

Milo's Super Magic Adventure: 40 Days to Healthy Heroes!

"With Love for David" from Dad / January 2025

Chapter 1: The Magic Scanner



Milo loved snacks, especially the ones from shiny wrappers. One day, his friend Trixie the raccoon showed him her phone with an app called "Yuka."

"It's like a magic scanner," Trixie said. "It shows if snacks are good or bad for you."

Milo was curious. "Let's scan my chocolate bar!"

BEEP! A red face appeared. "E471," Trixie said. "It's a sneaky ingredient that can hurt your body and cause cancer"

"Can we play this game with all my snacks?" Milo asked.

"Let's do it!" said Trixie.

Chapter 2: Ice Cream Mystery



Trixie scanned a tub of Milo's favorite ice cream.

BEEP! Another red face!

"This one has E407 - and it causes cancer," Trixie explained. "It makes ice cream smooth, but too much can harm your stomach."

"Why do companies use bad stuff?" Milo asked.

"It's cheaper to make. But don't worry—we'll find better options!"

Chapter 3: Cracking the Cookie Code



Milo brought out his box of animal-shaped cookies.

BEEP! Red face again! “E500 and E450 - cause cancer are in here,” Trixie said. “They make cookies fluffy, but they’re not so good for your tummy.”

Milo frowned. “What can I eat instead?”

“We’ll find something fun,” Trixie promised.

Chapter 4: Green Heroes vs. Red Villains

Trixie taught Milo the game’s rules:

“Green faces are healthy snacks, yellow faces are okay, and red faces are bad! Let’s find some green ones.”

They scanned a fruit bar. *BEEP!* Green face!

“Woo-hoo!” Milo cheered. “I’m a green snack hero!”

Chapter 5: The Gummy Bear Trap

Milo scanned his gummy bears. *BEEP!* Red face again!

“E440 - is here,” said Trixie. “It makes gummies chewy, but it’s not great for your body, as it cause cancer”

Milo sighed. “Are all my snacks bad?”

“Not all,” Trixie said. “Let’s keep looking.”

Chapter 6: Banana Power-Up



Trixie handed Milo a banana. “No need to scan this—bananas are natural and healthy!” Milo peeled it and took a bite. “This gives me energy!” “Bananas are a super snack,” Trixie said. “Now you’re powered up for more adventures!”

Chapter 7: Frozen Fruit Delight

Trixie showed Milo how to cut frozen bananas into ice cream. “This is better than store-bought ice cream!” Milo said. “Healthy snacks don’t need sneaky ingredients,” Trixie said.

Chapter 8: Candy Alternatives

Trixie introduced Milo to frozen dates. “They taste like caramel candies, but they’re all natural!” Milo tried one and grinned. “These are my new favourites!”

Chapter 9: Mystery Cereal Scan

Milo grabbed his breakfast cereal. *BEEP!* Yellow face. “Not bad, but it’s got E500 - cancer risk and too much sugar,” said Trixie. “Can I eat it sometimes?” Milo asked. “Of course, just not every day,” Trixie replied.

Chapter 10: Melon Madness



Milo sliced a watermelon. “No barcode, so it’s a winner!”

“Fruits like melons are always green heroes,” said Trixie. “And they keep you hydrated, too.”

Chapter 11: Carrot Vision Game



“Want to see like a bunny?” Trixie asked.
She handed Milo a carrot. “Carrots help your eyes stay strong.”
Milo crunched away. “No wonder bunnies never bump into things!”

Chapter 12: Juice Box Dilemma

Milo scanned his favorite juice box. *BEEP!* Yellow face.
“Too much sugar,” Trixie said. “Let’s make fresh juice instead!”
Milo squeezed oranges and smiled. “This tastes way better!”

Chapter 13: Nutcracker Challenge



Trixie taught Milo to crack walnuts. “Nuts are healthy and fun to eat!”
They had a contest to see who could crack the most. “Nuts win against chips any day!” Milo declared.

Chapter 14: The Yogurt Trap

Milo scanned a tub of strawberry yogurt. *BEEP!* Red face!

“E450 - cancer risk and sugar overload,” said Trixie.

“Let’s try plain yogurt with real strawberries instead,” Milo suggested.

Chapter 15: Sneaky Chips

Milo scanned his potato chips. *BEEP!* Another red face.

“E471 - cancer again and too much salt,” Trixie said. “But you can make your own chips from sweet potatoes!”

Chapter 16: Pears for the Win



Milo ate a juicy pear. “No scanner needed! Pears are naturally sweet.”

“Real fruits beat snacks every time,” Trixie said.

Chapter 17: Coconut Smash Game



Milo and Trixie smashed a coconut to drink its water and eat coconut white inside.

“This is fun AND healthy!” Milo said.

