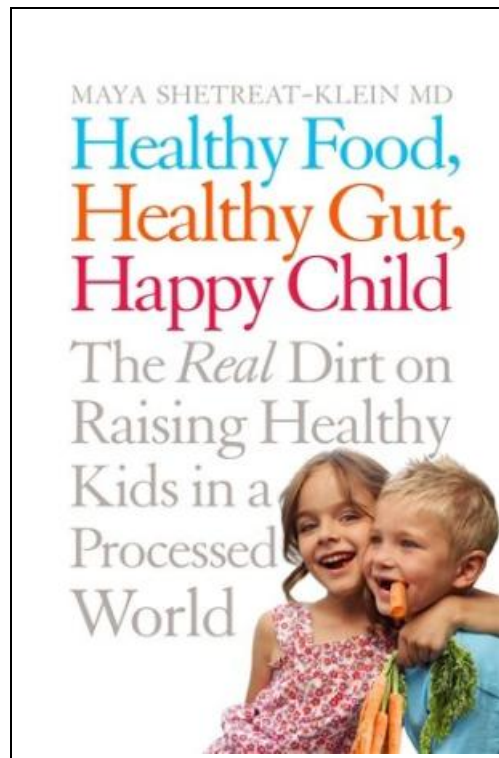


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Pan MacMillan, United Kingdom, 2016. Paperback. Condition: New. Main Market Ed. Language: English . Brand New Book. From allergies and ADHD to mental illnesses and obesity, new studies show the alarming rise of chronic diseases in children. A traditionally trained paediatric neurologist and a parent herself, Dr Maya Shetreat-Klein encountered the limits of conventional medicine when her son suffered a severe episode of asthma on his first birthday and began a backward slide in his development. Treatments failed to reverse his condition, so Dr Shetreat-Klein embarked on a scientific investigation, discovering that food was at the root of her son s illness, affecting his digestive system, immune system and brain. The solution was shockingly simple: heal the food, heal the gut, heal the brain . . . and heal the child. Dr Shetreat-Klein shifted the focus of her practice and has since successfully helped chronically ill patients from around the world. Revealing the profound connections between food, nature and children s health, the book explains how food is constantly changing kids bodies, brains and even genes - for better or for worse. She also shares success stories from her practice and tips as a working mother of three on stocking healing foods (from veggies to chocolate!), reading labels and getting even picky eaters into the new menu.



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