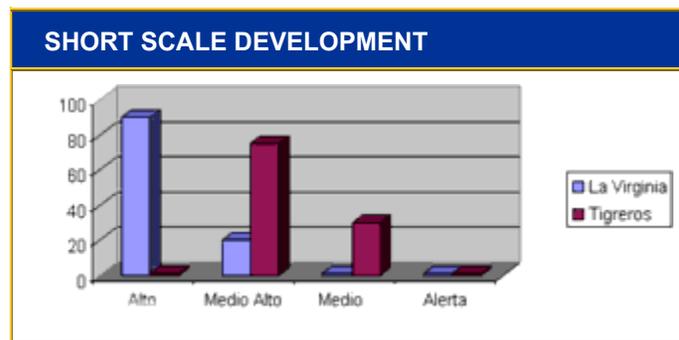
Deworming begins at 6 months, providing a monthly doses throughout childhood and adolescence.

*I invite health professionals to learn about my program, to form an objective judgment before denying*

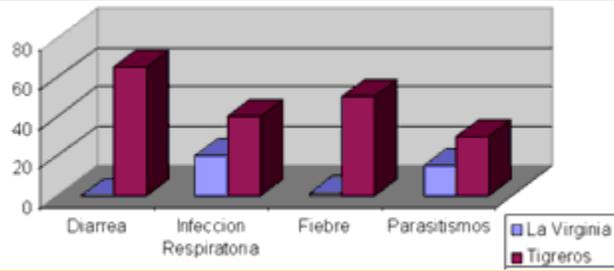
*this valuable opportunity for children.*

### **COMPARATIVE TABLE**

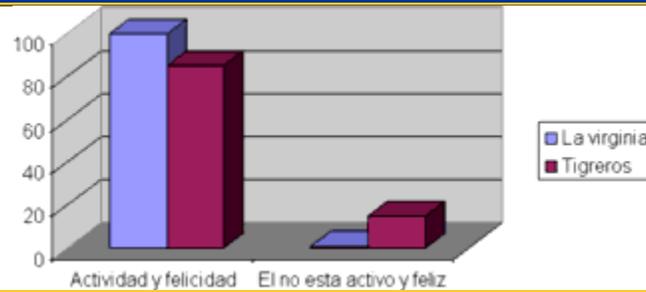
Virginia is a township where all newly born are in the program of supplementary diet; Tigreros Armenia is a neighborhood where all children are subjected to a single dairy diet.



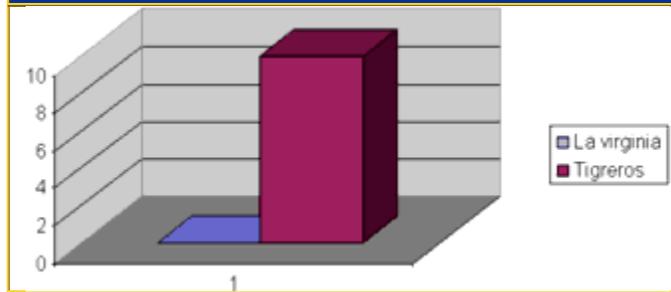
### CHILDREN'S DISEASES



### CHILD'S BEHAVIOR



### Hospitalization DISEASE



## **JARAMILLO SOUP**

### **JARAMILLO SOUP FOR NEWBORNS**

#### **HOW DOES THE SOUP FRESH**

##### **INGREDIENTS:**

80 to 100 grams of pulp meat, poultry, curí, rabbit, fish, chicken liver, etc. 3 or 4 beans without strand, a piece of carrot or squash, 3 or 4 spinach leaves, 1/3 ripe banana, a sheet of purple or green cabbage, two medium criollas unpeeled potatoes, 1 pedazo of deveined celery, 1 slice citron peeled, one piece of broccoli, lettuce leaf 1, 1 chard leaf, a piece of cucumber, cucumber or filling, cauliflower, celeriac, a garlic clove and one or two studs, etc. *We do not recommend tomato, oats, barley,*

*rye and wheat.*

**GRAIN:** 1 tablespoon rasa dry beans, 1 tablespoon rasa lentil, 1 tablespoon rasa dried peas, 1 tablespoon rasa brown rice, 1 tablespoon rasa of soybeans. If you want you can add quinoa, corn, chickpea, tilefish,

etc. and other grains that have and are achieved.

