

# SUPER HEALTHY KIDS

A Parent's Guide to  
Maharishi Ayurveda

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## **Super Healthy Kids: A Parents Guide to Maharishi Ayurveda**



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All parents want the very best for their children."At the same time when many parents are leery about over using antibiotics and prescription drugs, Dr." - John C.This step-by-step guide explains how exactly to use natural approaches such as for example diet, lifestyle, day to day routine, meditation, massage therapy, exercise, yoga postures, herbal remedies, and aroma therapy to avoid illness and restore balance. With this practical book at hand, you can keep your kids healthy without negative unwanted effects. Yet when faced with a sick child, it's hard to learn what to do. This reserve is a 'must have' for all creative, accountable parents. Reddy makes a clear case for natural medication. The time-examined wisdom of Maharishi Ayurveda offers surprisingly effective answers to children's health issues today-from ADHD to weight problems. Peterson, M.D., Table Certified in Family Practice, practitioner of Maharishi Ayurveda health care since 1984



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For a far more comprehensive book check out Ideal Health for Kids by John Douillard - a must . It provides easy to comprehend and detailed guidance, instructions, (and even recipes! Nevertheless, it is filled with details, phenomenal details. Close friends of mine who DID possess children! Dr. Also, this publication focuses on vegetarianism, something to understand. Vegetarianism isn't just for all body types. For a far more comprehensive book check out Perfect Health for Kids by John Douillard - a must read. I help you to read it through once and consider another stroll through each chapter (with a marker plus some post-it notes). I purchased it to be more conscious .. Maharishi Ayurveda takes into account that no two kids are alike and therefore their wellness regime be customized to each child's unique mind body make up. This is an incredible book. I purchased it to become more aware of my grand daughters health insurance and it has been so helpful. All the understanding is presented obviously and simply and is normally substantiated by 30 years of published scientific research. Very educational and complementary to our holistic choice for living and health.. Oh well, such can be life! Everything I learned about Maharishi Ayurveda over twenty years can be comprehensively explained in Super Healthy Children. Reddy and Linda Egenes make an excellent argument that Maharishi Ayurveda may be the most reliable, sensible and cost effective approach to taking care of children.. Foundational Knowledge for Child's VERY EXISTENCE Foundational Knowledge For Child's Entire Life I love Super Healthful Kids not only because it is usually a go - to guide of natural and effective health remedies for common childhood illnesses but as a systematic approach to building the child's immune system to become very strong and healthy and stop illness. These details is priceless to me as I have a 13 yr old daughter, a 2 yr old daughter and a 2 month old baby boy. There have become simple principles that can be easily and inexpensively incorporated into a child's lifestyle that are profoundly effective. They address anything in a child's existence, diet, day to day routine, emotions, environment, period, specific behavior and body types. It's not only easy knowledge to include but also you can preserve because of the very quick results.. I wish I had the conscience and the data I've now when my kids were young. That is a great investment for any parent. there exists a section that handles various kinds of sleep issues, and it lets you know how different foods or points they do before bed can be the actual problem--and then they give the detailed yet easy things you can do for your kid to create it better. You don't have to do TM to use and appreciate the goldmine of understanding in this book..) with simple and thorough explanations of how your son or daughter's body, mind, emotions, and behavior are effected by what they eat and their day to day routine and how conveniently you can improve stuff for them. They include bedtime routines, wake-up routines and exercise. I think that is awesome since my husband and I practice TM, but if this is not your thing, just know that the rest of the book - at

least 80% - is direct practical knowledge and info about how foods and schedule effect your son or daughter on all amounts and how most complications your child has are due to poor diet and routine. There are details about all sorts of foods- vegetarian and non- vegetarian, morning, time, and bedtime routines, etc. It has all the answers to improve your child's sleep, behavior, regimen, digestion, illness, etc. (nevertheless, you might just want to after you read it:) SUPER HEALTHY KIDS explains how so lots of the problems you might be having with your children's behavior or wellness is conveniently fixed through just feeding them in different ways or providing them with a different morning hours or evening routine. And it is all damaged down to suit your type of kid. For example, in case you are having a issue with getting the child to sleep or stay asleep, etc. THE MISSING PIECE IN YOUR PARENTING COLLECTION First I want to say, even if you haven't any interest in Ayurveda, this book is a MUST HAVE in your parenting collection. This publication has all of the knowledge for the kid to make a foundation for an extremely developed physiology that loves great vitality, energy, and a lifestyle lived to it's fullest and greatest potential and ultimately into a well nourished, balanced, content, enlightened adult. I am hitting the supermarket tomorrow to get a few issues to improve their diet plan:) It's totally become my fresh parenting bible without doubt! Twenty years of Learning Condensed into one Book Personally, I loved this book. I actually totally recommend this publication not only to parents, but to grand parents as well. This is an incredible book. My one complaint is usually that the publication constantly refers to "Maharishi Ayurveda" when the majority of the concepts are simply traditional Ayurvedic concepts, not some invention of the Maharishi branch of Ayurveda. Informative and uncomplicated Beautiful book purchased at the recommendation of a friend. The authors give exciting but exhaustive details on food assimilation in children. Reddy tells the stories of her patients, all children, who've benefited from Maharishi Ayurveda mostly with a simple change of diet or a change in daily routine. Throughout the book Dr. I acquired one for my pregnant neighbor. There are four complete chapters dedicated to the ideal day to day routine of a child. The first couple chapters discuss TM (transcendental meditation) and it's benefits for your family. Reddy goes a bit further and explains that a cohesive and peaceful family environment can be fundamental to the fitness of a child. This book is simple to read.. You use Super Healthy Children as a reference book so I suggest that you retain it on your own kitchen counter with those helpful post-it notes for quick and easy research. Buy it ! Care about your kids? Buy this book! I don't possess kids and I acquired this reserve, because I wanted to be able to share the info with. Very informational book about raising healthy kids from the perspective of Ayurvedic medicine. This helps the parent understand the vital role that good digestion plays in creating the building blocks that promote

healthy blood, healthy fat, healthy muscle tissues and healthy bone cells in an evergrowing child. That is a happy book!



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