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# SUPERIMMUNITY

*for Kids*

*What to Feed Your  
Children to Keep Them  
Healthy Now—and Prevent  
Disease in Their Future*

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"An incredible gift for parents who care. It explains the nutritional measures needed to insure maximum health for children."  
—Bernie Siegel, M.D., Author of *Love, Medicine and Miracles*

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**Leo Galland, M.D.**  
with Dian Dincin Buchman, Ph.D.

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Foreword by Louise Bates Ames, Associate Director and Co-Founder,  
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Leo Galland M.D. and

## Superimmunity for Kids: What to Feed Your Children to Keep Them Healthy Now, and Prevent Disease in Their Future



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This text employs the latest scientific data to describe to parents how they should feed their children for maximum health also to help conquer illness and reverse the immune disturbances which have been on the increase over the past three decades. It offers a chapter for pregnant moms. Focusing on the need for nourishment in immunology, the reserve is organized by age group for infants, toddlers, school-age kids, and teenagers.



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Touch upon Jaundice and breastfeeding HI, I was just browsing through this reserve online and I ran across the paragraph in jaundice and breastfeeding.. Now I feel like, when it comes to my children's diet, I know what I'm carrying out, and my children are healthier because of this. I am an extremely well examine La Leche league member and breastfeeding established fact to reverse jaundice by helping your baby to excrete the bilirubin build-up. The book has some good recipes, plus some good helpful hints, it also got us consuming tofu. It is the best treatment for jaundice despite was this reserve says. Stopping breastfeeding during the crucial 1st weeks is dangerous for your baby's nutrition and immunity and bad for mom in terms of losing your milk source and struggling engorgement or mastitis. Other than that topic I didn't browse the remaining book so it may otherwise be a good book. A Must-Read for Moms I found a couple of things to be most helpful concerning this book: 1) the info on the essential fatty acids that young children need in their diet plans from flax oil, evening primrose, cod liver oil, etc, particularly if they have allergies; Proper diet plays a very important component! My son's allergies to milk and wheat have died, in part, I really believe because We introduced flaxseed oil into his diet plan nine a few months ago as consequence of scanning this book. Flaxseed essential oil, I came across is the least difficult to incorporate into a young child's diet because it's easily available at health meals stores and it generally does not have any flavor. I generously poured it onto my son's oatmeal each morning and it supplied a good source of fats for him and, for me, played a job in eliminating his allergies. Galland were to write an updated or revised version of the book, if he would still recommend so very much soy for children. This walks you thru from pregnancy to 17 years the correct supplements needed by the body. Galland has specific recommendations for safe upper dosing levels for different age groups..)I actually also found the chapter on nutrition for pregnant and nursing moms to be really helpful (for example, an excessive amount of the mineral manganese in the mother's diet can be toxic to a nursing baby up to 6 weeks of age).The main concern for me, however, revolved around Dr. Galland's suggestion for so very much soy in children's diet plans. Love the info and this is an upgraded for a book I loaned some one. Babies on soy formulation have been observed as youthful as three years old to get into puberty, it is believed, because of the estrogen in soy....] So I question if Dr. Evening primrose and cod liver natural oils were just a little tougher to be in keeping with, if a child has severe allergies, it's a small price to cover the potential positive end result. a must have Great Book! I consider it a very important and insightful must-browse for every mom.. This is recommended by another plan I'm using Dianne Craft for learning issues in children. This book is the foundation once and for all health in children. The book is informative, but it was printed in . I really enjoyed scanning this publication, it was very useful and I agreed with a lot of what the writer said about diet. This publication explained why I have current medical issues even going back so far as my childhood. A lot of what he asks us to feed our children, is not really stuff they would eat.We wanted to mention that some of the things are simply not do-able with young kids. I must say however, that a lot of what Leo Galland states is great but also very hard to pull off nearly all the time. This information was supremely inaccurate on this particular subject.. No parent should be without it. ie: liver, seafood stew, oysters, etc..if the animal is even healthy is saturated in vitamin A and kids can od on Vitamin A. The more often you nurse the quicker your baby gets rid of the dead red bloodstream cells... Milk products can cause plenty of problems in kids.I read it as a helpful device that helped me make MANY healthy changes and decisions.. (Who understood that a 2-3 calendar year old can have up to 1000mg/time of vitamin C so long as his tummy will tolerate it?but not something that I took on as "religion" or something I can do as an Each day occurrence. Excellent for Eczema My daughter had severe eczema which affected her sleep. After reading this publication we offered her flaxseed oil dietary supplement and rubbed primrose oil as recommended by the writer. Grains possess phytic acid which decrease nutrient uptake therefore i go with sprouted when feasible or fresh water wild rice (which really is not a rice). It really happened. AWESOME!my daughter started sleeping well...Good for Eczema sufferers. He also tells you to limit sugars to 1 1 tsp a time total, no added salt on stuff, no fast food restaurants or pizzarias, and no hydrogenated oils etc. I agree with everything he says, except keeping kids on milk products..we are also following homeopathy additionally... Otherwise, this is an exceptional publication. I use much of the information that he gave nearly regularly. Since following a advice in this publication, most of my health problems have been resolved and I feel much better about ensuring that my future children have very immunity. I recommend it to every committed mother or father. It looks like a winner for reference and for daily use. It's

