



Disease-Proof Your Child: Feeding Kids Right

By Joel Fuhrman M.D.

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Disease-Proof Your Child: Feeding Kids Right By Joel Fuhrman M.D.

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.

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Editorial Review

Review

“...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

From the Back Cover

“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

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--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

About the Author

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.

Users Review

From reader reviews:

Peter Pitts:

The knowledge that you get from Disease-Proof Your Child: Feeding Kids Right may be the more deep you rooting the information that hide within the words the more you get interested in reading it. It does not mean that this book is hard to understand but Disease-Proof Your Child: Feeding Kids Right giving you excitement feeling of reading. The author conveys their point in particular way that can be understood by simply anyone who read the idea because the author of this reserve is well-known enough. This kind of book also makes your own personal vocabulary increase well. Therefore it is easy to understand then can go along with you, both in printed or e-book style are available. We recommend you for having this specific Disease-Proof Your Child: Feeding Kids Right instantly.

Arthur Seaton:

Disease-Proof Your Child: Feeding Kids Right can be one of your nice books that are good idea. We recommend that straight away because this guide has good vocabulary that can increase your knowledge in vocab, easy to understand, bit entertaining however delivering the information. The author giving his/her effort that will put every word into joy arrangement in writing Disease-Proof Your Child: Feeding Kids Right however doesn't forget the main stage, giving the reader the hottest as well as based confirm resource info that maybe you can be certainly one of it. This great information can drawn you into new stage of crucial considering.

Joyce Tower:

In this period globalization it is important to someone to find information. The information will make anyone to understand the condition of the world. The condition of the world makes the information much easier to share. You can find a lot of recommendations to get information example: internet, newspaper, book, and soon. You will see that now, a lot of publisher this print many kinds of book. The actual book that recommended to you personally is Disease-Proof Your Child: Feeding Kids Right this publication consist a lot of the information with the condition of this world now. This particular book was represented how can the world has grown up. The vocabulary styles that writer use for explain it is easy to understand. The writer made some study when he makes this book. That's why this book acceptable all of you.

Ricardo Hempel:

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