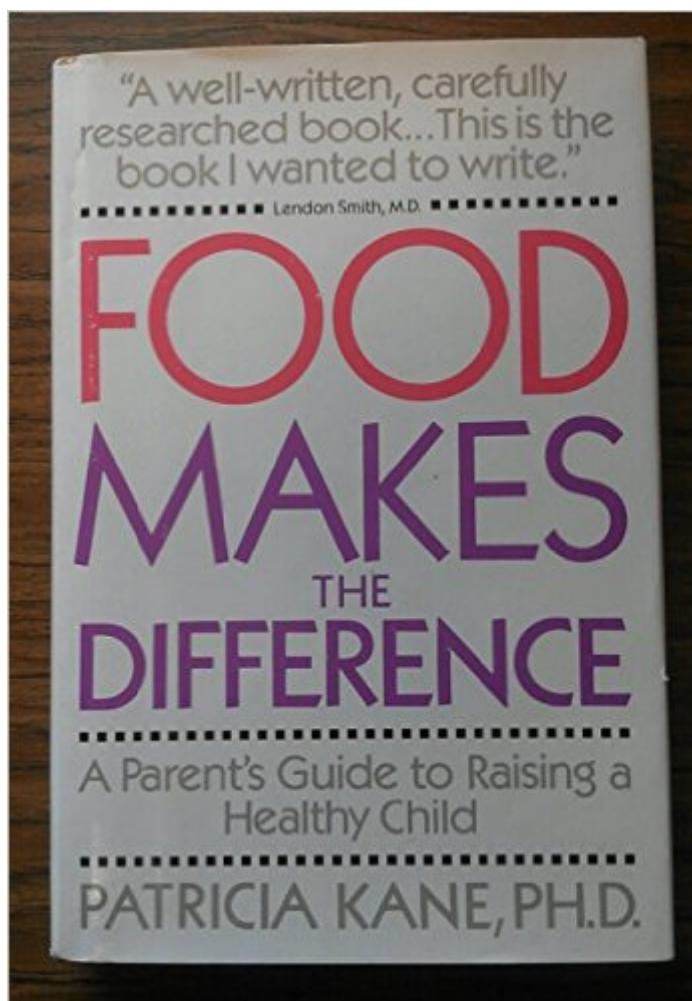


The book was found

Food Makes The Difference



Book Information

Hardcover: 322 pages

Publisher: Simon & Schuster; Revised edition (June 1987)

Language: English

ISBN-10: 0671543237

ISBN-13: 978-0671543235

Product Dimensions: 9.3 x 6.3 x 1.1 inches

Shipping Weight: 1.3 pounds

Average Customer Review: 3.8 out of 5 stars See all reviews (5 customer reviews)

Best Sellers Rank: #1,585,906 in Books (See Top 100 in Books) #58 in Books > Health, Fitness & Dieting > Children's Health > Allergies #259 in Books > Health, Fitness & Dieting > Nutrition > Food Allergies #2663 in Books > Medical Books > Medicine > Internal Medicine > Pediatrics

Customer Reviews

After discovering my son was allergic to a third of his normal diet I was faced with a dilemma - How to feed a nutritional diet without overloading the child with the foods he could still eat. Although most allergy books suggest rotating foods and food families this is the only book I found with easy to follow charts (which you can copy and put to use immediately) and step by step guides to adapting a rotation diet for the whole family. Great inspirational success stories also!

This book was a life changer for me. My son has ADD and life was always like rolling a large boulder uphill-exhausting mentally, physically, spiritually. I had two other children who needed me too. This book offered me hope that food could make a difference in the behavior and success of my child. The stories in the book are from real life and show the body's ability to heal a large number of conditions and allergic/sensitive responses if given the proper nutrients. Dr Lendon Smith in the forward says "this is the book I wish I had written". I never owned my own copy, but checked it out from the library again and again. Referred people looking for various kinds of help for their children to this book repeatedly. I know people whose children's lives have probably been saved by the wisdom from this book. It is from one of these that I learned of the availability of this book from .com. This is one of just 3 or 4 books that have affected me like this in my life. This is a great book if you have children with physical/behavioral problems that the medical community seems to have no answers for except dangerous medications.

The book shows how one mother helped her son after a brain-trauma injury. The doctors told her to put him away, but she didn't listen. His story plus ways of helping your child are included in this marvelous work.

This was only a few pages of very general information that could be found anywhere. I would save the money and buy an actual book.

Had a vested interest in this book. I helped Patricia Kane put the book into the computer.

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