

Perfect Health FOR Kids



10
Ten Ayurvedic
Health Secrets
Every Parent
Must Know

DR. JOHN DOUILLARD, DC, CAP

*Author of Body, Mind, and Spirit
and The 3-Season Diet*

"John Douillard offers a scientifically validated approach to the well-being of children. Perfect Health for Kids combines insights of the great wisdom tradition of Ayurveda with a current understanding of body, mind, and spirit. This is a must-read."

—DEEPAK CHOPRA, M.D., author of Perfect Health

John Douillard

Perfect Health for Kids: Ten Ayurvedic Health Secrets Every Parent Must Know



[continue reading](#)

Lazy Susan" Perfect Health for Kids can be an accessible, illustrated guidebook that provides impressive health maintenance for kids. Douillard explains how to identify the indications of imminent illness, steps to make the home chemical and allergen free, and how to share a "According to Ayurveda, a historical Hindu science, health is circumstances of balance among the body, mind, senses and soul. of useful organic medicines. Appendices provide shopping lists and a directory of national health providers. This reserve shows specific ways to promote children's health insurance and well-becoming using Ayurvedic principles.



[continue reading](#)

" so it is nice that he's coming from that perspective. Discovered a lot about how exactly health "really" works. We solved my niece's constipation issues with this herbal mix called Triphala.. I learned a LOT about how exactly disease and being unhealthy happens out of this book...now when anything unhealthy happens to someone in my family it no longer seems "therefore random".. But it's not horrible either - just could be better. I could usually instantly see where it could be addressed from. One big ah-ha was that I learned how our digestive system is at the center of most medical issues - it is the place where we absorb "good stuff" and eliminate "bad stuff" - thus if this is not working right, ALL kinds of problems can be created in your body - because of "not enough nutrients being absorbed" or having to store "bad stuff" in various areas of the body that were not really meant for storage...Therefore the better care it is possible to take of your digestive tract the better general health you will have. I've applied a lot of his specific home cures to myself and family, and it's been incredibly useful.. My son and I haven't got a chilly ALL winter longer (it's March today) and I credit turmeric + raw honey for that along with by "eating seasonally." Basically all of the items he's recommended have actually worked for me personally when I've tried them. He is a wonderful resource for our teenagers! I tell EVERYONE, specifically parents, about this book, it's been therefore useful - and I really like that it's natural health remedies intended for children particularly. The only downside of this book is that I felt it could have been organized a little better - eg- have cleaner "call out boxes" for home remedies rather than having them interspersed with text/prose at times. Excellent! Frequently you wonder "would this be alright to provide to my 3 year old? Douillard's writing design makes this easy to read and understand even if you know nothing about Ayurveda. I experienced the same feeling of "what do I really do for my kid? He writes it, I read it!. That is the only reason I give him 4 stars instead of 5. Profound Simplicity Dr. There is it somewhat really difficult to quickly look stuff up. His depth of study supports the idea and practical solutions offered. Although directed to children's wellness, the book contains info that can be put on all ages. Many thanks for posting your insight and encounter. These good sense concepts will shock you making use of their profound simplicity and request. Parents, grandparents, parents-to-end up being, and caregivers would do well to make this book part of their reference library. At a certain point, a lot of us will probably need to discover an Ayurvedic practitioner (or setup a consultation with the author via his site) to develop an appropriate course of action. Having recently read many books on Ayurveda, I was a bit leery of the "10 secrets" thing, which seemed like a little too much hype. Fortunately, the author did not constrain himself to fitting points neatly into 10 secrets and instead put plenty of substantial information in there. The chapter on seasonal eating really pulled a whole lot together for me. We have been eating vegetables in season for some time now, and I am working on cooking regarding to my family members' doshas, but this chapter helped me observe how the two practices could be integrated. Another thing about the book that I especially appreciated is that fact that the author is actually a father. His descriptions of how he got his children to take natural herbs were fun to learn. I do desire that the book had more to state in a few sections. The section about moods and the sugars roller coaster resonated initially, but then the action strategy described seemed geared to kids who needed to lose pounds.." after reading a section about dark circles under the eyes. Very glad I purchased it I really loved parts of this book and am re-reading them to obtain a better idea about how exactly to start implementing the suggestions in my family. That said, this book provides a great blueprint for maintaining health and getting children started with healthy habits because of their constitutional type. Great to have got on hand Four Stars Good book. This is a must have for parents who are experiencing the upsurge in childhood disorders from Put/ADHD to asthma to obesity. I have been practicing the nose breathing and may feel the benefits to my brain immediately. Five Stars Excellent book. Very interesting. Thank you Dr. Valuable to read for every age Easy to read and integrate concept into existence practice. Launch is a little bit verbose and cliché, but articles is solid. Five Stars Great!. Five Stars I love this book. Douillard writes, I browse it, I train it - and I take advantage of it as a tool for my own children and other people's children that I teach! Douillard We am a health and fitness instructor in the

boston open public schools and anything that Dr. I even cleared up a skin rash I had last summer by using the knowledge I gained out of this book.



[continue reading](#)

download Perfect Health for Kids: Ten Ayurvedic Health Secrets Every Parent Must Know epub

download Perfect Health for Kids: Ten Ayurvedic Health Secrets Every Parent Must Know mobi

[download free Waking the Tiger: Healing Trauma epub](#)

[download Healing With Whole Foods: Asian Traditions and Modern Nutrition \(3rd Edition\) djvu](#)

[download Children with Emerald Eyes: Histories of Extraordinary Boys and Girls epub](#)