



**Why Won't My Child Eat?!: Simple steps to bring joy and nourishment back to feeding kids with allergies, pickiness, oral SPD and more.**

*Mary Voogt*

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Are meal times a daily struggle? Does your toddler have a very limited diet? Does your child seem to react to certain foods? Have you tried all of the typical remedies for picky eating with no luck? I've been there. I've gone through it all. After three kids with very different eating challenges I've learned what does and doesn't work. Allergies, food sensitivities, ADD, oral SPD, tantrums, refusal to eat...they are all related. And manageable!

In this easy-to-follow book I'll share how I got all three of my kids to eat a wide variety of nutrient dense food. Even my youngest that got to the point of literally eating nothing. These are not your usual tactics of letting them make choices and cooking together. Those are great. But I'm digging deeper to the real cause of picky eating. When it's not a battle of wills but a true fear of food or inability to eat.

You'll learn how to observe your child, what to watch for and where to start, the three different types of allergic reactions your child could have, the key first step to getting your child interested in food again and feeding strategies from birth to teens.

I'll teach you how to bring joy and nourishment back to feeding your child.

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