

"Her research is solid, her insights are excellent, and her advice is just what you need."
— THE WASHINGTON POST

CURE YOUR CHILD WITH FOOD



SOLUTIONS FOR

- Picky eating
- Reflux
- Stomachache
- Ear infections
- Failure to grow
- Constipation
- Rashes
- Sleeplessness
- Mood disorder
- ADHD and SPD
- Hyperactivity
- Dyspraxia (speech delays)
- and more

The Hidden Connection
Between Nutrition and
Childhood Ailments



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Cure Your Child with Food: The Hidden Connection Between Nutrition and Childhood Ailments



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Why treat your son or daughter with drugs when you're able to cure your child with diet? Grounded in cutting-edge research and filled with case studies that read like medical thrillers, that is a book for each and every parent whose kid suffers from disposition swings, stomachaches, ear attacks, eczema, anxiety, tantrums, Add more/ADHD, picky eating, asthma, lack of growth, and a bunch of other physical, behavioral, and developmental problems. T. and today with a new chapter on the unforeseen connection between gluten and insatiable appetite, Cure YOUR SON OR DAUGHTER with Food displays parents how exactly to uncover the clues behind their kids's surprisingly nutrition-based health issues and implement basic treatments?immediately. and, finally, to get their children off medicines?antibiotics, laxatives, Prozac, Ritalin?and back to a natural condition of well-being. How ear infections and disposition disorders, such as stress and anxiety and bipolar disorder, could be a sign of meals intolerance. The panoply of complications caused by gluten and dairy. Plus, ways to get your child to rest, soothe hyperactivity, and cope with reflux using basic dietary strategies. Ms. Dorfman, a nutritionist whose typical family arrives at her practice after viewing three or more experts, gives parents the various tools they need to become diet detectives; to recalibrate their children's diets through the easy E. program; Previously published as What's Eating YOUR SON OR DAUGHTER? A. You'll discover how zinc deficiency can cause picky feeding on and affect growth.



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Instantly helped me diagnose a gluten intolerance in my unruly toddler. I was within my wits end with my two season old daughter's extreme disposition swings and oppositional behavior. Good starting point Well written and informative. Every parent must read this book! A must browse! This coincided with a larger upsurge in crackers, cereal, and pizza usage at daycare, therefore i decided to purchase this reserve. Immediately I knew that she experienced a gluten intolerance. She really seems to know what she's discussing. I've been fed up with the over medication response the doctors have provided to me as a solution, often treating the symptoms rather than trying to get right down to the real problem. I recommend this book for just about any parent whether or not or not your child seems to possess some sort of an issue. It's truly inspiring us to change our diet plan and start sending my daughter's lunch with her to daycare. After a full day at daycare, where she ate regular meals, she came home and would desire four scrambled eggs, two cups of peas and two bananas. Also, a child was always soooooo hungry. Fundamentally, you should either remove gluten or sugars or dairy or add Omega3 and specific vitamin supplements or perform all or the combinations. I'm currently seeing changes in my daughter's epidermis (eczema) from changing her diet. So I'll try health supplements with my child and daughter trigger going gluten free didn't help. I wish I would have had this details when my males were little. Learned A WHOLE LOT about my children and also have already implemented some of her suggestions at home. I tried to follow these recommendations - adding best vitamins, reduce wheat products and dairy and glucose. It made me even more alert to how certain foods may be negatively effecting my kiddos and myself. This reserve is a refreshing answer to a prayer I've been praying! I read the book cover to cover in two times and I have learned so much. Kelly provides numerous easy to comprehend case research backed by clinical proof. I first got this reserve on audible and noticed I had to obtain a print copy also. Extremely informative. Great resource We don't have any significant illnesses inside our home. But this reserve was great and actually made me think about the foods that people all eat and how they impact the body. A colleague recommended this book to me because my 14-month old suffered from multiple ear infections and pneumonia. Reducing wheat items and gluten are the hardest. I browse this publication from cover to cover in one day! Readable and packed with valuable info! Thankful I found it! Great book! She's a health care provider, an allergist and a nutritionist, so she's not only some goofball that thinks one food will remedy everything. I learned plenty of that I'm getting tested for celiac myself. This is absolutely eye-opening. This is a great reference for all parents. Wow!!! But, she doesn't claim to have all of the answers for your kiddo. A Must Read! Keeping up to make an appointment to see her personally! She sometimes complained of abdomen aches and constantly seemed gassy. The author got me suspicious of everything in and out of our diet plan by the finish! Ofcourse should you have come this far, we all know eating entire foods and refreshing produce is great and prevent packaged food's. Between research and seeing my daughter's group of doctors and therapists?, I'm positive there's something off with my daughter's overall nutrition. Definitely a must read! Omega 3 and zinc really help with moodiness and picky consuming. Wish I'd have found it sooner. Five Stars Excellent read. AWESOME! If not I might try no milk for a bit a see what goes on. Three Stars A good examine. All the information throughout the book makes so much sense. Such an excellent resource for my children! Hoping changing my kid's diet helps w a few of these issues. Tons of information will provide you with lots of motivation a great deal of information about different conditions and what can help. Very interesting.! They are good suggestions in any situation. But today I know what may be behind specific condition and it makes me better understand the child. Adding vitamins is the easiest part. Dorfman makes suggestions and has ideas to try. This is definitely a must read book. Five Stars bought these to get my sister in laws to pass out Five Stars very helpful! There's really very little useful information in the book There's really very little useful info in the publication. The publication gave me an excellent jumping off point to look into things further. This is more of a advertising book to get presence and consulting sales to the auythor. Five Stars great reserve for parents to comprehend whats ailing the youngster a must read



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