“Coconuts are nature’s perfect snack,” Trixie agreed.

Chapter 18: Strawberry Sweetness

Milo scanned a box of store-bought strawberry candies. *BEEP!* Red face.

“E440 cancer again,” said Trixie.

Milo grabbed fresh strawberries instead. “These are sweet enough!”

Chapter 19: Smoothie Superpowers

Milo washed spinach. “This is tasty!”

“Spinach makes you strong like Popeye Sailor ,” Trixie said.

Chapter 20: Snack Heroes Unite

Milo taught his friends how to scan their snacks.

They worked together to find green heroes and avoid red villains.

“Healthy snacks make us stronger, faster, and smarter!” Milo said.

“And we’ll never fall for sneaky ingredients again!” Trixie added.

Chapter 21: Mango, Pomegranate, and Pineapple Party

“Today’s mission: taste the best fruits for your body!” Trixie announced, holding a basket of mangoes, pomegranates, and a pineapple.

“These are so colorful!” Milo said, picking up a mango.

“Mangoes make your tummy happy and give you lots of energy for running and playing,” Trixie explained. “Pomegranates are full of tiny juicy seeds that help your heart stay strong, and pineapple is like a super fruit—it’s tasty AND helps your body heal faster!”

Milo bit into a slice of mango and exclaimed, “This is the best fruit ever!” Then he crunched on pomegranate seeds and nibbled a pineapple slice.

“Fruits like these are nature’s candy,” Trixie said.

Game: Mango Magic: Count how many pomegranate seeds you can eat in a minute!

Chapter 22: Real Honey, Real Sweetness



Milo scanned a bottle of store-bought syrup. *BEEP!* Red face.

“It’s full of fake sugar,” Trixie said, shaking her head. “Let’s find the real deal.”

She handed Milo a jar of real honey.

“Wow, this tastes so much better!” Milo said, dipping a spoon in the golden liquid.

“Real honey is not just sweet; it also helps your body fight germs and gives you energy,” Trixie explained.

Milo smiled. “From now on, I’m replacing all my syrup and sugar with honey!”

Game: Honey Hunt: Find three foods in your house to drizzle with real honey (like apples, toast, or yogurt)!

Chapter 23: The Citrus and Sweet Fruit Rule



Milo was excited to make another fruit salad when Trixie stopped him.

“Hold on, Milo! Did you know some fruits don’t play well together?” Trixie asked.

“Really? Why not?” Milo asked, tilting his head.

Trixie explained, “Citrus fruits, like oranges, lemons, and pineapples, are very tangy and have a lot of acid. Sweet fruits, like bananas, mangoes, and dates, are easier to digest when eaten alone or with other sweet fruits.”

“So, no mixing?” Milo asked.

“Right! If you mix them, your tummy might feel funny because they digest differently. Try eating citrus fruits as a snack and sweet fruits at another time,” Trixie suggested.

Milo nodded, picking an orange for a snack and saving his banana for later. “I don’t want a grumpy tummy!”

“Smart choice!” Trixie cheered.

Game: Fruit Sorting Fun: Find five fruits in your house and sort them into two groups—citrus and sweet!

Chapter 24: The One-Hour Water Rule

At lunch, Milo reached for his water bottle while munching on an apple.

“Wait, Milo!” Trixie said. “There’s a rule about drinking water while eating.”

“Why not?” Milo asked, confused.

“When you drink water with your food or right after, it slows down your digestion. Your tummy works best when it’s not full of extra liquid,” Trixie explained.

“So, when can I drink water?” Milo asked.

“After an hour! Then your body will digest food better,” Trixie said with a smile.

Milo put his water bottle aside. "I'll wait!"

Game: Water Wait Challenge: Time yourself after eating to wait a full hour before drinking water.

Chapter 25: Why Skip Milk and Cheese?



Milo scanned a carton of milk. *BEEP!* Yellow face.

"What's wrong with milk?" Milo asked.

Trixie sighed. "Milk in stores often has antibiotics and chemicals that aren't good for your body. Cheese and yogurt are made from the same milk."

"What should I drink instead?" Milo asked.

"Fresh juices, smoothies, or coconut water are better," Trixie said.

Milo tried a fresh orange juice and grinned. "This is way better than milk!"

Game: Juice Mixer: Make your own fruit juice by squeezing oranges, apples, or pomegranates!

Chapter 26: Pastries and Bread Trouble

At the bakery, Milo looked at cupcakes and bread rolls.

"Should we scan them?" he asked Trixie.

"No need! Most pastries and breads have yeast, which can grow bad bacteria in your tummy," Trixie explained.

"But they smell so good!" Milo said.

"They're tasty, but too much bread or pastries can upset your tummy. Try having nuts, fruits, or natural snacks instead," Trixie suggested.

