



# **Beautiful Children: The Parent's Essential Guidebook for Raising Strong, Balanced, Healthy Children**

*Tarika Ahuja*

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# Beautiful Children: The Parent's Essential Guidebook for Raising Strong, Balanced, Healthy Children

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## **Beautiful Children: The Parent's Essential Guidebook for Raising Strong, Balanced, Healthy Children**

Tarika Ahuja

You want the best for your children. You know a balanced diet is key to keeping them healthy and happy. But just how do you get them to eat whole grains, beans, nuts, seeds and fruits when all they crave is junk food?

The secret lies in instilling good eating habits in them from a young age. Macrobiotic specialist Tarika Ahuja offers easy-to-prepare recipes--like brown rice smoothie, rice-and-chickpea burger, cashew cauliflower soup, apple walnut muffin--that will improve your children's heart and kidneys and make their mouths water too! In this informative first book, she also offers advice on how to fight allergies or read the signs of vitamin and mineral deficiency. Dark circles under the eyes, pimples on the forehead, acidity, swollen nose--these are all symptoms of malnutrition and can be easily corrected.

So here's to a new, better way of parenting!

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