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Our Children's Health: America's Kids in Nutritional Crisis and What We Can Do to Help

Bonnie C. Minsky, Lisa E. Holk

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America is in the throes of a nutritional crisis -- and children are at its very heart.

Here is a book that forthrightly examines this problem from the perspective of an internationally renowned nutritionist and a holistically trained physician.

Learn why:

* 1 out of every 5 American children is overweight.
* The incidence of asthma has increased 61% in the past 20 years.
* Increased teen violence may be attributable to the prescribed use of some antidepressant drugs.
* Immunizations may be related to autism in infants and children.
* 2 out of 5 of today's teenagers are likely to later develop osteoporosis.
* Environmental and food toxins may cause neurological and behavioral problems.
* Commonly prescribed amphetamines are not the answer to ADHD.
* Eating disorders among teenagers have reached near epidemic proportions.

The authors present a positive, balanced approach to health and nutrition that addresses these issues and offers hope to millions of undernourished, overmedicated children and their families.

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