



Colleen McNamara Cimador
and Christopher G. Cimador

Illustrations by Mike Valencino

Colleen McNamara Cimador and
The Race to Recovery



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Right now a Mom's Choice Award earning book! Why are there so many children today with allergies, asthma, ADHD, autism and learning disabilities? Does your child's doctor possess the answers? Will there be something that can be carried out to boost these chronic issues? How does meals affect these issues? Arrive for the ride and hear how a youthful boy and his mom go on a journey of healing. They are all topics protected in the Race To Recovery. Listen to a tale of how changing their diet and going to the right doctors led them later on to recovery. This publication promises laughs along the way as you learn something new about your health, the food you take in, and how we can heal!



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I love how it really is written from a kid's perspective and . Being written in a child's voice is quite engaging. Cimador and Christopher. While I would not read every phrase at bedtime, this book is written in order that all ages can understand it. If your son or daughter has allergies or meals restrictions, or if indeed they have a friend would you, your child must read this book! Really helps little kids understand why they have to eat well! Kathleen Mikulka This is an excellent resource for my clients with children identified as having ADHD . He actually gets it, its one of is own go-to books. He knows that he needs to put good gas in his engine. I love how it really is written from a kid's perspective and I love how it targets how much better Christopher feels when he eats just how his body requires him to. Super inspiring read!. Truly amazing recovery! Have your child read this book...) component to the book. Readable and written from a tone of voice of the child along with the voice of mother. A much needed book.. It can help both parents and children understand what children go through who have ailments such as ADHD and Autism. discusses "special diets" and as well. :) Five Stars Fabulous informative and inspiring!. It really is created from the sons perspective that you don't hear from very often and adds such an emotional (and sometimes humorous! Fantastic book to help get you kids up to speed with the treatments necessary to recover from Autism related disorders. I valued the honesty of the article writer and his mother in going from a "the way the heck are we going to do this?" To "we are able to do this to" to "high five, we did it! He was diagnosed with PDD-NOS at the age of 3 ½ therefore a lot of what Colleen and her boy shared was relatable for him (and me). A book that every school, home and library must have I met Colleen at a meeting in Massachusetts where she was signing books and I actually couldn't wait to bring a duplicate of "The Competition to Recovery" house to my 11 season old son to learn." It certainly isn't an easy undertaking but the book makes it seem doable and attainable. Great book for children with or without allergies! Like Chris, my son could reverse his health issues and hearing about Chris's experience was therefore meaningful to us as a family. It was the perfect amount of humor, understanding, hope and inspiration. Every school, library, family and bookstore should carry this book. This is a fantastic resource for my clients with children identified as having ADHD empowering them to take control of their health and wellness. Thank you Colleen to be a powerful wellness advocate for your son. We spent two nights reading it collectively and posting our thoughts and feelings about kids today needing to struggle with health issues that are completely preventable and/or treatable. I really enjoyed scanning this book both on my own and with my children. Despite the fact that my children don't have allergy symptoms, it helped them know very well what it really is like for children that do have allergy symptoms and why they have certain restrictions within their diets. It has even made it a little simpler to change some of my kids'

diet plan. It speaks in the voice of 9 year older Christopher, assisting you to begin to recognize if what you are consuming and feeding your kids might actually be adding to seemingly normal ailments like colds, sniffles and stomache aches. Congrats Mrs. Wow! What an inspiring read. This book was created in the look at of Colleen's kid, Chris, which truthfully makes this book therefore unique and special... Highly recommend schools grab a copy of the to greatly help both peers and teachers understand what these kids feel and deal with on a daily basis. Great publication for parents and children if they experience serious ... Great book for parents and kids if they experience serious health issues or not. The reserve is a great introduction for parents to have a discussion making use of their kids about how food could make them feel, whether they have allergies and/or intolerances, or just know someone which has them. This publication speaks to kids in a way they can hear and empower parents to talk about this important conversation making use of their children. The illustrations are also great!. As a instructor I think the strength of this reserve is that it discusses a significant issue in a child's tone of voice. It also engages the reader with the comic-book-style illustrations that are currently extremely popular in youthful adult and children's books. I read this reserve to my 4 season old to help him understand why we have to eat healthy food. A great read for both kids and adults. Wonderfully written and easy for parents and kids to understand and relate to. We have been sharing our copy with my son's elementary school so that more children can feel influenced. I shared this with companions at The Amen Clinic and it had been very well received.



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