



# **Our Children's Health: America's Kids in Nutritional Crisis and What We Can Do to Help**

*Bonnie C. Minsky, Lisa E. Holk*

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America is in the throes of a nutritional crisis -- and children are at its very heart.

Here is a book that forthrightly examines this problem from the perspective of an internationally renowned nutritionist and a holistically trained physician.

Learn why:

- \* 1 out of every 5 American children is overweight.
- \* The incidence of asthma has increased 61% in the past 20 years.
- \* Increased teen violence may be attributable to the prescribed use of some antidepressant drugs.
- \* Immunizations may be related to autism in infants and children.
- \* 2 out of 5 of today's teenagers are likely to later develop osteoporosis.
- \* Environmental and food toxins may cause neurological and behavioral problems.
- \* Commonly prescribed amphetamines are not the answer to ADHD.
- \* Eating disorders among teenagers have reached near epidemic proportions.

The authors present a positive, balanced approach to health and nutrition that addresses these issues and offers hope to millions of undernourished, overmedicated children and their families.

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