

Digestive Wellness For Children - Ph.d., Elizabeth Lipski

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DIGESTIVE WELLNESS FOR CHILDREN The health of our children is determined by their environment, the food they eat, the media they consume, the way they use their bodies, the love (or abuse) they receive, and the chemicals to which they are exposed. We've recently become aware of the increasingly large numbers of children who are overweight and/or suffer from mental illness and other health problems. Fortunately, it's not too late to do something about this sad state of affairs. Children are extremely resilient, and a great deal of research on the role of nutrition in health, development, and disease is pointing the way toward natural approaches to our children's health care. Digestive Wellness for Children is a primer for all parents who are interested in learning about, and actively supporting, their children's digestive health. It provides practical instructions for keeping children healthy, for healing them when they aren't, and for feeding them healthful foods that will provide the nutrients they need to stay well and strong from infancy through the teen years. The first part of this book is an overview of children's health issues. The second part is a "crash course" in nutrition awareness. The third part examines numerous digestive conditions from infancy to adolescence and from mouth to bowel-including food sensitivities/allergies; leaky gut syndrome; colic, teething, and spitting up; gastroesophageal reflux/hiatal hernia; Hirschsprung's disease; celiac disease; ulcerative colitis; and Crohn's disease. The fourth part discusses and offers natural supportive and healing options for digestive and other issues associated with a myriad of medical problems including arthritis, asthma, attention deficit disorder, autism, cystic fibrosis, diabetes, Down syndrome, influenza, migraine, and more. Included are detailed, easily navigated appendices on laboratory tests and disease-healing options. Digestive Wellness for Children is one of the most useful and comprehensive tools for parents to use in the vital quest for their children's best health. Author: Ph.D., Elizabeth Lipski, Publisher: ReadHowYouWant Illustration: N Language: ENG Title: Digestive Wellness for Children Pages: 00000 (Encrypted EPUB) On Sale: 2009-07-16 SKU-13/ISBN: 9781442994959 Category: Fiction : General

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