



# Healthy Brains, Healthy Children: How Parents Can Raise Their Children in a Smarter, Healthier and More Natural Way

*Dr. Philip Maffetone*

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Healthy Brains, Healthy Children: How Parents Can Raise Their Children in a Smarter, Healthier and More Natural Way will empower mothers and fathers to better understand and improve their child's developing brain – starting at any age. Topics include: • Prenatal, breastfeeding and baby's first food • Natural ways to regulate blood sugar to the brain • Drug-free strengthening of the immune system • Recognizing and avoiding food allergies that lead to chronic illness and brain dysfunction • Detoxifying the home environment • Hospitals, medications and testing • Choosing a healthcare professional (from the traditional medical to "alternative" professionals) • Understanding the full spectrum of brain problems • Common neurological spectrum conditions (autism, cerebral palsy, Down syndrome, seizure disorders, and ADHD) • Exercise, sensory and motor stimulation • Healthy recipes Healthy Brains, Healthy Children can also assist healthcare professionals make helpful recommendations for their own patients.

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