



# Heal the Children: How Schools Promote Disease - - How Parents Can Take Action

*Angela K. Griffiths DC, Kelson H. Griffiths*

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Heal the Children -- How Schools Promote Disease, How Parents Can Take Action provides a startling view of how food and environments on school campuses are threatening the health and well-being of many students. For the first time in the history of North America, the current generation of children is not expected to outlive their parents. Childhood obesity, metabolic syndrome, attention deficit disorder, type 2 diabetes, depression, early hypertension and childhood cancers are impacting both the health and happiness of millions of children. What makes this both sad and tragic is that this decline is largely preventable. It has to do with misinformation, poor food quality, lack of healthy food on school campuses and other poor health choices that are taught and established at school (and in many homes). I have found through my patients that most parents truly just want the best for their children and are simply confused by all the conflicting information. Many have believed something is "safe" once the Food and Drug Administration or other government agency allows it on the market and onto our school campuses. But as this book will show, that is often not the case. The safety of a product is often not required or established until law suits are won due to damages and a product is forced to label or be removed from the market. At present, it is consumers, not government agencies, who must drive this process and demand safety in our food supply. There is presently no one looking after the health of your child but you! It was the quest and struggles of my youngest son to maintain his health while attending public school that became the inspiration of this book. We hope that the information contained herein touches a core for you, saves you from going through what we have had to go through, encourages you to educate your own children about nutrition, and provides a blueprint for how to help change the current system so that more kids can thrive. Together we can help our children heal and make an informed choice for health!

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