



The Restore Point: The Safe and Sane Guide to a Lifetime of Lean for Kids, Teens and Families

By Faap MD Facs Lukash

Archway Publishing, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. OBESITY IS THE NUMBER ONE HEALTH CHALLENGE FOR KIDS AND TEENS TODAY. Children and teens are battling weight issues from alarmingly early ages. Obese kids and teens face risk factors like cardiovascular disease, high cholesterol and high blood pressure and are more likely to develop pre-diabetes. They are also more likely to suffer from social and psychological issues like bullying and low self-esteem. You may have tried and failed to help your child lose weight on fad diets and extreme exercise programs. The first thing to realize is that: YOUR CHILD WAS NOT BORN TO BE FAT YOU CAN RESTORE YOUR CHILD S METABOLISM TO A LIFETIME OF LEAN Like personal computers, our bodies are at risk for taking on the malware of processed foods, bad eating habits and increasingly sedentary virtual lives. THE RESTORE POINT is a metabolic fix that turns back your child or teen s body to its original, healthy factory fresh version. THE RESTORE POINT was written by Frederick N. Lukash, a pediatric plastic surgeon who deals with the aftermath of childhood...



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Reviews

Complete guideline! Its this type of great read through. it absolutely was writtern quite perfectly and helpful. I am very happy to explain how this is basically the best book i actually have read through during my personal life and can be he very best book for at any time.

-- Joshua Gerhold PhD

A very awesome book with perfect and lucid reasons. It really is basic but shocks within the 50 percent of the book. Its been designed in an exceptionally easy way and is particularly merely right after i finished reading this ebook where in fact changed me, change the way i think.

-- Meagan Roob