**FRUITS:** ½ fresh guava, mango 1 slice of peeled, 1 slice of papaya and other fruit that are not acidic. Are added at the time of liquefying the soup (not cooked the fruits)

*If you do not have all chosen elements make with that or is likely  
get... **But Do it!***

##### **PREPARATION:**

grains are washed and soaked from the made previous day in a glass vessel, stainless steel or enamel with 5 or 6 cups of water. Plastic utensils with hot or cold

(Refrigerators, microwave or stove) allow the release of substances known to cause cancer. The next day in the same water the beans can put into the pressure cooker or regular pot until tender, pot is uncovered and you add the well washed vegetables, meat and ripe banana, etc., is reviewed the water and if necessary it adds a little more to prevent drying. cover the pot and after whistling about 10 minutes, uncovered and brought to a well washed with boiling water and pringada blender. The solid is mixed slowly with the liquid so that it is slightly thick, falling lazy (to liquefy well because it is not strained) is given to the baby bottle with open cross suck (must be large broken) Liquefied should be stored immediately in the refrigerator, so that the cooling process is made within it. Must be saved in

glass vessel, stainless steel or enamelled, if the liquid is left out, so it while cooling, the child may Cramping with baby bottles evening and night. If the liquid left over after 24 hours should be discarded or used for feeding adults or older children. If the baby is hard stomach was

You can add 4 to 5 or more prunes to the soup at the time of blending. This liquid is given to the baby **THE TIMES PIDA Ounces taken** ( first liquefied and breast milk dessert, if you have a lot of breast milk

You can order and have liquefied, if there is no breast milk is given only liquefied) No

add salt or seasonings.

**DO NOT EVER** given COW MILK MILK POWDER LIQUID OR WHOSE MAIN INGREDIENT SEA COW MILK. NEVER

**GIVE A bottle IN LAYING ALWAYS IN POSITION POSITION** semisitting. **BABY LYING TO SIDE WITH HEAD**

**Higher than the body, never face down. WHEN YOU LEAVE YOUR BABY BEAR WITH SOUP IN A bottle Polystyrene cooler with ice, never in a thermos and LESS**

**Hot or warm.**

***LEAVE NO CHILD MOURN, USUALLY CRY WHEN IT IS FOR HUNGER OR MILK INTOLERANCE both maternal and COW THAT IS VERY FREQUENT AND THAT PRODUCES colic, reflux, diarrhea, gastrointestinal bleeding, ETC. AND YOU MUST SUSPEND THE DIET LACTEA. If you are taking medications, do not breastfeed.***

***This diet is extraordinary for those of the elderly, malnourished and is the only positive treatment for babies with Down syndrome, it is also very economic and likes children.***

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**AND** sta diet initiated by Dr. Hernán Jaramillo Botero has been applied since 1966 in Colombia, United States, Brazil, Peru, Ecuador, Central America, England, Spain, France and other countries. Those who receive diet are healthier, intelligent, with a balanced character and exemplary social behavior children. The diet should be from the day the baby is born, the times you ask, the ounces of soup you take, as long as possible, but at least daily during the first 6 months of life. This soup prevents malnutrition, prevent mental retardation, morbidity, diarrhea, respiratory infections, allergies, and other reflux. More than 5,000 medical records and more than 3 million children benefited in the world attest to the greater physical and intellectual development have babies with this diet.

**NEWBORN CHILD NUTRITION AND REQUIRES A PERFECT THIS  
You NEVER CAN ONLY ACHIEVE LACTEA a diet.**

**New edition**

### **JARAMILLO SOUP FOR ADULTS**

diabetes, hypertension, cholesterol and high, obese and in general triglycerides, impaired nutrition or individuals post-stroke must improve their nutritional status and ideally soup Jaramillo 3 times a day that can be flavored with lemon, garlic, cilantro , celery,  
etc., and accompanied with a fruit salad.

It is very important that dairy products are removed entirely as these are not food for humans and trigger more than 100 diseases in humans.

Who wants to improve their health, should improve their nutrition.

For good health is still necessary to have the pancreas, ie not abuse or consume carbohydrates high density (potatoes, white rice, white bread, cookies, candy and  
sweets) and avoid fats.

**WELCOME TO HEALTH!**

## ***DEFINITION OF TERMS***

### **MALNUTRITION:**

Suspension or lack of nutritional processes, with consequent atrophy and degeneration.

### **DOWN'S SYNDROME:**

O mongolismo is a genetic disease with different degrees of mental weakness.

### **DRUGS:**

Todo chemical compound can be used or administered to human beings or animal as an aid in the diagnosis, treatment or prevention of diseases and other abnormal conditions, to relieve pain or suffering, or to better control any physiological or pathological condition. dt drug.

### **IRON DEFICIENCY ANEMIA:**

Anemia hypochromic caused by iron deficiency, due to insufficient intake or disorder absorption or metabolism of the metal.

### **ENZYME:**

Element that catalyzes chemical reactions of other substances play its role without being destroyed or altered.

### **COPPER:**

It is an essential nutrition component being different substances element.

### **COBALT:**

chemical element whose deficiency causes anemia.

### **Lactoferrin:**

Proteína binding of iron found in neutrophils and secretions (milk, tears, saliva, bile, etc.) it has bactericidal activity and mediates colony formation of granulocytes and macrophages.

### **ARTERIOESCLEROSIS:**

Eesclerosis and thickening of the arterial walls.

## **HEMOGLOBIN:**

(Protein) is the red pigment of blood, has the function of carrying oxygen from the lungs to the tissues.

## **Immunoglobulin:**

specialized proteins in recognizing foreign bodies to the body.

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