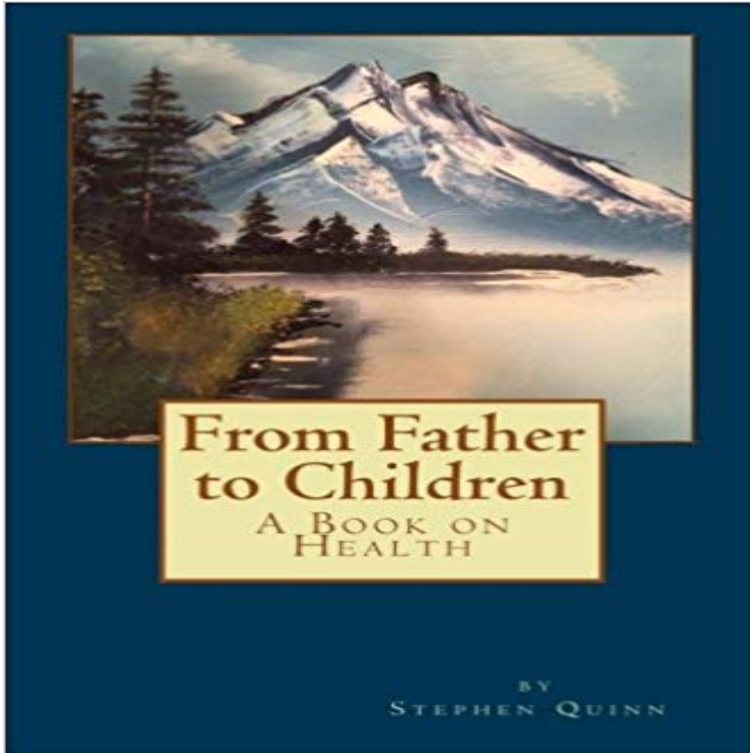


From Father to Children: On Health



Even in the information age, the relationship between nutrition, health, well-being and longevity is a universal human truth. In *From Father to Children on Health*, the author brings together the best of modern and ancient medicine, reminding us that sometimes the best lessons and solutions have already been learned. *From Father to Children on Health* provides a practical and achievable regimen, even for busy lifestyles. Specific supplement recommendations are accompanied by hyperlinks for purchase. Recipes that reflect the nutritional strategies of the book are provided, along with a grocery list to get you started. The book is based on first hand observation and positive results of a lifestyle, nutrition, and health approach. The author is not a medical professional. However, as a caring father and husband, each health practice in the book received careful research and continual observation for positive family health results. The practices in this book have been used by the author, his wife, and seven kids (ages 2 to 13) since 2012. In that period, no one in the family has required an anti-biotic, and more importantly a hustling bustling family of nine is leading a high quality life together. Readers who seek to lose weight may find particular interest in this book. However, the focus of *From Father to Children on Health* is not weight loss. The book helps re-establish a proper nutritional balance within your life along with natural ways of addressing infections, allergies, and other ailments that tend to get the best of us once in a while. As your body reaches that nutritional balance, often your body weight re-balances too. Many initial readers have achieved double-digit weight loss, as a result of focusing on the right things nutrition and health. *From Father to Children on Health* summarizes a lifetime of health wisdom for readers of all ages. After all, we dont need to learn all of lifes

lessons the hard way.

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