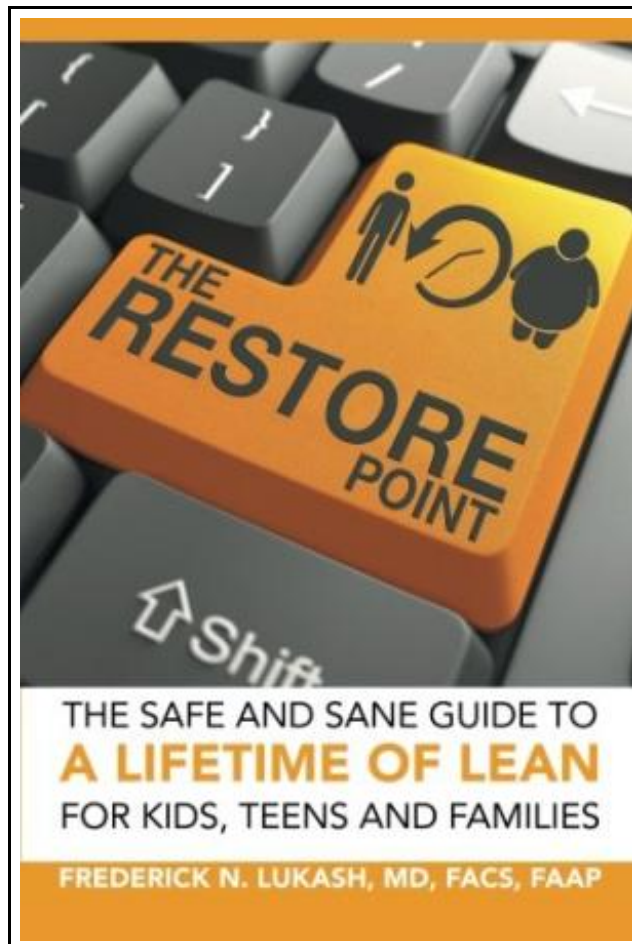


The Restore Point: The Safe and Sane Guide to a Lifetime of Lean for Kids, Teens and Families (Paperback)



Filesize: 5 MB

Reviews

Excellent electronic book and helpful one. It usually does not cost a lot of. I am quickly will get a pleasure of reading through a written publication.
(Bernardo Feeney Jr.)

THE RESTORE POINT: THE SAFE AND SANE GUIDE TO A LIFETIME OF LEAN FOR KIDS, TEENS AND FAMILIES (PAPERBACK)



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...



Read The Restore Point: The Safe and Sane Guide to a Lifetime of Lean for Kids, Teens and Families (Paperback) Online



Download PDF The Restore Point: The Safe and Sane Guide to a Lifetime of Lean for Kids, Teens and Families (Paperback)

Other PDFs



Patent Ease: How to Write You Own Patent Application (Paperback)

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Patent Ease! The new How to write your own Patent book for beginners!...

[Download PDF »](#)



Learn em Good: Improve Your Child s Math Skills: Simple and Effective Ways to Become Your Child s Free Tutor Without Opening a Textbook (Paperback)

Createspace, United States, 2010. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.From a certified teacher and founder of an online tutoring website-a simple and...

[Download PDF »](#)



Talking Digital: A Parent s Guide for Teaching Kids to Share Smart and Stay Safe Online (Paperback)

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book. It is time for the digital talk. Today, kids are growing up in a wired world. Their...

[Download PDF »](#)



No Friends?: How to Make Friends Fast and Keep Them (Paperback)

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Do You Have NO Friends ? Are you tired of not having any...

[Download PDF »](#)



Crochet: Learn How to Make Money with Crochet and Create 10 Most Popular Crochet Patterns for Sale: (Learn to Read Crochet Patterns, Charts, and Graphs, Beginner s Crochet Guide with Pictures) (Paperback)

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Getting Your FREE Bonus Download this book, read it to the end and...

[Download PDF »](#)



Fart Book African Bean Fart Adventures in the Jungle: Short Stories with Moral (Paperback)

Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Black White Illustration Version! BONUS - Includes FREE Dog Fart Audio Book for

[Read ePub »](#)



American Legends: The Life of Josephine Baker (Paperback)

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.*Includes pictures *Includes Josephine Baker s quotes about her life and career *Includes

[Read ePub »](#)



Penelope s Postscripts (Dodo Press) (Paperback)

Dodo Press, United Kingdom, 2007. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Kate Douglas Wiggin, nee Smith (1856-1923) was an American children s author

[Read ePub »](#)



Dracula Investigates the Mummy s Purse (Paperback)

Createspace, United States, 2014. Paperback. Book Condition: New. Andy Bruce (illustrator). 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Count Dracula the greatest detective in Transylvania must face his

[Read ePub »](#)



American Legends: The Life of Sharon Tate (Paperback)

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.*Includes pictures *Includes Tate s own quotes about her life and career *Includes

[Read ePub »](#)