

A white ceramic plate is centered on a dark background. The plate is mostly empty, with a few small clusters of nuts and berries scattered on its surface. The title 'HUNGRY for SOLUTIONS' is printed on the plate. 'HUNGRY' and 'SOLUTIONS' are in a large, black, serif font, while 'for' is in a smaller, italicized, black, serif font.

HUNGRY *for* SOLUTIONS

A MOTHER'S QUEST
TO DEFEAT HYPOTHALAMIC
AND CHILDHOOD OBESITY

MARCI SEROTA, RDN

Foreword by Thomas Inge, MD, Ph.D

Marci Serota

Hungry for Solutions: A Mother's Quest to Defeat Hypothalamic and Childhood Obesity



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With immense strength, love, and sacrifice, Marci stood by her child as they both struggled to obtain him to his now healthy excess weight. In this fast-paced, consumerist culture, folks are bombarded daily with meals options which are fast, easy, processed, and entirely too accessible. She provides this instructive and inspiring text message full of tips, recipes, and assistance to parents around the world struggling with similar diagnoses within their children, and for anyone trying to promote a healthy lifestyle for their family. But nothing at all could have prepared her for a nearly fatal diagnosis of Hypothalamic Obesity in her young child a condition that triggers the patient to always feel starving, and often, to eat themselves sick. Childhood weight problems is one of the most dire issues affecting America today. As a Authorized Dietitian Nutritionist, Marci Serota provides strong opinions about the meals available to our youth today, and the experience to circumvent these obstacles when it comes to raising her own children.



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