



The Dirt Cure: Growing Healthy Kids with Food Straight from Soil (Hardback)

By Maya Shetreat-klein

Atria Books, 2016. Hardback. Condition: New. Language: English . Brand New Book. In the tradition of Michael Pollan, Mark Hyman, and Andrew Weil, pioneering integrative pediatric neurologist Maya Shetreat-Klein, MD, reveals the shocking contents of children s food, how it s seriously harming their bodies and brains, and what we can do about it. And she presents the first nutritional plan for getting and keeping children healthy--a plan that any family can follow. New alarming studies show the dramatic rise of chronic disease in children--from allergies and ADHD to mental illnesses and obesity. A traditionally trained pediatric neurologist and a parent herself, Dr. Maya 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. Maya 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. Recent changes in growing and processing food harm kids gut microbiomes, immune systems, and brains, contributing to chronic...



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Reviews

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-- Miss Marge Jerde

It is really an remarkable publication i actually have possibly study. It usually is not going to cost excessive. Its been written in an exceedingly basic way and is particularly only right after i finished reading this publication through which basically transformed me, affect the way i think.

-- Dr. Breana O'Kon