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Creating Healthy Children

Karen Ranzi

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Creating Healthy Children

Karen Ranzi

Creating Healthy Children Karen Ranzi
Creating Healthy Children presents many values nature has given us to restore our children's health through solid nutritional principles. In this informative transformational book, Karen Ranzi will guide you on the path to creating happier and healthier children, confident of their disease- free future. She will share the importance of understanding children's biological and emotional needs. Rather than medicate a child's asthma, ear infections, chronic allergies, learning, attention and hyperactivity disorders, and other illnesses, Karen's approach simply eliminates the causes of disease through the healthful raw food lifestyle. You will learn the importance of obtaining the best possible nourishment for your family, and how to implement healthy choices successfully. Creating Healthy Children reveals terrific tips for children of all ages in how to improve their diet and lifestyle. Parents, future parents, pregnant mothers, teachers, social workers, psychologists, and anyone else who works with or has children needs to read this book.

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