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## Digestive Wellness for Children How to Strengthen the Immune System Prevent Disease Through Healthy Digestion

By Elizabeth Lipski

Basic Health Publications. Paperback. Book Condition: New.

Paperback. 342 pages. Dimensions: 8.8in. x 5.9in. x

0.9in. Digestive Wellness for Children is a primer for all parents who are interested in learning about, and actively supporting, their children's digestive health. It provides practical instructions for keeping children healthy, for healing them when they aren't, and for feeding them healthful foods that will provide the nutrients they need to stay well and strong from infancy through the teen years. The first part of this book is an overview of children's health issues. The second part is a crash course in nutrition awareness. The third part examines numerous digestive conditions from infancy to adolescence and from mouth to bowel—including food sensitivities, allergies; leaky gut syndrome; colic, teething, and spitting up; gastroesophageal reflux, hiatal hernia; Hirschsprung's disease; celiac disease; ulcerative colitis; and Crohn's disease. The fourth part discusses and offers natural supportive and healing options for digestive and other issues associated with a myriad of medical problems including arthritis, asthma, attention deficit disorder, autism, cystic fibrosis, diabetes, Down syndrome, influenza, migraine, and more. Included are detailed, easily navigated appendices on laboratory tests and disease-healing options. Digestive Wellness for Children is one of the most useful and comprehensive...



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### Reviews

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