# What's Eating Your Child? - Kelly Dorfman

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Here's a book for every parent whose child suffers from mood swings, allergies, ear infections, eczema, anxiety, tantrums, ADD/ADHD, picky eating, lack of growth, and a host of other physical, behavioral, or developmental problems. This is an important book! Written by Kelly Dorfman, a sought-after nutritionist whose typical family in her practice comes to her after already having seen three or more medical specialists, What's Eating Your Child? brilliantly reveals the hidden connections between nutrition and chronic childhood ailments while giving parents simple, straightforward tools to understand and solve their children's problems. Grounded in cutting-edge science and filled with case studies that read like medical thrillers, What's Eating Your Child? reveals that what children eat affects how they thrive. There's in-depth information on the surprising problems caused by gluten-intolerance, and-short of full-blown celiac disease-how difficult it is to diagnose. On why artificial sweeteners are worse than sugar, and why soy milk is a poor substitute for cow's milk. On how to cure sleep disorders with melatonin, hyperactivity with magnesium, anxiety with fish oil. Parents learn quickly how to become their own nutrition detectives, and how to implement the very simple EAT program to recalibrate their children's diets. They'll understand, at last, how to talk with a doctor about nutrition; why to choose organic; how to pick quality vitamins, minerals, probiotics and supplements; and how to get their children off drugs-antiobiotics, laxatives, Prozac, Ritalin-and back to a natural state of well-being. Author: Dorfman, Kelly Publisher: Workman Publishing Company Illustration: N Language: ENG Title: What's Eating Your Child? Pages: 00334 (Encrypted EPUB) On Sale: 2011-04-28 SKU-13/ISBN: 9780761161196 Category: Health & Fitness: General

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