



BOOK SUMMARY

DISEASE-PROOF YOUR CHILD:

Feeding Kids Right

St. Martin's Press, August 17, 2005, \$24.95 hardcover, ISBN 0-312-33805-8

There is an issue of vital importance that most well-meaning parents are not aware of: the modern diet that most children are eating today creates a fertile cellular environment for cancer to emerge at a later age.

To have a major impact on cancer prevention, we must intervene at an early age -- as early as the first ten years of life. In other words, CHILDHOOD DIETS CAN CREATE OR PREVENT ADULT CANCERS. When children eat junk food instead of fruits and vegetables, the groundwork is being laid for cancer and other diseases to occur down the road.

Additionally, many children today are recurrently sick with ear infections, allergies, and asthma. Kids become ill, not because they just naturally pass around germs or have bad genes, but because their diets are inadequate. Medications cannot prevent these problems - only a diet of nutritional excellence can.

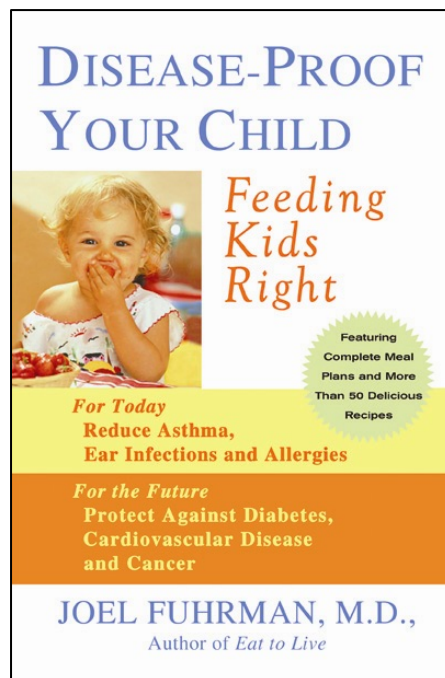
Over 80 percent of Americans die from cardiovascular disease, diabetes, and cancer; diseases of nutritional inadequacy.

The most recent scientific evidence is both overwhelming and shocking. What we feed (or don't feed) our children as they grow from birth to early adulthood has a greater contributory effect on the dietary contribution to cancers than one's dietary intake over the next fifty years. American children eat less than two percent of their diet from natural plant foods such as fruits and vegetables. American children move into adulthood eating ninety percent of their caloric intake from dairy products, white flour, sugar and oil. Amazingly, about twenty-five percent of toddlers between ages one and two eat no fruits and no vegetables at all. By fifteen months, french fries are the most common vegetable consumed in America!

Childhood diets are unhealthy, but the issue goes beyond simple nutrition. Recent scientific evidence over the past two decades has shown links with precise dietary factors and auto-immune illnesses, such as Crohn's Disease and lupus, as well as later-life cancers. This means that we now know how to create a bodily environment favorable for cancers to emerge later in life and we understand what foods children could eat to prevent cancer in their future.

DISEASE-PROOF YOUR CHILD reviews the scientific evidence and explains that the vast majority of adult cancers are avoidable if an excellent diet starts and is maintained from early childhood. Parents are also uninformed that following an anti-cancer diet can free their children from repeated trips to the doctor, endless courses of antibiotics, and the curtailed living that comes from being frequently sick.

Dr. Fuhrman has reviewed thousands of recent scientific studies that all point to this inescapable conclusion. While the message may be alarming, the solutions are simple. Eating to prevent



common illnesses, as well as to prevent life-threatening illnesses of the future, can be easy and taste good. You'll discover that the right foods can protect against obesity, auto-immune disease, diabetes, heart disease and cancer. This book will show the science and the solution and you won't believe how easy, tasty and fun FEEDING KIDS RIGHT can be.

Dr. Fuhrman presents the research and lays the foundation for a logical, scientific connection supporting what our mothers and grandmothers have always said - YOU ARE WHAT YOU EAT. The book starts out providing nutritional information and explaining the problems and pit falls with common dietary practices and the key factors necessary to make children disease resistant.

Chapter two shows parents which foods to feed their children, focusing on foods with superior nutrition - unprocessed foods such as fresh vegetables, fruits, and nuts, and limiting intake of saturated fats and sodium. Dr. Fuhrman encourages a diet that reduces protein and fat from animal sources and increases protein and fat from plant source foods, because of their high level of micronutrients.

You will learn guidelines to follow when children are ill or dealing with health challenges, as well as information on the misuse and overuse of prescription drugs that often harm children.

Chapter three explains the causes of cancer and auto-immune illness with the supporting scientific evidence to show that most adult afflictions are caused primarily by what we eat in our childhood - especially the first ten years of life.

Parents will be thrilled by Dr. Fuhrman's advice and solutions for the common problems parents have feeding children, such as what do with picky eaters, and how to make the transition to optimal nutrition. He stresses a few simple techniques that work making meal time a pleasant experience. He teaches us that we never need to coerce our children to eat and that it is completely natural for our children to eat the right foods and right amount of calories if we create a favorable home environment for this to occur.

The new family cookbook in Chapter Five offers healthy meal plans and easy to make "kid tested and approved" recipes. Dr. Fuhrman shares family favorites and creative ideas for packing school lunches.

Combining what Dr. Fuhrman knows as a researcher, physician and parent, with his unique experience revamping the diets of sickly children, DISEASE-PROOF YOUR CHILD offers up-to-date medical and scientific information along with practical advice on how to apply these findings for a healthy lifestyle. His goal is to inform parents, so they can give their children the greatest gift of all: the opportunity to live a long, healthy life.