

Disease-Proof Your Child: Feeding Kids Right

To Download this book in many format Visit :

<https://wocoentala.org/source1/9b0d9cae6fafebcae766438fb15a539c>

Harness the power of a nutrient-rich diet to ensure a lifetime free of illness and full of health!

In his private practice, Joel Fuhrman, M.D. helps families transform their eating habits and recover their health. His nutrient-rich eating plan can have a significant impact on your child's resistance to dangerous infections, and a dramatic effect on reducing the occurrence of illnesses like asthma, ear infections, and allergies. Dr. Fuhrman explains how you can make sure your children are eating right to maintain a healthy mind and body, and how eating certain foods and avoiding others can positively impact your child's IQ and success in school.

He also presents the fascinating science that demonstrates that the current epidemic of adult cancers and other diseases is closely linked to what we eat in the first quarter of life. Eating well in our early years may enable us to win the war on cancer. Bolstered by this scientific evidence, he helps you do everything you can to protect your child against developing diabetes, cardiovascular disease, autoimmune diseases, and cancer through a solid nutritional groundwork.

Featuring easy-to-prepare, kid-friendly recipes that will satisfy even the pickiest eaters, Disease-Proof Your Child will help your whole family will learn to establish life-long healthful eating habits.

"A powerful tool for insuring that the children you love will live healthy and happy lives."
--Doug Lisle, Ph.D. and Alan Goldhamer D.C., authors of The Pleasure Trap

"Dr. Fuhrman's book offers your family the solution to the epidemic of obesity and sickness that afflicts nearly every child eating the rich Western diet."
--John McDougall, MD, Director of the McDougall Live-in Program
Santa Rosa, CA

"If you truly love your children and your grandchildren, or if you are simply concerned about the health of the nation, then read this book and put it into practice. It's light years ahead and is a magnificent source of salvation for our children."
--Groesbeck P. Parham, M.D., Professor of Gynecologic Oncology and Preventive Medicine
Senior Scientist, Comprehensive Cancer Center University of Alabama at Birmingham

"Dr. Fuhrman reveals the secrets to long-term, sustainable health using diet choices for growing up smart and growing old happy. Take your doctor a copy!"
--Mehmet Oz, M.D., Director, Cardiovascular Institute, Columbia-Presbyterian Medical Center

"A timely response to America's health care crisis. The time to effectively institute healthy nutrition is during childhood. Dr. Joel Fuhrman provides solutions for children, parents, and physicians."
--Caldwell B. Esselstyn, Jr., M.D., Preventive Cardiology - Cleveland Clinic Foundation

"Dr. Fuhrman's latest book couldn't have come at a better time given the epidemic of obesity, cancer, diabetes and heart disease which is reaching earlier and earlier into the lives of our children. It is destined to take its place among the most important child-rearing books ever written."

--Mark A. Huberman, President, National Health Association

"Has the potential of turning the tide on the epidemic of chronic disease afflicting children in the first world. If the health principles so convincingly and warmly presented in this text were to be adopted by our children and their families, the reduction in disease and suffering would exceed any "medical" advance one can conceive of."

--John Kelly, M.D., MPH, President, American College of Lifestyle Medicine; Professor, Department of Nutrition, School of Public Health, Loma Linda University

"Dr. Fuhrman provides information, easy to read and understand but science-backed, that will help every parent raise healthy children who will later become disease-proofed adults."

--Neal Pinckney, Ph.D., Founder and Director, Healing Heart Foundation
Author: Healthy Heart Handbook

"Should be required reading for every parent."

--Howard F. Lyman, author of The Mad Cowboy and No More Bull!

"Joel Fuhrman, M.D. shares his nutritional and healing wisdom in this practical, readable book. [It] will help you give your offspring the healthiest start possible."

--Michael Klaper, M.D., Director, Institute of Nutrition Education and Research
Manhattan Beach, California

"An essential guide for every parent. The nutrition and health information, practical meal plans and recipes, and medical advice from one of our nation's leading preventive medicine physicians is invaluable.

--John Westerdahl, PhD, MPH, RD, Nutrition Editor, Veggie Life Magazine, Director, Wellness & Lifestyle Medicine, Castle Medical Center, Kailua, Hawaii

"Children don't need to be chronically sick--as children or adults. Dr. Fuhrman's book compels parents to re-think the way they raise their children, starting with what they eat."

--James Craner, M.D., M.P.H., Occupational & Environmental Medicine, Reno, NV, Assistant Clinical Professor, Department of Medicine, University of California, San Francisco School of Medicine

Joel Fuhrman M.D. is a board-certified family physician, best-selling author and nutritional researcher who specializes in preventing and reversing disease through nutritional and natural methods. As one of the country's leading experts on nutrition and natural healing, Dr. Fuhrman has appeared on hundreds of radio and television shows including: ABC, CBS, NBC, FOX, CNN, Today, Good Morning America, the Discovery Channel, TV Food Network, and The Dr. Oz Show. His own PBS television show, "3 Steps to Incredible Health", began airing nationwide in June 2011.

His best-selling book, *Eat to Live*, published in 2003 (Little Brown) has gone through over 20 printings and been published in multiple foreign language editions. The revised version was released by Little Brown in January 2011. His recent works include *Super Immunity* and *Disease-Proof Your Child* and has had published a total of 7 books on human nutrition to date.

Dr. Fuhrman is actively involved in scientific research in human nutrition. His discoveries on food addiction and human hunger were published in the scientific journal, *Nutrition Journal*, in November 2011 entitled, *The Changing Perception of Hunger on a High Nutrient Density Diet*. Dr. Fuhrman is the research director of the Nutritional Research Project - a project of the National Health Association. Dr. Fuhrman is on the board of directors of the American College of Lifestyle Medicine. He is also a member of the Whole Foods Market scientific advisory board. Dr. Fuhrman is a graduate of the University of Pennsylvania School of Medicine (1988).

As a former world class figure skater, he placed second in the United States National Pairs Championships in 1973. Dr. Fuhrman has been involved professionally with sports medical committees, advised professional and Olympic athletes, and lectured to athletic trainers and world-class athletes for maximizing performance and preventing injury.

Other Books

Write on. This volume covers a number of very practical matters of concern to teachers and is likely the very first handbook that provides step-by step guidelines for implementing a conference-based writing program.

ⓧ ⓧ ⓧ ⓧ ⓧ . This volume covers a number of very practical matters of concern to teachers and is likely the very first handbook that provides step-by step guidelines for implementing a conference-based writing program."