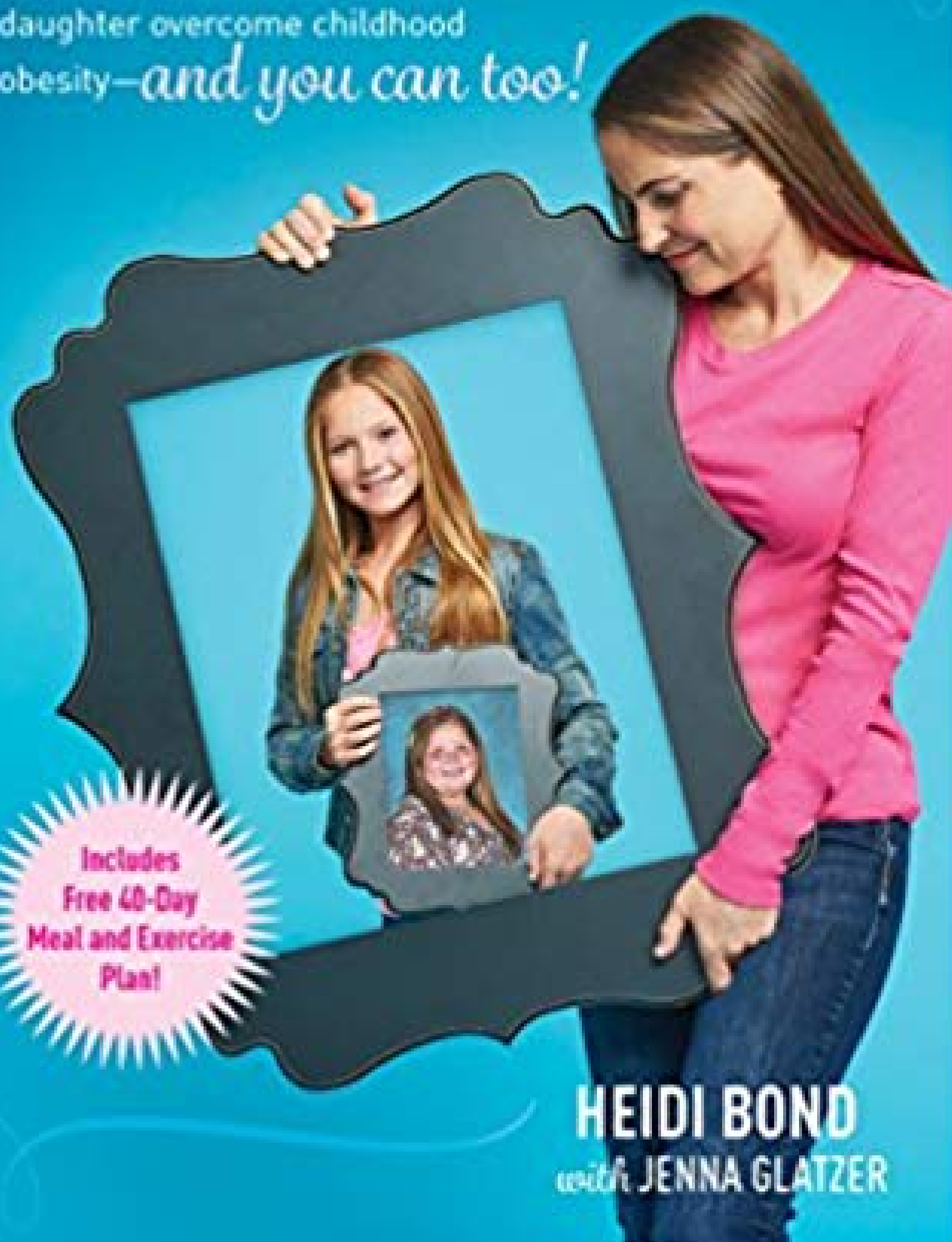


WHO'S THE **new** KID?

How an ordinary mom helped her daughter overcome childhood obesity—and you can too!



Includes
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Plan!

