



## Digestive Wellness for Children: How to Strengthen the Immune System Prevent Disease Through Healthy Digestion (Paperback)

By Elizabeth Lipski

ReadHowYouWant.com Ltd, Canada, 2012. Paperback. Book Condition: New. [Large Print]. 254 x 178 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.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...



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