Milo chose some almonds instead. "No bad bacteria for me!"

Game: Swap Snacks: Replace a pastry or bread in your meal with a handful of nuts or a fruit.

Chapter 27: Why No Meat or Fish?

Milo spotted a plate of meat and fish at the table.

“Why shouldn’t I eat these?” he asked Trixie.

Trixie explained gently, “Meat and fish are dead animals. Eating them isn’t kind, and they can have bad things like chemicals or germs that aren’t good for you.”

Milo frowned. “What should I eat instead?”

“Fruits, vegetables, nuts, and seeds are all alive and full of energy,” Trixie said.

Milo nodded. “I want to eat food that makes me feel alive!”

Game: Alive Foods Only: Make a plate of food using only fruits, veggies, and nuts.

Chapter 28: No Eggs, Mushrooms, or Ultra-Processed Food

Milo scanned a carton of eggs. *BEEP!* Yellow face.

“Eggs and mushrooms are okay sometimes, but they’re not great for your body,” Trixie said.

“And what’s ultra-processed food?” Milo asked.

“It’s anything made in a factory with lots of fake ingredients—like frozen pizzas or snacks with weird names on the label,” Trixie explained.

Milo nodded. “I’ll stick to fresh foods instead.”

Game: Label Detective: Look at 3 snacks in your house and see if they have any strange ingredients.

Chapter 29: No Fast Food Frenzy

Milo passed a fast food restaurant and saw burgers, fries, and nuggets.

“Can we scan these?” he asked Trixie.

“No need,” Trixie said. “Fast food is full of bad oils, chemicals, and salt. It doesn’t give your body energy—it makes it tired.”

“But it smells so good!” Milo said.

“Fresh fruits and veggies taste better, and they help you stay healthy,” Trixie replied.

Milo smiled. “Goodbye, nuggets—hello, bananas!”

Game: Fresh Food Swap: Pick one fast food item you like and replace it with a fresh fruit or veggie snack.

Chapter 30: Mom’s Coffee and Tea Trouble

Milo watched his mom sip her morning coffee.

“Why do grown-ups drink that?” he asked Trixie.

“Coffee and tea have things that can make your heart race or upset your tummy,” Trixie explained.

Milo wrinkled his nose. “I don’t like the smell anyway.”

“Good choice! You don’t need coffee or tea to feel awake—fruit and water are better for energy,” Trixie said.

Chapter 31: Sugar and Salt Sneak Attack

Milo reached for the sugar bowl.

“Wait! Did you know that sugar and salt can help bad bacteria grow in your tummy?” Trixie said.

“But sugar makes things sweet, and salt makes food tasty,” Milo replied.

“You don’t need to add extra. Fruits are naturally sweet, and spices can make food tasty instead of salt,” Trixie explained.

Milo nodded. “No more adding sugar or salt for me!”

Chapter 32: No Alcohol or Smoking



Milo saw a man holding a cigarette and asked Trixie, “What’s that?”

Trixie explained, “Smoking and drinking alcohol are very bad for your body. They hurt your lungs, heart, and brain.”

“Yikes! Why do people do it?” Milo asked.

“Some people think it helps them relax, but it’s not worth it,” Trixie said.

“I’ll never do that,” Milo promised.

Game: Super Lungs: Practice deep breathing exercises to keep your lungs healthy and strong!

Chapter 33: Ice Bath Boost



Trixie showed Milo how to fill a tub with cold water and ice cubes.

“Put your feet in! It’ll make you feel super refreshed,” she said.

Milo dipped his feet in and laughed. “It’s so cold!”

“Ice baths wake up your body and give you energy,” Trixie said.

Game: Ice Challenge: See how long you can keep your feet in the icy water!

Chapter 34: Fasting Fun

Trixie explained a new game: “Today, we’ll practice fasting. That means going without food for a whole day!”

“But why?” Milo asked.

“Fasting helps your body rest and clean itself,” Trixie said.

Milo tried fasting for a day and felt proud. “I did it!”

Game: Fasting Levels: Start with skipping one meal, then try a full day!

Chapter 35: The Cereal Swap

Milo scanned a box of chocolate cereal. *BEEP!* Red face.

“Cereals like these have too much sugar and chemicals,” Trixie said.

“What should I eat for breakfast?” Milo asked.

“Try fruit, nuts and honey instead,” Trixie suggested.

Milo made a bowl of bananas with honey. “This is way better!”

Game: Breakfast Builder: Create a healthy breakfast with only natural ingredients.

Chapter 36: Listen to Your Body

Trixie taught Milo an important rule: “If you’re not hungry, don’t eat! And if you still feel a little hungry after eating, that’s perfect.”