HEIDI BOND
with JENNA GLATZER

Heidi Bond

Who's the New Kid?: How an Ordinary Mom Helped Her Daughter Overcome Childhood Obesity -- and You Can Too!



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” Breanna’s mom, Heidi, was devastated and wondered, How do i get my daughter healthy again? Filled with helpful diagnostic tools, easy-to-make dishes, eye-opening nutritional information, fun exercise concepts, and practical tips and advice, Who’s the brand new Kid? Her legs chafed to the idea of bleeding from rubbing against each other, and her college days were filled with taunts of “Hey, Fatty! At nine years old, Breanna Bond weighed an impressive 186 pounds. Breanna dropped 40 percent of her bodyweight and was changed from a morbidly obese kid who spent her times while watching TV consuming chips and chocolate to a captivating, healthy, energetic little girl. shows readers how Heidi helped her child lose weight without the aid of fad diets, medication, or surgery and how additional parents can do the same making use of their kids. In just over a calendar year, Heidi’s strategy worked! Who’s the New Kid? Just walking up the stairs to her space was a challenge. can not only present parents how exactly to help their children lose weight naturally but also introduce them to basic, yet effective changes in lifestyle that will advantage the entire family.



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Inspiring Story This book changed our lives! have them hold a 5 # sack of potatoes so they can see and feel what 5 # feels as though. This year she gained 10 lbs in six months and I understood something was incorrect. Took her back again to her doctor for a mid season check up and the physician said I didn't should do anything and that she would probably even out come puberty.. Heidi Bond's story inspired me to earnestly decrease the sweets and sugars entering my daughter's body and to change over to all whole grains.. Inspiring How is Breanna today? So far it's been four weeks and she's lost 4 lbs! I'm so pleased with her and her BMI provides dropped to 94th % getting her out from the obese category..Some big tips I learned out of this book is that it's OK to talk to your child about their weight. They probably know and feel different from their peers. I like Heidi's idea about offering incentives for the weight reduction. Having an objective is essential and getting prizes on the way for every 5 pounds lost is really helping. Knowing that Breanna was vehemently against the healthful interventions, has made me feel better also. At 10 lbs she gets an American Gal Doll. I browse it with my daughter and we have been making adjustments in her life style to greatly help her loose several pounds and have a healthy life.I realize that my 8 yr old has a slower metabolism and will have to monitor what she eats her whole life. I also have a 10 12 months daughter who is able to eat whatever she wants and stay skinny, but now everyone is eating healthier and we are all better for it. Recommend this publication to anyone fighting childhood obesity. As a mom of an obese daughter, I cried tears of alleviation as I read about the Bond's experiencing many things I have with my very own child.. I give it five stars due to the inspiring story and for the bravery of the Bond's with sharing this impressive tale. They easily could have kept their problems private and let other people who have problems with overeating and obesity in hopeless frustration. I finally get it . Sometimes going to the simple basics tend to be ignored over fancy shmancy diets and/or psychobabble. Heidi's fundamental and guileless struggles is definitely what helped her daughter recover from her meals addictions by managing it in a simple and simplistic way. It was simply beautiful.We am in my own 40's and could lose 20 pounds and I feel so inspired to be energetic and eat healthier. A lot more motivated by any diet book out there.Many thanks Bond's for being unselfish and posting your struggles and achievement with us.. Inspirational Our whole family is overweight and this book has provided me a fresh hope that we can overcome this struggle. I am the issue, but I likewise have the solution now. This is an incredible, awe-inspiring story. As a mother of a 7 year-old child who's considered obese by BMI charts, Heidi's story has motivated me to make significant changes in our family's diet plan and activity level. Breanna's tale broke my center, as I am seeing the signs in my daughter of melancholy, as she is needs to withdraw socially. When Heidi explained the light heading dim in her daughter's eyes, I felt as though she were discussing my own sweet daughter. I've sensed overlooked by doctors and criticized by others, but with no real solutions offered. Heidi's tale spoke to my heart, as one mother to some other, and it jolted my base in a manner that was neither condescending nor patronizing.As I was scanning this book I kept thinking that Heidi might get lots of criticism for being thus ignorant any yet her ignorance in raising an obese kid is the beauty of this story.. I read this reserve over the course of two times and it has absolutely opened my eyes to my very own complicity in buying into the "kid culture". Thank you Heidi!. Our family's way to health insurance and wholeness has started, and I provide Heidi and her beautiful daughter Breanna 100% of the credit for it. My heart is filled with gratitude for you sharing your journey. This proved helpful well with my daughter, who recently lost 5 #. yes this is a good read if anyone is wanting to help there kid . He's now 127 and in 4th quality; It has additionally benefited my child to read Breanna's interview by the end of the book, so she doesn't feel by itself and knows it's normal to type of hate the changes at first. I am about 1/2 method through this book, and it is very comforting to read that we are not alone.. I highly recommend this book for parents of over weight children and for anybody who would like inspiration and wish!that "kid culture," is a real thing. As simple as much of the ideas which are shared in the book are: speaking with your child about it, not giving directly into their desires, walking a trail 4x weekly (he's already doing jiujitsu 5x a week and swimming once-he's already

