



Super Healthy Kids: A Parents Guide to Maharishi Ayurveda

Kumuda Reddy

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All parents want the best for their children. Yet when faced with a sick child, it's hard to know what to do. The time-tested wisdom of Maharishi Ayurveda offers surprisingly effective solutions to children's health problems today—from ADHD to obesity.

This step-by-step guide explains how to use natural approaches such as diet, lifestyle, daily routine, meditation, massage, exercise, yoga postures, herbal remedies, and aroma therapy to prevent illness and restore balance. With this practical book in hand, you can keep your children healthy without negative side effects.

"At a time when many parents are leery about over using antibiotics and prescription drugs, Dr. Reddy makes a clear case for natural medicine. This book is a 'must have' for all creative, responsible parents." - John C. Peterson, M.D., Board Certified in Family Practice, practitioner of Maharishi Ayurveda health care since 1984

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