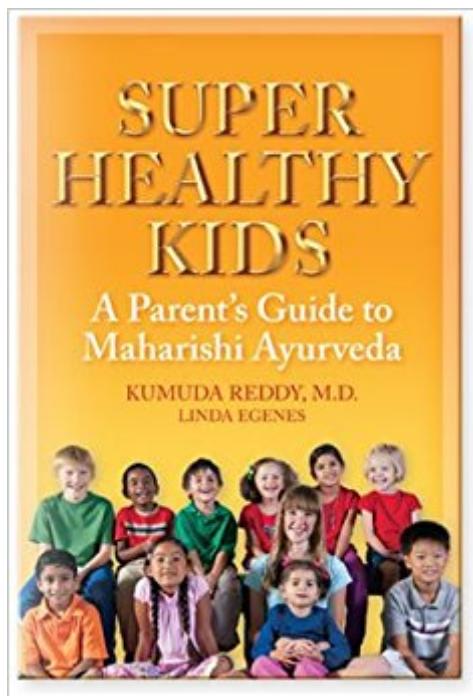


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# Super Healthy Kids: A Parents Guide To Maharishi Ayurveda



## **Synopsis**

All parents want the best for their children. Yet when faced with a sick child, it's hard to know what to do. The time-tested wisdom of Maharishi Ayurveda offers surprisingly effective solutions to children's health problems today-from ADHD to obesity. This step-by-step guide explains how to use natural approaches such as diet, lifestyle, daily routine, meditation, massage, exercise, yoga postures, herbal remedies, and aroma therapy to prevent illness and restore balance. With this practical book in hand, you can keep your children healthy without negative side effects. "At a time when many parents are leery about over using antibiotics and prescription drugs, Dr. Reddy makes a clear case for natural medicine. This book is a 'must have' for all creative, responsible parents." - John C. Peterson, M.D., Board Certified in Family Practice, practitioner of Maharishi Ayurveda health care since 1984

## **Book Information**

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## **Customer Reviews**

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a clear case for natural medicine. This book is a 'must have' for all creative, responsible parents." - John C. Peterson, M.D., Board Certified in Family Practice, practitioner of Maharishi Ayurveda health care since 1984

Very informational book on raising healthy children from the perspective of Ayurvedic medicine. My one complaint is that the book constantly refers to "Maharishi Ayurveda" when most of the concepts are just traditional Ayurvedic concepts, not some invention of the Maharishi branch of Ayurveda. Also, this book focuses on vegetarianism, something to be aware of. Vegetarianism isn't necessarily for all body types. For an even more comprehensive book check out Perfect Health for Kids by John Douillard - a must read.

This is an amazing book. I bought it to be more aware of my grand daughters health and it has been so helpful. I wish I had the conscience and the knowledge I have now when my children were young... Oh well, such is life! I totally recommend this book not just to parents, but to grand parents as well.

First I want to say, even if you have no interest in Ayurveda, this book is a MUST HAVE in your parenting collection. It has all the answers to improve your child's sleep, behavior, routine, digestion, illness, etc. It has easy to understand and detailed guidance, instructions, (and even recipes!) with simple and thorough explanations of how your child's body, mind, emotions, and behavior are effected by what they eat and their daily routine and how easily you can improve things for them. The first couple chapters talk about TM (transcendental meditation) and its benefits for the whole family. I think this is awesome since my husband and I practice TM, but if this is not your thing, just know that the rest of the book - at least 80% - is direct practical knowledge and info about how foods and routine effect your child on all levels and how most problems your child has are due to poor diet and routine. There are details about all types of foods- vegetarian and non- vegetarian, morning, day, and bedtime routines, etc. You don't have to do TM to use and appreciate the goldmine of knowledge in this book. (but you may just want to after you read it:) SUPER HEALTHY KIDS explains how so many of the problems you may be having with your children's behavior or health is easily fixed through just feeding them differently or giving them a different morning or evening routine. And it is all broken down to fit your type of child. For example, if you are having a problem with getting your child to sleep or stay asleep, etc. there is a section that deals with different types of sleep issues, and then it tells you how different foods or things they do before bed

can be the actual problem--and then they give the detailed yet easy things you can do for your child to make it better. This information is priceless to me as I have a 13 yr old daughter, a 2 yr old daughter and a 2 month old baby boy. I am hitting the grocery store tomorrow to get a few things to improve their diet:) It's totally become my new parenting bible hands down!

Personally, I loved this book. Everything I learned about Maharishi Ayurveda over 20 years is comprehensively explained in Super Healthy Kids. I advise you to read it through once and then take another stroll through each chapter (with a marker and some post-it notes). Dr. Reddy and Linda Egenes make a good argument that Maharishi Ayurveda is the most effective, sensible and cost effective approach to taking care of children. Throughout the book Dr. Reddy tells the stories of her patients, all children, who have benefited from Maharishi Ayurveda mostly with a simple change of diet or a change in daily routine. The authors give fascinating but exhaustive details on food assimilation in children. This helps the parent understand the vital role that good digestion plays in creating the building blocks that promote healthy blood, healthy fat, healthy muscles and healthy bone tissues in a growing child. There are four complete chapters dedicated to the ideal daily routine of a child. They include bedtime routines, wake-up routines and exercise. Reddy goes a bit further and explains that a cohesive and peaceful family environment is fundamental to the health of a child. This book is easy to read. However, it is packed with details, phenomenal details. You will use Super Healthy Kids as a reference book so I suggest that you keep it on your kitchen counter with those handy post-it notes for quick and easy research.

Foundational Knowledge For Childs Whole Lifel love Super Healthy Kids not only because it is a go - to guide of effective and natural health remedies for common childhood illnesses but as a systematic approach to building the child's immune system to become very strong and healthy and prevent illness. This book has all the knowledge for the child to create a foundation for a highly developed physiology that enjoys great vitality, energy, and a life lived to it's fullest and greatest potential and ultimately into a well nourished, balanced, happy, enlightened adult. There are very simple principles that can be easily and inexpensively incorporated into a child's daily life that are profoundly effective. They address every thing in a child's life, diet, daily routine, emotions, environment, season, individual behavior and body types. Not only is it easy knowledge to incorporate but also it's easy to maintain because of the very quick results. Maharishi Ayurveda takes into account that no two children are alike and therefore their health regime be customized to each child's unique mind body make up. All of the knowledge is presented clearly and simply and is

substantiated by 30 years of published scientific research. This is a happy book!

Care about your kids? Buy this book! I don't have kids and I got this book, because I wanted to be able to share the info with. Friends of mine who DID have kids! I got one for my pregnant neighbor. This is a great investment for any parent.

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