

DISEASE-PROOF YOUR CHILD



Feeding Kids Right

Featuring
Complete Meal
Plans and More
Than 50 Delicious
Recipes

For Today
**Reduce Asthma,
Ear Infections and Allergies**

For the Future
**Protect Against Diabetes,
Cardiovascular Disease
and Cancer**

JOEL FUHRMAN, M.D.

Author of Eat to Live

Disease-Proof Your Child Book Summary

Childhood diets can create or prevent adult cancers.

Recent scientific facts are both overwhelming and shocking. The daily diet most children eat today creates a fertile environment for cancer to emerge in later years. What we feed (or don't feed) our children from birth to early adulthood has a greater effect on their dietary contribution to cancers than their dietary intake over the next fifty years!

The statistics are alarming!

American children eat less than two percent of their diet from natural plant foods such as fruits and vegetables. They grow into adulthood eating ninety percent of their calories from dairy products, white flour, sugar and oil. Roughly twenty-five percent of toddlers between ages one and two eat no fruits or vegetables at all. By fifteen months, french fries are the most common vegetable consumed in America!

Over 80 percent of Americans die from cardiovascular disease, diabetes, and cancer; diseases of nutritional inadequacy. Recent scientific evidence over the past two decades has shown links with precise dietary factors and autoimmune illnesses, such as Crohn's disease and lupus, as well as later-life cancers.

Medications can not prevent these problems - only a diet of nutritional excellence can.

By reading this book, you'll discover the key foods that can protect against obesity, autoimmune disease, diabetes, heart disease and cancer in your child's adult life.

Avoid common childhood illnesses!

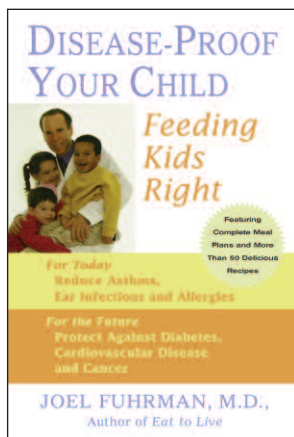
Many children are recurrently sick with ear infections, strep throats, allergies, attention deficit hyperactivity disorders, and asthma. The truth is, these childhood illnesses are caused by inadequate diets, not because kids are exchanging germs or were granted inferior genes.

Dr. Fuhrman encourages a diet that reduces protein and fat from animal sources and increases protein and fat from plant source foods. You will learn practical guidelines to follow when children are ill or dealing with health challenges, as well as information on the misuse and overuse of prescription drugs.

Feeding kid's right can be easy, tasty, and fun. Your family life will be free from repeated trips to the doctor, endless rounds of antibiotics, and the curtailed living that comes from being frequently sick.

DISEASE-PROOF YOUR CHILD:

Feeding Kids Right



ISBN: 0-312-33805-8

Also available in a 5 CD audio set, including a bonus 22 page menu plan & recipe guide.



ISBN: 0-9744633-4-5

Give YOUR children the greatest gift of all: the opportunity to live a long, healthy life.

(800) 474-WELL (9355)

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What the Experts Say About “Disease-Proof Your Child”

“Food choices, especially food choices early in life, are the primary cause of disease and premature death is the take home message of this book. While the scientific community is just beginning to realize this great truth, Dr. Fuhrman has already taken the revelation and put it in the form of a tool kit. If you truly love your children and your grandchildren, or if you are simply a true American patriot 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.

*Prof. of Gynecologic Oncology & 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*

“Disease-Proof Your Child is 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 Consultant
Dept. of General Surgery, Cleveland Clinic*

“Disease-Proof Your Child” Success Stories

“Incredibly, the diet got me better and my kidney function returned to normal in about 4 months. I am so grateful to have been lucky enough to find Dr. Fuhrman and get his advice that probably saved my life!”

~ Julisa - Age 15 (Lupus patient)

“I believe that our nutrition choices -- pre-pregnancy, during pregnancy, and as we introduced foods to our children -- have changed their lives forever. Because our children have always eaten a high nutrient, plant-based diet, they enjoy all types of fruits and vegetables and meal time is a pleasant experience. Neither has ever needed antibiotics -- no ear infections, allergies, asthma or persistent childhood illnesses. They do get the occasional cold, but quickly recover.”

~ Lori

“Our daughter Caitlin suffered from progressive fatigue, severe acne, and chronic stomach upset. Caitlin underwent endoscopy which revealed the presence of ulcers. The doctor immediately prescribed a course of four antibiotics taken simultaneously, which destroyed her digestive system. She was worse than ever.

We found Dr. Fuhrman through a counselor and he immediately put Caitlin on a cleansing diet, with lots of green vegetables, and vegetable soups, with no medication of any kind. Over those first two months, as her digestive system healed, Caitlin regained her energy and her skin cleared.

We are so grateful to Dr. Fuhrman and his devotion to nutritional medicine and can't imagine where we would be if we hadn't heard about his amazing approach to balanced nutrition.”

~ Gigi