



## How to Get Kids to Eat Great: and Love It! (2nd Revised edition)

By Christine Wood

Griffin Publishing. Paperback. Book Condition: new. BRAND NEW, How to Get Kids to Eat Great: and Love It! (2nd Revised edition), Christine Wood, The risk of developing degenerative diseases such as cancer, diabetes and obesity can be significantly reduced through proper nutrition beginning in childhood and continuing through adulthood. Wood, a practising paediatrician for 14 years and a leading spokesperson on children's nutrition, outlines in this book ways of dealing with other non-degenerative diseases such as allergies, asthma, ear infections and attention deficit disorder (ADD) with preventative measures and with nutritional supplementation and a balanced childhood diet. The first section identifies the toxic conditions present in our environment today and why instilling lifelong healthy eating habits in our kids will help them battle the environment's negative effects on their bodies. The second section specifically outlines proper nutrition for every age group: infants, toddlers, pre-schoolers, school age children, and teenagers. The final section provides research, case studies and tips on how environmental measures and in some cases, proper nutritional supplementation may reduce symptoms of common diseases such as allergies, asthma, ear infections, and ADD. She also presents compelling research on why certain nutrients may have an impact on our children's future...



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