



The Dirt Cure: Growing Healthy Kids with Food Straight from Soil

Maya Shetreat-Klein MD

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In the tradition of Michael Pollan, Mark Hyman, and Andrew Weil, pioneering integrative pediatric neurologist Maya Shetreat-Klein, MD, reveals the shocking contents of children's food, how it's seriously harming their bodies and brains, and what we can do about it. And she presents the first nutritional plan for getting and keeping children healthy—a plan that any family can follow.

New alarming studies show the dramatic rise of chronic disease in children—from allergies and ADHD to mental illnesses and obesity. A traditionally trained pediatric neurologist and a parent herself, Dr. Maya encountered the limits of conventional medicine when her son suffered a severe episode of asthma on his first birthday and began a backward slide in his development. Treatments failed to reverse his condition, so Dr. Maya embarked on a scientific investigation, discovering that food was at the root of her son's illness, affecting his digestive system, immune system, and brain. The solution was shockingly simple: Heal the food, heal the gut, heal the brain...and heal the child.

Recent changes in growing and processing food harm kids' gut microbiomes, immune systems, and brains, contributing to chronic disease. Dr. Maya's plan started with the soil, using fresh foods and nature to heal her son from the inside out and the outside in. Since then, she's successfully helped chronically ill patients from around the world. Revealing the profound connections between food, nature, and children's health, Dr. Maya explains how food is constantly changing kids' bodies, brains, and even genes—for better or for worse. She also shares success stories from her practice and tips as a working mother of three on stocking healing foods (from veggies to chocolate!), reading labels, and getting even picky eaters into the new menu. This paradigm-shifting book empowers you to transform your child's health through food and ensure the long-term wellbeing of your kids and the entire family.

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