



The No-Diet Obesity Solution for Kids

Miriam B. Vos, MD, MSPH

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One third of American children are overweight or obese—and for the first time in history, they cannot expect healthier, longer lives than their parents. *The No-Diet Obesity Solution for Kids* deserves the attention of every parent with a child caught in the deadly obesity epidemic. When parents need to make changes for the health of their children, this book supplies the answers that really work.

About the Book

Based on experiences with her child patients, author Vos saw the need for a simple, credible resource for parents of overweight children. These parents are worried about their children's health—but do not know where to start or what to do. In this practical and positive guide, Dr. Vos shows parents the habits that many families have slipped into and gives specific ways to improve their child's health—without diets, guilt trips, or power struggles.

Dr. Vos has seen the true healing power of three research-supported changes: reducing sugar, increasing activity, and preparing family meals at home. She explains how to make these changes in colorful detail. She shares stories of successes and is the voice of encouragement for families trying to find their own path. She explains the important roles that each member of the family plays in creating peaceful mealtimes that are truly nurturing.

“Parents will love this step-by-step guide to feeding and creating a positive and healthy relationship between your children and their food.”—MeMe Roth, CHC, President, National Action Against Obesity



About the Author

Miriam B. Vos, MD, MSPH, is a nationally known pediatric gastroenterologist, sought out by media as an expert in childhood obesity and the illnesses associated with obesity. She teaches at Emory University Medical School and sees patients at Children's Healthcare of Atlanta. Her goal is a new national epidemic of well-nourished children glowing with health and enjoying life.

Book Features

- Success stories of practical, positive changes any family can try
- Healthy habits quiz
- 60+ kid-friendly recipes
- Published by the American Gastroenterological Association to support their obesity initiative