

Can Eating Boogers Replace Vaccines?

Description

According to the article linked below, kids who eat their own boogers may have a better immune system and healthier life than their non-booger eating peers.

Study: Children who eat their own boogers may have stronger immunity than peers

Learn more:

http://www.naturalnews.com/038273_children_eating_boogers_immunity.html#ixzz3ESI16PRI

You might laugh (as I did), but the research makes sense. Here's a quote from the article:

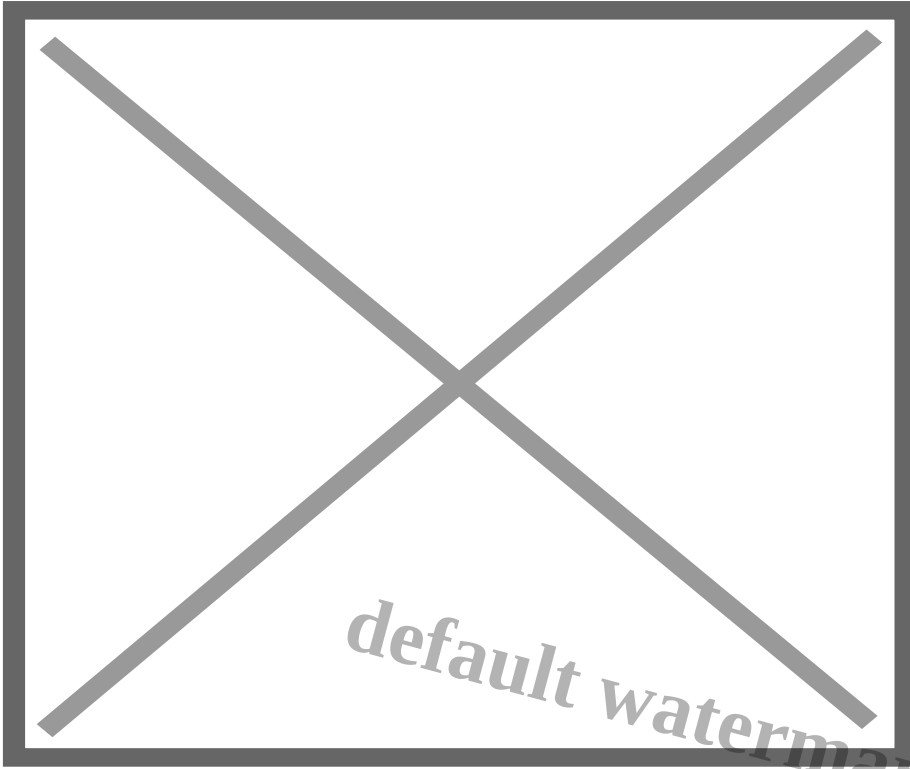
“Medically it makes great sense and is a perfectly natural thing to do,” argues Dr. Bischinger. “In terms of the immune system the nose is a filter in which a great deal of bacteria are collected, and when this mixture arrives in the intestines it works just like a medicine.”

Now I don't feel so bad for simply “building” my immune system years ago as a kid!

Of course, the end of the article goes on to mention the inherent risks of picking your nose like breaking the skin inside and possibly damaging veins. Ouch!

After reading this, would you be more accepting of your little one picking their nose and eating what they reap? With each slimy, bacteria-filled morsel potentially acting as a natural immunity booster?

If you do opt to let them eat their boogers, make sure you track their calorie consumption. Luckily, the great guys at How to be a Dad put together a handy [booger nutrition facts diagram](#) for reference.



I might think twice about telling her “No.” when Avery begins her nasal investigations, but I will rely more on providing her with a diet full of real, whole foods to boost her health!

I actually found another article while writing this and figured I’d share the [link here if you’re interested](#).

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