

Disease-Proof Your Child: Feeding Kids Right

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Joel Fuhrman, M.D.

Book Review by Trevor Salloum, MD

In over 20 years of practicing naturopathic medicine, I have rarely found an easily readable, practical, and comprehensive book on human nutrition. Joel Fuhrman, MD has written probably the best updated guide to providing our families with optimum health for a lifetime.

In **Disease-Proof Your Child: Feeding Kids Right**, Dr. Fuhrman provides the rationale for consuming abundant amounts of vegetables, fruits, and some grains. He allows for 10% of calories from specific animal foods for those not ready to become strictly vegan and cautions against heavily processed foods.

His book is heavily researched and referenced from scientific literature. He cites the 20 years of research in T. Colin Campbell's, "The China Study" and numerous case histories of his own patients. In fact, Mehmet Oz, M.D., one of the top cardiovascular surgeons in the US, endorses this book.

Dr. Fuhrman explains how our children's diet will ultimately lead to either health or disease later on in life. Also, he cites research indicating a relationship between mental development/IQ and food choices in the early years of life. His book is packed with tips on avoiding obesity, cancer, asthma, heart disease, autoimmune disease, diabetes, and even common infections.

This book is loaded with recipes, healthy lunch suggestions, quick food preparation ideas, and recommendations for teenagers and fussy eaters. With recipes such as Almond Carob Fudge, Apricot Brown Rice, Carrot Cream Soup, Orange Cashew Dressing and Banana Nut Cookies, who can resist? The tone of the book is motivating, heartfelt, and personal. Dr. Fuhrman demonstrates a sincere desire to help his readers and their families in achieving nutritional excellence. Dr. Fuhrman writes his own quarterly newsletters and is the author of **Eat to Live** (Little Brown) and **Fasting and Eating for Health** (St. Martin's Press).

***Dr. Trevor Salloum is a naturopathic physician in Kelowna.
His column appears weekly in the Kelowna Capital News.***