



New Prescription for Childhood Obesity: Fight Childhood Obesity with Antioxidants & Phytonutrients

Billy Johnson MD PhD

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About one in three American children is either overweight or obese. Childhood obesity is a crisis robbing youth of health and energy, and even causing children to die prematurely. Obesity among children, which is likely to carry over to adulthood, is also linked to a greater risk of high cholesterol, diabetes, early heart disease, and high blood pressure.

New Prescription for Childhood Obesity provides an innovative approach to fighting childhood obesity. The traditional method for weight loss and fat reduction has been to eat less and exercise more, but this does not work over the long haul. To lose weight and keep it off requires addressing the root cause of the problem: insulin resistance and the low-grade silent inflammation that is triggered by many factors, including foods and environmental causes such as pesticides, industrial pollutants, and toxins.

Now parents have an opportunity to change their child's eating and physical activity habits even before a weight problem develops. Complete with recipes to get you on the right track, this essential guide provides specific and simple strategies, techniques, and skills that will enable children to eat the right amount of food appropriate for their level of physical activity without dieting.

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