



The Resourceful Mother's Secrets to Healthy Kids: Understand Food, Understand Your Child

Meredith Deasley

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Does your child experience colic, eczema, chronic congestion, constipation, multiple ear infections, behavioural challenges, poor sleeping habits, obesity, ADD, Autism or any other health challenge?

The Resourceful Mother, Meredith Deasley, will help you understand exactly what you need to know in order to raise the healthiest child. possible. She is a Pediatric Nutritionist that has been providing natural, easy to understand and implement, time-proven nutritional information to parents for the past decade. Meredith helps parents make responsible decisions for their child's health by examining the hidden epidemic of children reacting to food.

In her breakout book, *The Resourceful Mother's Secrets to Healthy Kids*, Meredith guides parents through the maze of conflicting information surrounding food sensitivities and allergies, providing them with the tools they need by:

- Teaching how to prevent, detect, manage and eliminate reactions to food
- Identifying which foods are the main culprits for symptoms, conditions and disease
- Sharing fast, healthy, non-allergenic and scrumptious meal ideas and recipes
- Explaining which foods and supplements every child needs and why
- Uncovering how holistic practitioners & remedies can help your child

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