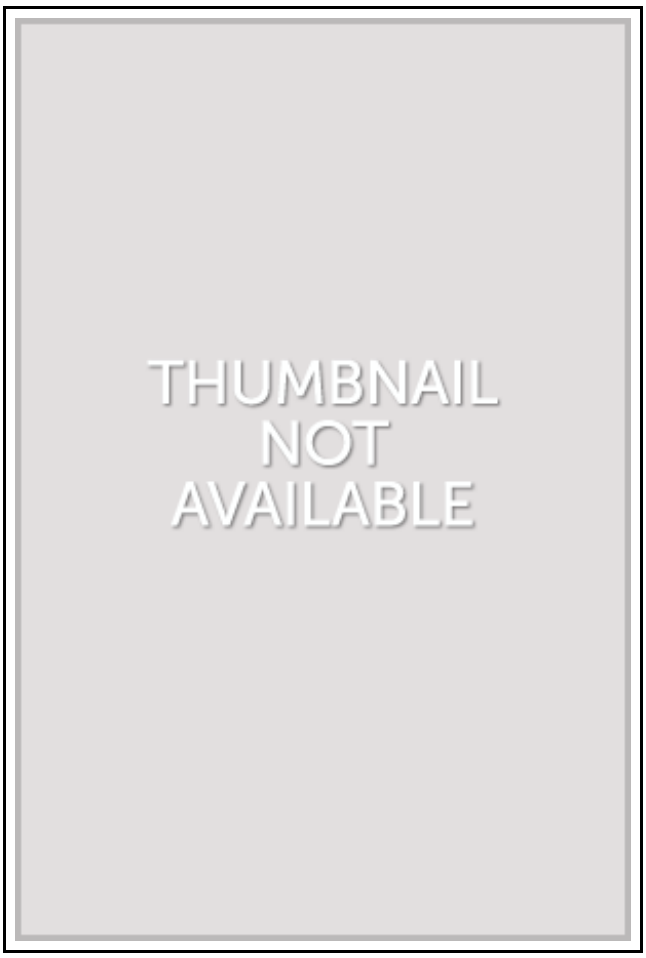
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Reviews

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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 obesity everyday. In THE RESTORE POINT, Dr. Lukash shows you: How to create a lifetime template of healthy eating habits based on THE FOOD WHEEL vs. the old fashioned Food Pyramid. How to get your child moving with simple, inexpensive techniques that prepare the body for increasingly dynamic levels of fitness. How eating evolved to make kids fat. Your child s obesity is NOT YOUR FAULT. Helicopter parents and tiger moms have fat kids, too. The solution is to go back to our original, evolutionary RESTORE POINT. This book of simple principles is designed specifically for overweight kids, teens and...

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