



# KIDS GO GREEN

*Naturopathic, Nutritional, and Herbal Strategies  
to Transform Your Family's Health*



ANNELIE WHITFIELD

Annelie Whitfield

## Kids Go Green: Naturopathic, Nutritional, and Herbal Strategies to Transform Your Family's Health



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In Kids LIVE GREEN, acclaimed naturopath Annelie Whitfield dispenses apparent and practical suggestions to deliver optimal health for your children.s diet, treat or prevent childhood ailments or disorders, or just looking for tastier and healthier recipes, Kids Go Green provides a wealth of details.and what not to do—s Raw Food Power. She lectures and gives workshops worldwide, teaching nutrition and healthful living for females and children.re wanting to upgrade your children' Hard-hitting, helpful and direct, Kids Go Green tells parents everything they have to do— Filled with critical health cleverness and resources, it is filled with tips, tricks, and dishes which are deliciously realistic yet easy to fit into your busy schedule. Annelie is the author of Annelie'to create vibrant diets because of their kids.Whether you'



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Even though you already "got it" and so are feeding your children a nutrient rich diet plan I would still recommend this book just for the quality recipes. Annelie has a clear and concise eyesight and it translates in both the extensive information about proper diet and her delicious dishes. Even if you already "got it" and so are feeding your kids a nutrient rich diet I would still recommend this book simply for the r This book is a gold mine of information for people serious about getting their children's nutrition on the right track. Highly recommend! They're guaranteed to stir up the desire to get your kids and start creating some kitchen magic. she has taught me that.!! All of the info is discussed for everyone to understand and get with quality recipes your kids will love!! It's new and inspiring giving you new suggestions On how best to get more nutrients into your children. A must read!!! Basic truths from a naturopath guru in keeping our kids healthy. I have known Annelie Whitfield going back 4 years living in the jungle of Costa Rica. And this publication is magic. You won't regret buying it! She's been an amazing naturopath for our community and our kids.. Nature provides us everything we need to heal ourselves. Inspiring and refreshing This book is amazing! Please buy the book for your kids wellness sake and learn basic truths and deliciously healthy recipes.. easy to read An unexpensive, readable, must have publication for parents!for you in addition to them .. Useful, easy to read, easy to follow and very inspiring. into our children' health and steps to make it better, with hands-on valuable tips A comprehensive holistic view into our kids' health and steps to make it better, with hands-on valuable tips, suggestions, recipes, home-herbal meds. and more, accompanied with great illustrations.. Precious knowledge! Every responsible parent must have this book! Ideal end of the school year gift for any deserving teacher! And brilliant Mother's Day time gift! So, stoked on this book! Moms, dads, aunties and teachers This reserve is a must! Beautiful recipes with magnificent illustrations that may make you want to enter the kitchen together with your kids. I've tried many of the dishes with my small homeschool ( incorporating math, geography, language and nourishment) - the result was stoked kids and happy tummys and mommys! I cannot state enough concerning this book!. Her understanding is similar to gold dust!



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