

(Read free ebook) Earl Mindell's Vitamin Bible for Your Kids

## Earl Mindell's Vitamin Bible for Your Kids

*Earl Mindell*

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**Earl Mindell : Earl Mindell's Vitamin Bible for Your Kids** before purchasing it in order to gage whether or not it would be worth my time, and all praised Earl Mindell's Vitamin Bible for Your Kids:

0 of 0 people found the following review helpful. Earl Mindell excellent booksBy CustomerBeen a fan of Earl Mindells books for years0 of 0 people found the following review helpful. I had gone to see 2 doctors and both give the craziest advice and comments "trying putting a helmet on him" and "My sister was lBy Selena BarnettAll parents should thank Earl Mindell for writing this book! This book changed my youngest son life. He was a hyperactive walking accident waiting to happen everyday and I was totally exhausted from the stress and daily care of being his mom. I can't begin to tell you the crazy level of things he got into and accidents that occurred before I changed his diet. My son went from a cyclone on legs to a calm active boys in a matter of days! I had gone to see 2 doctors and both give the craziest advice and comments "trying putting a helmet on him" and "My sister was like that and my mom tied her to a chair whenever she needed to get anything done." and of course medication was recommended. In desperation I went to a health food store, because in my mind I knew there was a connection to his behavior patterns and eating habits. The change was so drastic, friends, family, and teachers noticed a difference immediately and asked if he was on medication. The teachers were so impressed they recommended this book to all their parents. This book isn't just a book of information, but a how to book and not just for hyperactive conditions, but for many other problems like bed wetting. This book was cutting edge at the time and my doctors poo- pooed it, but today it's common knowledge in the medical field. Worth getting!1 of 1 people found the following review helpful. If you have children

or are planning on having them, read itBy A CustomerI have been studying vitamins and natural remedies for quite a while now and I think I have a pretty good general knowledge on the subject. I am a new mom and I recently got this book from a friend. It's REALLY GOOD, very helpful hints on how to adjust the children's diet to what he really needs without forcing him to eat what he doesn't like. It also has very easy to understand data on why vitamins are so important for our body. I recommend it to any parent, future or expecting parent and aspiring parent.

Book by Mindell, Earl