



Superfoods: Incredible Immunity for your Child

Amitabh Pandit, Minnie Pandit

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This book can assist you as a guidepost to help you to feed your children better and to pass through some of those periods when you don't know what to give them (they turn up their nose to most foods). It is the outcome of the studies based on Orthomolecular Nutrition and has given wondrous results to all who have taken to it. It highlights the use of specific fruits, nuts, seeds, vegetables and dairy products in a co-ordinated way to transform your child's body and make him look as shapely as a teen idol with glowing skin, lustrous hair, strong immunity, increased efficiency and brain function, balanced hormonal system with reduced fatigue and without disease.

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