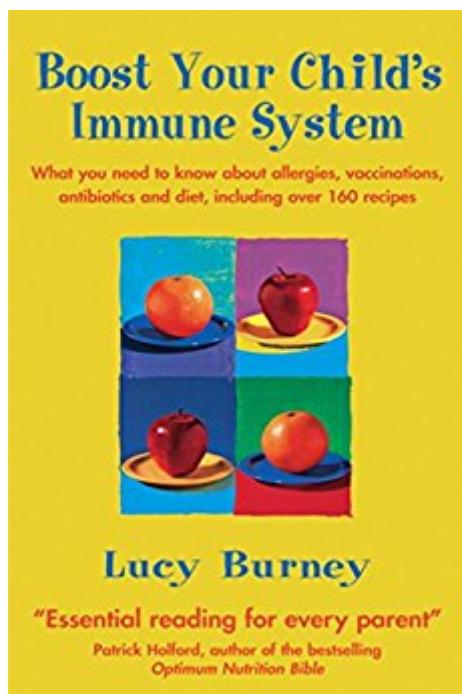


The book was found

Boost Your Child's Immune System: What You Need To Know About Allergies, Vaccinations, Antibiotics And Diet, Including Over 160 Recipes



Synopsis

Healthy children need healthy immune systems, to fight off bugs and infections they can pick up at school. The most effective way to strengthen your child's immune system is through a healthy diet. With suggestions to suit children from 0-18, top nutritionist Lucy Burney shows you how. Discover: The importance of good nutrition; The immune-boosting diet for all children, from babies to teenagers; The pros and cons of vaccinations for kids; The latest research on food allergies - and how to avoid them; How to fight infections naturally, and avoid antibiotics; Tips on food storage and preparation, to avoid bugs and preserve nutrients; Easy-to-follow menu plans and over 160 easy-to-make recipes that all your family will love

Book Information

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Customer Reviews

A welcome approach to boosting childhood immunity, the very cornerstone to health that one rarely hears mention of in conventional healthcare media. A fascinating read, the author prepares parents to treat illness with powerful nutrients. Wonderful, objective info on deciding whether to immunize. I found the advocacy of soy outdated, however. (For more up to date research and conclusion on the

dangers of a soy diet see [...]Overall, an informative book that I will use often for super-immunity and the occasional cold or flu.

I actually bought this book for my sister who's just had her first baby. I just browsed though it but I think she would have fun putting meals together for her little girl when it's time.

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