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Cure Your Child with Food: The Hidden Connection Between Nutrition and Childhood Ailments

By Kelly Dorfman, Richard E Layton

Workman Publishing. Paperback / softback. Book Condition: new. BRAND NEW, Cure Your Child with Food: The Hidden Connection Between Nutrition and Childhood Ailments, Kelly Dorfman, Richard E Layton, Why treat your child with drugs when you can cure your child with nutrition? Grounded in cutting-edge science and filled with case studies that read like medical thrillers, this is a book for every parent whose child suffers from mood swings, stomachaches, ear infections, eczema, anxiety, tantrums, ADD/ADHD, picky eating, asthma, lack of growth, and a host of other physical, behavioral, and developmental problems. Previously published as "What's Eating Your Child?" and now with a new chapter on the unexpected connection between gluten and insatiable appetite, "Cure Your Child with Food" shows parents how to uncover the clues behind their children's surprisingly nutrition-based health issues and implement simple treatments immediately. You'll discover how zinc deficiency can cause picky eating and affect growth. The panoply of problems caused by gluten and dairy. How ear infections and mood disorders, such as anxiety and bipolar disorder, can be a sign of food intolerance. Plus, how to get your child to sleep, soothe hyperactivity, and deal with reflux using simple nutritional strategies. Ms. Dorfman, a nutritionist...



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Reviews

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