

"A carefully researched, compellingly written game changer for children's health."
—Mark Hyman, MD, author of the #1 New York Times bestseller *The Blood Sugar Solution*

MAYA SHETREAT-KLEIN, MD

THE DIRT CURE



Healthy Food, Healthy Gut, Happy Child

Maya Shetreat-Klein MD

The Dirt Cure: Healthy Food, Healthy Gut, Happy Child



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In this “cautiously researched, compellingly written game-changer for children’s health” Persistent diseases in children are growing dramatically—s meals, how it’ And she presents a nutritional plan for obtaining and keeping children healthy—s significantly harming their bodies and brains, and what you can do about any of it.that any family can follow. (Mark Hyman, MD), Maya Shetreat-Klein, MD, reveals the shocking contents of kids’to fight and prevent chronic disease” A typically educated pediatric neurologist and a parent herself, Dr. Maya encountered the limits of conventional medicine when her child suffered a severe episode of asthma on his first birthday and hit a developmental plateau. Treatments didn’t reverse his condition, so Dr. Maya embarked on a scientific investigation, finding that meals was at the main of her son’s illness, affecting his digestive system, immune system, and brain. The solution was shockingly basic: Heal the meals, heal the gut, heal the mind... Recent adjustments in growing and digesting food harm kids’and heal the child. gut microbiomes, immune systems, and brains, contributing to chronic disease. Dr. Maya “ ” (Publishers Weekly). She used new foods and character to heal not only her child but chronically ill individuals from around the world from the within out and the exterior in—and now makes it obtainable in The Dirt Remedy. “Full of scientific information presented in a fun and informative way, [with] concrete evidence that good food can transform 1’s life,” (Publishers Weekly), The Dirt Treat shares success tales from Dr.), reading labels, and getting also picky eaters into the new menu.s practice and her tips as a working mother of 3 on stocking recovery foods (from vegetables to chocolate! Maya’convincingly argues the case for a dirt-filled but chemical-free life” (Kirkus Reviews), this paradigm-shifting “Reader-friendly” (Robert K.from allergies and ADHD to mental illnesses and obesity.tour de push prescription... Naviaux, MD, PhD) empowers you to transform your child’s health through food and make certain the long-term wellbeing of your kids and the complete family.



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A must-browse for the nice of your health I am reading books on Paleo, Omega 3 and 6, and more for nearly 6 years. EVERY Mother or father SHOULD READ THIS Reserve! I've find out about most of what is in the book within my journey, but this is the best. You don't have to have children to understand out of this book, but if you do have kids, it is a must examine. Additionally it is a tiny background of the American meals industry during the 20th century. Helpful for gut problems. My favorite sentence that wraps everything up is definitely, "You are what you consume eats." That addresses both plants and pets. The advice is normally valid for adults and also children. I would recommend this book to anyone that is attempting to get their kids in addition to themselves on a wholesome food diet. I felt the science and research was done well. Reading this book for the 2nd time to see if I missed any hidden gems. A MUST Read for every parent! Wow this book is very powerful. Easy to read and easy to implement. I understand this book is geared toward children however, it applies to all ages! Meals affects everything, from allergies and ADHD to mental ailments and weight problems. Heal your digestive tract and you heal your body. I can't wait for spring so I can get my veggies in the ground!The Dirt Cure offers you the, sometimes, hard to swallow truths about the modern American life style in a well thought out, topic specific lay out, making it an excellent, easy to navigate resource.... This book is for you in case you have or know someone with a child challenged with ADHD, or Autism, or Epilepsy, or food allergies. It is also for you in case you have a child without these difficulties or if you were a child without these difficulties, or if you were once a child. It's an extremely great read in case you are particularly interested in food and diet or in case you are not interested or if you regularly consume food or understand and love somebody who does. In short, this book is for you!! I bought this book in regards to a year ago and had problems getting through it quick plenty of (motherhood has resulted in me falling fast asleep upon sitting for much longer than 4 min) so I bought the CD edition a couple of months later. Norm Dauria EVERY PARENT SHOULD READ THIS Publication!! The paperback is excellent to look back on when you wish a small clarification or even to remember a particular point.The Dirt Treat gives a "big picture" consider the hyperlink between food, way of life and health , highlighting the new breakthroughs in science while exposing previous and current patterns based on outdated science and corporate interests. This book is for you. Each chapter ends with a brief summary to greatly help cement what you've learned. The publication is easy and enjoyable reading, but also enraging as it reminds us of those giants of the meals industry who will compromise our health and wellness and treat animals cruelly for a revenue. This book includes a large amount of good scientific research behind it This book includes a large amount of good scientific research behind it. I am expecting my initial child later this year, and I am so pleased to end up being empowered with the knowledge encapsulated in this book before she comes into this world. Also, an advantage on this book may be the author being truly a doctor herself is providing insight of why should dig deeper into what we consume, what the doctor's prescribe, why you should question the doctor, therefore much more. combining scientific understanding with practical guidelines on how to discover and facilitate a healthy diet. The author does an extremely congrats in providing details on what raw foods provide which kind of vitamins to the body and how other factors enter into play when exposed to soil that is not tampered with chemical products.Perhaps most obviously is that The Dirt Treatment is heavily peppered with HOPE and clear cut ways of heal your household step-by-step.Elizabeth Weiss Ph.D. It has led to paradigm change for my family and I! The writer is reasonable in her strategy towards obtaining the younger kids to eat the good foods without being to rigorous to discourage tries to keep good eating habits. That is all I'll say. I would extremely suggest getting

