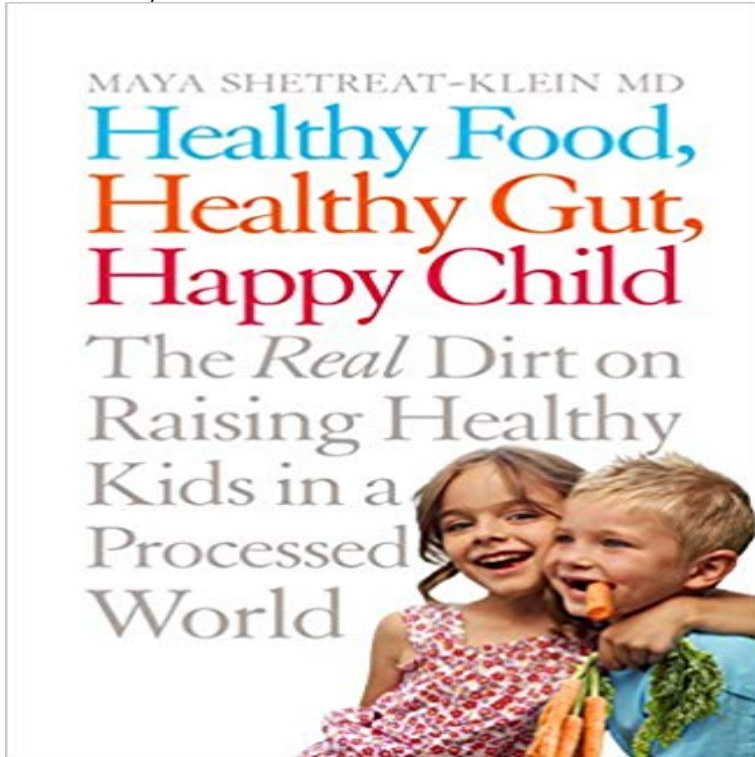


Healthy Food, Healthy Gut, Happy Child: The Real Dirt on Raising Healthy Kids in a Processed World



From allergies and ADHD to mental illnesses and obesity, new studies show the alarming rise of chronic diseases in children. A traditionally trained paediatric neurologist and a parent herself, Dr Maya Shetreat-Klein 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 Shetreat-Klein embarked on a scientific investigation, discovering that food was at the root of her sons 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. Dr Shetreat-Klein shifted the focus of her practice and has since successfully helped chronically ill patients from around the world. Revealing the profound connections between food, nature and childrens health, the book explains how food is constantly changing kids bodies, brains and even genes - for better or for worse. She also shares success stories from her practice and tips as a working mother of three on stocking healing foods (from veggies to chocolate!), reading labels and getting even picky eaters into the new menu.

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