so refreshing to listen to from nutritionally oriented MDs who don't holiday resort to medication for each issue. Saved my daughter to some extent. but please end up being aware that you might come from this publication feeling overwhelmed with what you must do and guilty with what you are, or aren't doing. I read this book for myself as an adult because I suffer from many auto-immune issues. with regards to children's nutrition this is actually the bible Dr Galland delivers a practical and thoughtfully organized compendium in childhood and pregnancy nourishment. I carried this reserve with me almost everywhere for a long period because it takes time to digest all of the information, but the time and effort was worthwhile. The book says that breastfeeding makes jaundice worse and that you will have to end nursing for your child to be cured of it. It provides proved to be probably the most valuable assets on child rearing I've run into. This book is easy to read and covers from allergy symptoms/asthma to auto-immune disorders to autism. Old, but solid Older publication than We anticipated. Good stuff and wise details though redundant in itself. Been a couple weeks since I browse, if I remember correctly he's a proponent of grains and pet livers, which aren't my thing otherwise good protocol. He promised that it'll improve her sleep in 3 days. Pet livers... These thing may be well and great, but also very problematic for the common mom or dad to pull off Each day, specifically with todays "supermarket" foods...easily remember correctly the writer covers that. I've enjoyed meeting Dr Doctors Galland and Buchman's publication, "Superimmunity for Kids," gives parents a clear nutritional guide that will help keep their kids clear of immune disturbances and keep maintaining maximum health. I've enjoyed conference Dr. Galland and have followed his work for decades. I recommend "Superimmunity for Children" in Chapter 6: Energizing Your Immune Program's suggested reading section of my book, Five Stars Very informative, use it to boost my kid's nutrition. Superimmunity, good book, but difficult to pull off! [. Thanks, Dr. The book is informative, nonetheless it was printed in the late 1980's therefore i wonder if there isn't some more updated information to be aware of. There has been recently very much controversy over the protection of soy for kids due to the high levels of isoflavones or naturally occurring plant-based estrogen. Love the information and recipes excellent book Get it for everybody you know but only works if you are using it the was your likely to. At any rate, the book is an excellent reference point for mothers and it's easy to choose and choose what is doable and ideal for your son or daughter and lifestyle. This is among the best books I have ever had about staying healthy. especially a child who is 2 years old. As for vitamins and minerals, Dr. I make reference to this often. Nutrition vital that you learning. I've just skimmed through this publication. This book is extremely beneficial for anyone with kids or have their own health issues Every family should have this reserve! Galland, for posting your experience on child nutrition. and 2) the precise doses of certain minerals and vitamins for each age group.



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