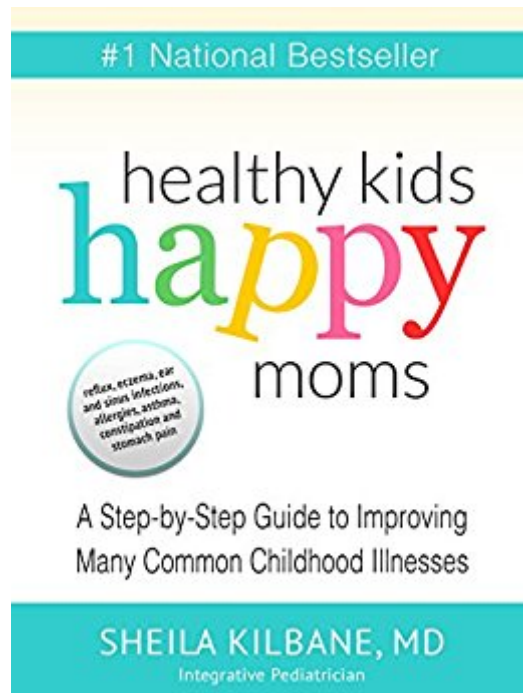


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# Healthy Kids Happy Moms: A Step By Step Guide To Improving Many Common Childhood Illnesses



## Synopsis

This book is for every mother who has ever looked at her child's pediatrician as they were prescribing the umpteenth round of antibiotics in 12 months and said, "Isn't there something else we can do for my child; isn't there a better way?" The answer is "YES!" I have spent years studying pediatric health and integrative medicine so that I could look you moms in the eye and say, "YES, there is a better way!" When I was solely using my traditional medical training, I was as frustrated as you mothers were. I really didn't have anything else in my "toolbox" other than medications to deal with recurrent illnesses. However, this all changed when I began studying integrative medicine, nutrition, gut health and mind-body therapies. Now, I see common pediatric illnesses either improving dramatically or resolving altogether. I would love to partner with you to help your child thrive again. What I share in this book can help transform not only your child's health, but also the health of your entire family.

## Book Information

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## Customer Reviews

Iâ€™ve been waiting for a pediatrician to write a book about integrative health recommendations for chronic childhood health conditions, and this one really delivers! In Healthy Kids, Happy Moms Dr. Kilbane clearly lays out the information and strategies parents need to get to the root of their childâ€™s health challenges so they can thrive. If youâ€™re looking for options beyond prescription medications to support your childâ€™s health and development then donâ€™t miss this book!

I had the pleasure of reading my integrative medicine colleague's book Healthy Kids Happy Moms: A Step by Step Guide... and I am really happy to have Dr. Sheila Kilbane in Charlotte. As a health care provider, I am even more excited to have this book as a resource for all my Guru Goddess Tribe Moms, their sisters and their daughters as they become parents themselves. As a holistic womenâ€™s health coach and integrative physical therapist, I spend many days untangling decades long nutritional deficits and stress hormone dysfunctions that present to my office as seemingly unrelated persistent muscle pains, recurrent inflammation, anxiety, infertility, post-delivery depression, weight gain, uncomfortable menopause symptoms and bowel or bladder dysfunctions. Many times, during her care a woman will discover similar underlying needs for better stress management, digestion, nutrition or other lifestyle habits for her kids who are also showing their chronic pains by weight gain, belly aches, recurrent infections, young menstrual dysfunctions or constipation. Now I have something to physically hand over and start that family health education with an easy step by step outline of how to begin! As Dr. Kilbane writes " I can finally look you parents in the eye with peace in my heart, integrity in my soul, and confidence in my abilities, and say, âœ“YES, there is another way.âœ” • That sentence alone is great insight into the potential healing and healthy life your children and family can have starting with the purchase of this book., - Dr. Lisa Holland PT, DPT, WHC, ERYT

Dr. Kilbane is a beautiful spirit, offering transformative yet simple nutritional healing & wellness education to parents everywhere. Frustrated with a chronic illness disrupting your child's life and your life, for which doctors seem to have no answers? Her holistic pediatrician tips will help free your family to get back to normal life again.

Fabulous book!!! Thank you Dr. Kilbane for putting together such a fantastic resource! So understandable, relevant, and fun to read. If you are reading this review, you are a loving caretaker. Please invest in this book and pay attention! We are lucky enough to be patients of Dr. Kilbane and not only is she sharing her vast knowledge, she puts it in terms that are explainable to children. My

son is gluten and dairy intolerant. After the first meeting with Dr. Kilbane, his whole attitude shifted and he became so much more willing to eat gluten and dairy free. He now understands WHY diet was important (despite my efforts) and he knows that how much she truly cares about him feeling vibrant and healthy! Dr. Kilbane's true love of kids, health, family, and life make all the difference. "Healthy Kids, Happy Moms" will lovingly lead your family to a happy healthy home! There truly is NOTHING more important to me than the well being of my family. I thank you for taking the time to read this so far. I honor your dedication to the health of your own family! Be well..... and happy! :)

What a wonderful breakdown as to the difference between conventional and integrative doctors. My daughter is a patient of Dr. Kilbane and this is the first person who we truly feel has listened to my daughter's health history as a whole and has been able to link together all of the things we were previously going to a variety of specialists to try and treat. The link to our diet is something we all talk about and seem to "know," but to put into practice is a whole other ballgame. The changes in diet that we have made have helped not only my child, but me as well. I will highly recommend this book to others. Thank you, Dr. Kilbane!

Dr. Kilbane's approach to childhood illnesses is truly incredible. She comes from a place of compassion and knowledge and it's felt in every page of this book. I have two kids and have followed the path Dr. Kilbane shares in her book and have seen dramatic results for all of us. From discovering food sensitivities in my son when he was 2 years old, to adopting a daily green smoothie habit our family has been transformed. In Healthy Kids, Happy Moms, I've learned that we can go even farther in helping our little ones feel great (and the journey can be enjoyable!).

This book Healthy Kids Happy Moms is the best. It has so many practical suggestions for keeping our children healthy. It was written in an easy to understand way but filled with important information that every parent should be aware of. It is good to have to use as a guide for when different health problems arise. Thank you Dr. Kilbane for writing this book, Marcia Dopke

Dr. Sheila Kilbane has written a fantastic book that my friends also have enjoyed reading and Dr. Kilbane makes connections to the most important part of our lives.

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