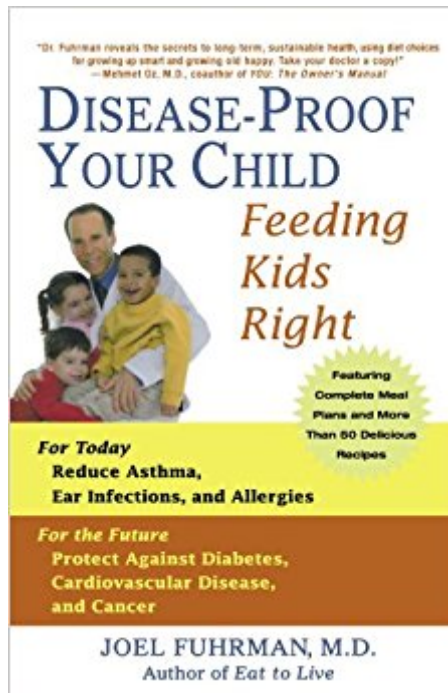




The book was found

# Disease-Proof Your Child: Feeding Kids Right



## Synopsis

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 learn to establish life-long healthful eating habits.

## Book Information

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## Customer Reviews

"A timely response to America's health care crisis. The time to effectively institute healthy nutrition is during childhood. Dr. 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

“The reduction in disease and suffering from this book could exceed any ‘medical’ advance one can conceive of.”

—John Kelly, MD, MPH, President, American College of Lifestyle Medicine, professor, Department of Nutrition, School of Public Health, Loma Linda University

“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

--This text refers to an out of print or unavailable edition of this title.

This book is awesome. It really opens your mind to how important good eating habits in childhood are. To all those people out there who think there is nothing wrong with loading kids up on dairy and meat and junk food, this book demonstrates by reliance on peer-reviewed scientific literature that such a course of action is setting the stage for the later development, during adulthood, of cancer, heart disease, diabetes, and autoimmune disease. There are those out there that cling tenaciously to the standard American diet, heavy on junk food, meat, and dairy, and processed factory foods. But the evidence shows that such an approach is deleterious to human health. This book will change the lives of your children well into adulthood. Buy it; read it; and implement it.

This book was the pivoting point to change my family's eating habits and got us further steps closer to a healthy life. I have been reading and digesting books, articles, videos about healthy living: diet, exercise, chemical exposure etc. to keep our family safe and healthy. There is so much conflicting information and it gets very overwhelming to decide what is truth and what works? Finally with his book, everything became clear and the solution to healthy diet presented itself so clearly. We are as a family still not perfect but we try hard to get most of our calories from plant based foods. I stopped buying butter, cheese and milk. We stopped eating chicken, red meat and fish, only

occasionally. That means a lot of green smoothies, all kinds of vegetables raw and cooked (steam mostly), nut butters, Ezekiel bread, water. Just in 3-4 weeks I noticed:- I'm not bloated, my tummy doesn't get bigger and bigger as the day goes on.- I don't get cravings after dinner to eat something starchy and sweet.- I'm always full but never stuffed or starved.- I have more energy in general.- The kids (I have young kids) get over their runny noses quickly without becoming sick. I started mentioning and recommending this book to many friends. Also to my family. It turned out that the book that changed my sister's life (she became a functional vegan and lost like 25 pounds and kept it for the past 2+ years) was also Dr. Fuhrman's book - Eat to Live. If you are one that enjoys his/her comfort foods a lot and finds it very hard to change habits in general, this book will not work for you. But for anyone who is looking to make a positive change, it is life changing.- The k

This book is excellent! I already know a lot about the benefits of a plant based diet, and I learned even more by reading this book! He gives a very good reason "why" to step aside from the SAD diet and provide healthy, REAL foods for our children. I do wish Dr Fuhrman would publish an updated version, as some of the book is a bit outdated (published in 2006). For instance, he states that peanuts should not be given to children under the age of two- an old guideline that has been debunked by current research. There is also no mention of GMO's and he advocates soy milk and tofu quite a bit which most current health experts do not. However, this book is a great read and offers many good reasons to switch to a healthy plant based diet! If only all pediatricians focused on what our children eat!!!

Love this book. Yes...it will be stressful having those dinner/food time discussion with your children if you just throw a big plate of veggies at them and never let them eat a fast food meal again...I read other reviews that said it was not a good book because there is no way their kids would go along with this. I believe it is my responsibility, as a parent, to lay a good foundation now, in all areas, regardless of how hard it is to do. I know that making small changes, over time will do the trick and the kids will never know what hit them! Not too long after presenting more veggies and fruit as options instead of processed food/snacks my child asked for fruit instead...it was a pleasing shocker. Even better, I see the food choice trending in a whole foods direction and that keeps me motivated!! I have first hand experience with curing illnesses with nutrition and I know that the information presented here is good, solid advice. I have most of Dr. Fuhrman's books and I recommend them all. The book is well written. Presented in an organized fashion and easy to understand.

My 12-month-old son kept getting sick from daycare so I started implementing some of Dr. Fuhrman's principles in his diet, mainly adding a lot of green veggies and healthy fats. He gets a daily green smoothie and he loves it. It's been a few weeks and he hasn't gotten sick again but it's too early to tell if it really works, however it can't hurt to eat more veggies. Most of all, it made us all eat healthier as a family and be more conscious about what we put in our body.

This is a easy read, it reinforces a lot of things I already believed in, namely that diet controls a good portion of our health. It takes that concept further than most doctors would, not only preventing the big killers (Heart attack, heart disease, diabetes, etc.) but also the common flu, allergies, and other childhood illnesses. He has a no-holds barred attitude about society's norms and morales, and it's a refreshing but not overly paranoid view of the food world we live in. I'm already a vegan but it gave me some great ideas on some things I should be adding to my children's diet as well as my own. What's good for the goose is good for the gander.

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