active, but I am motivated to incorporate the 5,4,3 plan-as simple as it sounds. I understood we had to make some changes or else she was on the right track to gain 20 lbs in a single year! Refreshing, Mom's perspective I related to so very much here.it's very hard. I enjoy the easiness of the read, and the honesty, complexity and the simpleness all at the same time. I look forward to posting an update quickly.. I as well have sensed the frustration due to lack of resources, and physicians that are too complacent in addressing the problem.. The "kid culture" concern, meaning the continuous barrage of cupcakes and cookies, for every celebration under the sun, can be an ever present issue for some kids that seems inescapable.. My daughter can't await her 5 lb goal to choose any stuffed animal she wants! Having to make these changes with an all ready "strong willed " kid, is a daunting task. Hearing an expert's opinion on the psychological consequences of all of the "change" in the mind of a kid would also be useful. Inspiring read. Inspiring! She was constantly a dynamic child playing multiple sports, but on times when she didn't possess practice we were guilty of sitting around the house. I browse the book in one day and was not disappointed. Inspiring read. The dishes she contains in her book are realistic and easy to make. Just What I Have Been Waiting For! Heidi implies that you can obtain through the hard bits and endure the issues to get to the other aspect. I read it with my girl and . Now I make sure she gets 60 minutes of exercise each day! Extremely interesting read with many great points. After examining the web, I note that you can find no updates on Breanna since 2015 -- I'd want to understand how Breanna is doing today. Three Stars Not a lot recipes. So much inspiration for myself and my child! Inspiring and hopeful I have been intrigued by this tale since I found the Bond's on "Good Morning America". Knowing there's somebody out there who provides overcome obesity making use of their kid gives me so much hope. I have begun a fresh, healthier lifestyle/schedule with my child and also have already used most of the little guidelines I picked up from this publication, such as for example comparing lost excess weight to something tangible; i.e. For the last three checkups my 8 yr old child has been at the 95th percentile labeling her as obese. I am pleased I bought this reserve for my children. clinically obese. Since Breanna's 1st move was to start out walking every time, it was less difficult to get my very own child up from the sofa and walking with me. Heidi was right. We still involve some work to accomplish but that is a lifestyle transformation for all of us and I'm sure we'll get right down to a wholesome BMI.. although you will find many content online about healthy habits, weights, and foods for children, there aren't many assets available to children so far as showing "before and after" success stories for kids. My own daughter commented lately about commercials on Television showing only women and men. I've a 9 year old son, and for days gone by 5, he's been gaining weight.The book gives me wish that change can be done, and you could be the facilitator for this change, without ruining your child/son's self esteem simultaneously. As a caring mother we feel torn between not wanting to trigger eating disorders, and seeking our child to be as healthful as possible. yes it is a good browse if anyone is wanting to help there child or grandchild loose excess weight,has recipes and far info on how to get your child motivated



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