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Stefani Ganong

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#3073027 in Books 2017-03-27Original language:English 9.00 x .23 x 6.00l, #File Name: 152089822398 pages | File size: 63.Mb

Stefani Ganong : Choose Healthy, Live Happy: Taking Your Family from Sick and Surviving, to Healthy and Thriving before purchasing it in order to gage whether or not it would be worth my time, and all praised Choose Healthy, Live Happy: Taking Your Family from Sick and Surviving, to Healthy and Thriving:

I totally get it. It's already difficult to juggle all of the roles that we are playing, whether it's being a parent, a spouse, a business owner, a professional, or a caregiver. But having to fill these shoes and also tasking ourselves to worry about toxins, inflammation, and chronic illness? It seems impossible. Unfortunately, ignoring these problems is not going to make them go away. If anything, they're becoming more predominant the longer we bury our heads in the sand. We have skyrocketing obesity rates in today's children. Type 2 diabetes is on the rise in our kids, and this used to be considered an adult-onset disease. We are setting our children up to live a shorter, sicker lifespan than us because we are not taking the time to feed them what they need; we are only focusing on what's convenient. We don't know how to nourish their growing bodies, or how to set them up for health instead of illness. Convenience is killing our kids. It's a slow path to wellness, especially when you're dragging screaming kids with you. But it's possible. And I can guarantee you that if you start taking steps toward health now, you will be able to set your family up with good habits for life. This book: -Identifies foods that help to heal various chronic illnesses -Reveals how you can change your child's tastes to prefer healthy foods -Discusses the relationship between your diet and your immune system; and how to fix it -Provides knowledge you need to begin healing your body naturally, eliminating toxins, and setting up your family for a healthy future. Their habits are forming now. Don't you want those lifelong habits to be good ones?

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