both! An interesting book full of information to remain and your family healthy. The Dirt Treatment brings us back again to the fundamentals of what humans inherently know and crave for nourishment, yet we've all been progressively dumbed down and sanitized by big business, crooked sectors and yes, our federal government. This book has inspired me to grow my own food also to get chickens! Shetreat-Klein breaks everything down in easy-to-understand, scientifically examined and historically documented facts. Some of the information is eye-starting and downright frightening - similar to The Jungle and JUNK FOOD Nation. The overall message is very simple, but the understanding that Dr. Shetreat-Klein shares allows us to truly understand why we, as a country need to stand up for clean food and water and make contact with living the way we were designed to live. I purchased the publication for my Nook and then bought two hard-copies to talk about with friends and family - excellent baby shower gift. This is one of the most well organized and well written.! The CDs are great for riding around, carrying out errands to and fro and enables you to digest the info little bits at the same time.! Parents, females and anyone who wants to be healthier Great book Everyone with children or without should go through this book. This is a really terrific book about how important healthy and uncontaminated food is.. Dr. I have been a label reader, but now, I wont buy anything with a label! This ook Will Improve YOUR DAILY LIFE I highly recommend this book which obviously explains the partnership of meals to children's physical and mental health and to learning. I hope to provide her the disease fighting capability she must thrive in the globe we have created. Merely to aware any new readers who are planning of purchasing this reserve: This is simply not a guideline step by step book. Advice for adults and children for a healthy life.. The writer writes from personal encounter and shows how a change of diet helps remove many health problems and can prevent future problems. A few of our industrial food procedures are disgusting. This allows you to put into action the foods noted at all you would like to introduce it to your life style. Superb Book! This book has superb information for those seeking to gain a better perspective of what well balanced meals do for you that are not processed. Everyone should read it, parent or not really. So, if you're searching for a book to tell you how to proceed, this isn't the book. I have been a label reader and this publication has used me to a fresh level. I've recommended it to numerous, including health specialists. The information is certainly well researched and provided clearly. I've changed my method of food! Overall, happy with this examine and it's a chance to for me when it comes entering deeper investigation of particular foods we eat. Must read. Must read for everybody. and I am thus glad to end up being empowered with the knowledge encapsulated in this . Helped me understand the devastating aftereffect of factory farming and pesticide use on our food supply and our health. Essential read for all households. As the mother of an autistic kid, I thought I had read everything when it found childhood nutrition, but I was refreshingly surprised by this publication. Thought provoking and educational. Everyone should go through this! Essential to understanding our health and how it's connected with what we consume and our environment. Especially ideal for parents. Great book! This was a gift for my father-in-law. Excellent book to help with gut problems in kids--and adults. Some the "progress" was not so good for all of us. It will help him eat more healthy foods. Great read Very interesting and educational. The author provides lots of studies and references.



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