

# Are you ready to help your child get healthier? Here's the solution!

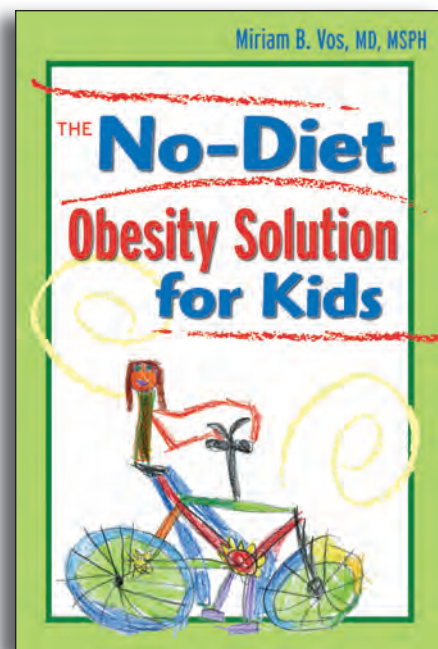
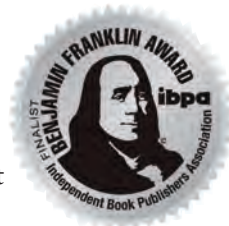
When parents need to make changes for the health of their overweight child, this book supplies the answers that really work.

## The No-Diet Obesity Solution for Kids

Is your child overweight? Dr. Miriam Vos has cared for many children facing liver disease, diabetes, and other serious health issues because of obesity. Daily, she teaches parents how to make small but meaningful changes that improve the health of their children—and the entire family—without diets, guilt trips, or power struggles.

In this practical and positive guide, Dr. Vos guides you in successfully fighting the obesity epidemic, one child at a time. The book has answers to your questions and success stories to share, plus more than 60 kid-friendly recipes, many contributed by professional chefs.

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. The No-Diet Obesity Solution for Kids was the 2010 Benjamin Franklin Award silver medalist for best first book. The award was given by the Independent Book Publishers Association.



“This book deserves every parent’s attention. The focus is your child’s health, not just weight, for the long term—not the quick fix.”

— David L. Katz, MD, MPH, FACPM, FACP,  
Director, Prevention Research Center,  
Yale University School of Medicine

“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

Ask your doctor about a healthy changes menu and goal commitment card.

From AGA Press, 2009 | \$14.95

Available at [www.thenodietobesitysolutionforkids.com](http://www.thenodietobesitysolutionforkids.com) or at your favorite bookstore.



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