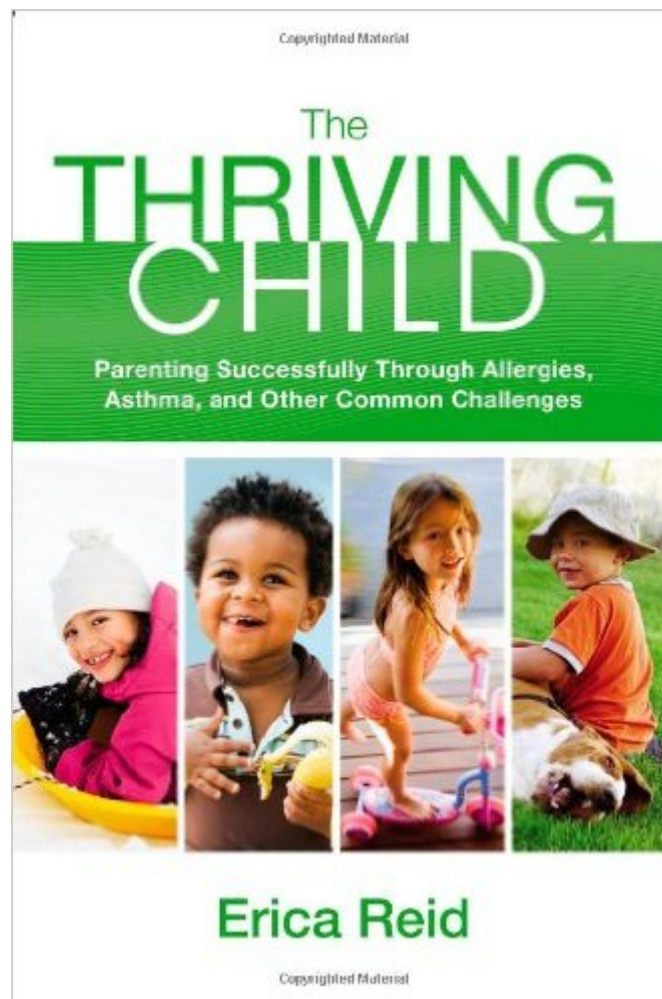


The book was found

The Thriving Child: Parenting Successfully Through Allergies, Asthma And Other Common Challenges



Synopsis

It took months of doctors visits and several illnesses for Erica Reid to uncover that her young son had multiple allergies and serious asthma. Her daughter, who had suffered from skin irritation since birth, was diagnosed with food allergies as well. Thus began a cautious, thoughtful journey to more doctors and led the author to totally re-vamp her family's diet, "de-tox" her home, and, as her children grew older, coordinate healthy routines for school and travel. Along the way, Reid developed complementary child-rearing strategies promoting respect, responsibility, creativity, spiritual balance, and love. From health and nutrition to discipline and spirituality, Reid schooled herself in every area that is part of creating a totally healthy environment in which a family can flourish. *THE THRIVING CHILD* also includes in-depth prescriptive advice from top experts, including doctors, and celebrity mothers.

Book Information

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Customer Reviews

Thriving Child was a book I didn't want to put down because the author addresses some critical issues we're dealing with as parents in the 21st century: food allergies, the food industry, GMOs (man engineered foods), environmental toxins, a rise in child health issues, western medicine vs natural medicine and pharmaceutical drugs pushed on our children. As a parent, Ms. Reid chronicles the drama most of us go through when facing parenting - working to make the best decisions overall, and definitely the best decisions that could ultimately effect the outcome of my child whether it's saving its life, or setting a foundation for emotional well-being and healthy life style habits. The DRAMA, Reid went through is enough to have any parent's stomach wrenching, the

adrenaline spiking, as you empathize and live vicariously through her experiences as a MOM. How many of us have an idea what it's like to race your child to ER? Honestly, it was like I was sitting in a theater clenching my chair. This book inspired me to get back on track with this aspect of parenting--my children's keeper as it relates to healthy eating. Oh right, I'm in charge here, and I'm the responsible adult! I had fallen off my parental watch duty, picking my battles, when dealing with day to day life, allowing some of those unhealthy things back into the diet or failing to monitor how much live food we're intaking to at least have some sort of balance. Reid reminded me that this particular battle, our health and our children's health, was well worth the sometimes exhausting fight. I loved journeying along with her, turning the corners, as she followed the bread crumbs in order to get to the bottom of things, as so many of us do--or perhaps never thought to do!

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