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In the paradigm-shifting book that Mark Hyman and Andrew Weil say will revolutionize children's health, pediatric neurologist Maya Shetreat-Klein, M.D. warns that parents today are keeping their children away from the very things that are critical to their health and well-being: microbes, fresh food from healthy soil and time in nature. In a word- DIRT.

THE DIRT CURE

Growing Healthy Kids with Food Straight from Soil

By Dr. Maya Shetreat-Klein

"This is a reader-friendly book, and Shetreat-Klein powerfully lays out the case for why bleach, hand sanitizers, fluoride, ibuprofen, and acetaminophen aren't all they're cracked up to be. She convincingly argues the case for a dirt-filled but chemical-free life." – Booklist

"The text is full of scientific information presented in a fun and informative way, giving concrete evidence that good food can transform one's life." – Publishers Weekly

What if our best-intended efforts to protect our children's health were found to be a primary cause of today's disturbing rise in chronic illness?

That's exactly what medical evidence now shows. One in 13 children now suffers from food allergies. In the last 8 years, the number of children diagnosed with ADHD has jumped nearly 50%. And one in 45 children now carries an autism diagnosis. Many parents have been told that their children will have these conditions for life, or are simply untreatable. Children are part of a growing and massive health crisis in which chronic illness has become the new normal. The culprit? Our national obsession with over-sanitization—of kids' bodies, their homes, even the soil that grows their food-- that does far more harm than good.

In **THE DIRT CURE: Growing Healthy Kids with Food Straight From the Soil** (Atria; January 26, 2016), **Dr. Maya Shetreat-Klein** proves that it's possible to reverse this trend by allowing our children exposure to microbes, feeding them fresh food from healthy soil, and encouraging time in close contact with nature.

Based on cutting edge medicine that she has pioneered, THE DIRT CURE empowers parents to transform their children's health by understanding the profound connection of their bodies and minds to nature and to food from nutrient and microbe-rich soil. In a book that Dr. Mark Hyman calls "game-changing" and Dr. Andrew Weil says will turn "the prevailing paradigm on its head," integrative pediatric neurologist and mother of three, Dr. Maya Shetreat-Klein shows parents how to keep their kids healthy based on two essential principles: First, heal them from the inside out (buy and cook the healthiest natural foods); and

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second: heal them from the outside in (playing in nature). Both of these practices expose children to the health benefits of the rich repository of life-sustaining microbes and nutrients found in fertile soil.

“Nutrient-dense food—infused with sunshine, fresh air, and clean water, rich with vitamins, minerals, phytochemicals, and beneficial bacteria all derived from the soil—provides integral building blocks from nature critical for children’s bodies and brains,” explains Dr. Shetreat-Klein. We used to encourage good health by saying “You are what you eat”, but Dr. Shetreat-Klein shows us that a more accurate expression would be “You are what *your food eats*.” And the diet of the animals and plants that we eat depends on sunshine, air, water...and dirt.

Dr. Shetreat-Klein’s exhaustive research uncovers the most recent, groundbreaking science to reveal shocking and often counterintuitive affronts to our children's health.

- **Raw milk reduces allergy, infection and inflammation in children.**
- **Mass water fluoridation damages children’s teeth—and overall health.**
- **Viruses—not just bacteria—play a critical role in protecting children’s gut health as part of a “microvirome.”**
- **Whole-fat milk and butter actually reduce the risk of childhood obesity.**
- **Tap water is safer and healthier than bottled water.**
- **High cholesterol levels improve immune and brain function in children.**
- **Raw honey stabilizes blood sugar, while artificial sweeteners increase blood sugar and foster obesity in children.**
- **Pesticides, herbicides and GMOs damage more than just bugs and weeds.**
- **Regular use of bleach is associated with more, not fewer, infections in kids.**
- **Children who spend three hours outdoors daily are more likely to have perfect vision than those who spend the same amount of time indoors.**
- **Children who spend recess time in a green environment, rather than on cement or blacktop, perform better on tests in the classroom.**

In THE DIRT CURE, Dr. Shetreat-Klein explores what causes soil to lose its fertility, how to avoid foods grown from such compromised soil, and how to find the most abundantly nutritious food from various sources –whether from your local grocery store, farmer’s market, or your own backyard. She then lays out a comprehensive plan to help parents find the the most wholesome diet possible for their children, including tips for how to prepare the best foods easily and deliciously. She also shows what play activities will benefit children’s health –from “forest bathing” to playing sports on grass rather than artificial turf.

Full of practical tips, recipes and recommendations based on the latest studies and case histories of the young patients she has helped, The Dirt Cure will show you how to:

- **Bolster your kids’ digestive and immune systems naturally**
- **Test your child for allergies**
- **Decipher the truth behind deceptive food labels**
- **Purge your kitchen of offending foods and replace them healthier options**
- **Curb your child’s sugar cravings with alternatives like calming organic teas**
- **Protect your soil from depletion of nutrients**

And much more.

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THE DIRT CURE pulls all of this invaluable advice together in a vital, comprehensive plan for a complete lifestyle for growing healthy children. Grounding parents' care for their children in science instead of panic, this important book will change the conversation on our children's health and give readers a new understanding of our children's bodies' and their relationship to nature.

ABOUT THE AUTHOR:

Maya Shetreat-Klein, M.D., is an integrative pediatric neurologist with a medical degree from Albert Einstein College of Medicine, where she was awarded the Edward Padow Award for Excellence in Pediatrics and graduated with a Special Distinction in Research in Child Neurology for her original work on autism. Dr. Shetreat-Klein completed the University of Arizona's two-year Fellowship in Integrative Medicine, founded by Andrew Weil, M.D., and is now a member of the faculty. She teaches integrative neurology at Albert Einstein College of Medicine, New York Medical College, and the University of Medicine and Dentistry of New Jersey.

She lectures nationally and internationally at conferences for both physicians and laypeople on topics such as children's health, autism, integrative medicine and nutrition, toxins and neurological health. Additionally, Dr. Shetreat-Klein sits on expert advisory boards, including chef Bill Telepan's Wellness in the Schools and Documenting Hope.

She has been interviewed and quoted on *Dr.Oz*, *NPR Marketplace*, *The New York Times Magazine*, *WCBS-TV News*, and *WABC-TV News* and has partnered with Sen. Charles Schumer in promoting legislation for reducing toxic exposures in childhood. Perhaps her most valued work is seeing patients at her own integrative practice in New York City, where she also lives with her family, dog, and eight chickens.

ABOUT THE BOOK:

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Maya Shetreat-Klein, M.D.
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