



Raising Healthy Children: Health and Nutrition Information, Recipes, and Resources

Nancy Addison

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Our children are endowed with a birthright to live in a clean and balanced environment, to eat nutritious food, to fill their lungs with fresh, unpolluted air, and to enjoy the bounty of our divine heritage. *Raising Healthy Children will guide you in helping your children to realize their birthright. Read it from cover to cover, try the recipes, and adhere to the principles. As you read Raising Healthy Children, you will gain wonderful insights into raising children with love. You will see how a mother's whole heart can go into the experience. Best of all, you will know you can do it, too!*

Finally! A Comprehensive Guide to Raising Healthy Kids in Today's Toxic World!

This book gives a parent the power of healthy choices.

A comprehensive guidebook to create long-term, sustainable, and life-enhancing strategies for raising healthier children through nutrition. In this book, #1 bestselling Author Nancy Addison inspires, motivates, and teaches easy-to-implement suggestions as well as offers incredible insight into health and wellness for kids of all ages. Nancy also has delicious recipes for the whole family.

Get Started Immediately with the Powerful Information in this Book Including

The Different Lifestyle Aspects of Raising Healthy Children
The Best Dietary Aspects of Raising Healthy Children
Understanding Environmental Aspects of Raising Healthy Children
Recognizing Behavioral Aspects of Raising Healthy Children

You Will Learn About Healthy Alternatives to Avoiding Damaging Toxins

The incidence of cancer, immune deficiency, heart disease, diabetes, and other chronic ailments are reaching epidemic proportions. Yet, it is our children who will pay the ultimate price. More than ever, children suffer from headaches, nervous disorders, skin conditions, respiratory problems, and other symptoms that, until now, have been associated with age. They suffer from learning disabilities and behavioral problems that were unheard of years ago.

Anyone with an inquiring mind must ask the question, "Why?"

The growing number of chemicals and other toxins in our environment are bad enough for adults, but for our children, they can be devastating. Children whose brains, organs, and systems are still developing (up to the age of 21) tend to draw toxins into their developing bodies. Modern toxins (in all their forms) are one of the biggest deterrents to the health and happiness of our children""but it doesn't have to be that way.

A Comprehensive Book Full of Encyclopedic Information

This book is filled not only recipes and information about how you can raise your children in the healthiest possible way, but also resources, references and endnotes to give you the most comprehensive book on how

to raise healthy children on the market today. Nancy walks you through the grocery store, shares natural remedies, discusses the health benefits of breastfeeding, shares recipes for non-toxic body products, supplements, vitamins, minerals, and so much more.

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