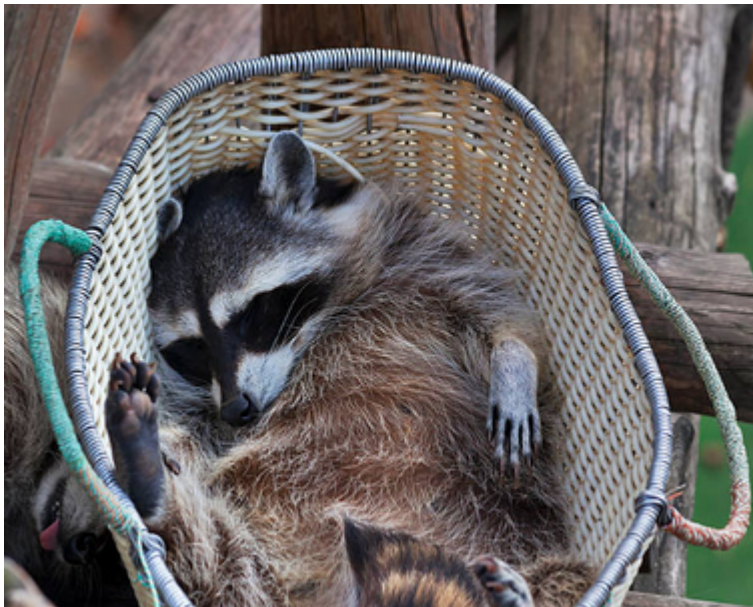
“What happens if I overeat?” Milo asked.

“You’ll feel too full, and your body will struggle to digest it all. Overeating is like poisoning your tummy,” Trixie explained.

Milo nodded. “I’ll eat just enough to feel good!”

Game: Hunger Check: Before eating, ask yourself if you’re truly hungry or just bored.

Chapter 37: The Golden Sleep Hours



Trixie reminded Milo, “The best time to sleep is between 9 and 10 PM. Your body heals the most then.”

“But I like staying up late!” Milo said.

“If you sleep early, you’ll wake up with the sun and feel amazing,” Trixie said.

Milo tried it and woke up feeling refreshed. “You’re right, Trixie!”

Game: Early Bird Challenge: Go to bed at 9 PM and try to catch sunrise the next day !

Chapter 38: Morning Moves

Trixie showed Milo some fun morning exercises. “Stretching and deep breathing help your body wake up and feel strong!”

Milo stretched his arms and legs, then took deep breaths.

"This feels so good!" he said.

Game: Breathing Hold: See how long you can hold your breath while staying calm.

Chapter 39: Meditation and the Wisdom of the Bhagavad Gita



Trixie sat cross-legged on the grass. "Milo, today's game is about calming your mind with meditation."

"What's meditation?" Milo asked.

"It's sitting quietly, breathing deeply, and focusing on your thoughts or a special word," Trixie explained. She opened a little book. "This is the *Bhagavad Gita*. It teaches us how to stay peaceful and do good things in life."

"What does it say?" Milo asked, curious.

"One lesson is: 'Your mind is your best friend if you control it, but your worst enemy if you let it control you,'" Trixie read. "Meditation helps us stay calm and make our mind our friend."

Milo closed his eyes, sat still, and tried deep breathing.

"This feels nice," he said.

Game: Meditation Minute: Sit quietly for 1 minute, focusing on your breathing. Can you go longer each day?

Chapter 40: Run Like the Wind!



Trixie and Milo stood in a park with their sneakers on.

“Today’s mission: Run 1 mile!” Trixie said.

“A whole mile? That sounds tough!” Milo said.

“You can do it! Running makes your heart and lungs stronger, boosts energy, and helps you think clearly,” Trixie said. “Let’s go!”

Milo started running, slowly at first, then faster. By the end, he was smiling and full of energy.

“I did it!” he said, cheering.

“See? Running makes you feel powerful!” Trixie said.

Game: Mile Challenge: Time yourself running 1 mile. Try to beat your time every week!

Your 40-Day Adventure Complete!

Milo stood proudly next to Trixie, holding a journal filled with all the fun challenges they had completed over 40 days.

“Wow, I feel amazing! I’ve learned so much about my body, my mind, and even the foods I eat,” Milo said.

Trixie smiled. “You’ve gained something very special, Milo—*superpowers*! The power of health, strength, and wisdom! Now, you can jump higher, think clearer, and stay happy every single day.”

Milo laughed. “These are the best superpowers ever! What’s next, Trixie?”

Trixie winked. “How are you ready for your next book adventure? How about we sail around the world? There’s so much more to discover — read for new comics adventures..”

Milo's eyes lit up. "That sounds amazing! Let's go!"



A new book is coming soon and their third friend Jamie will join them