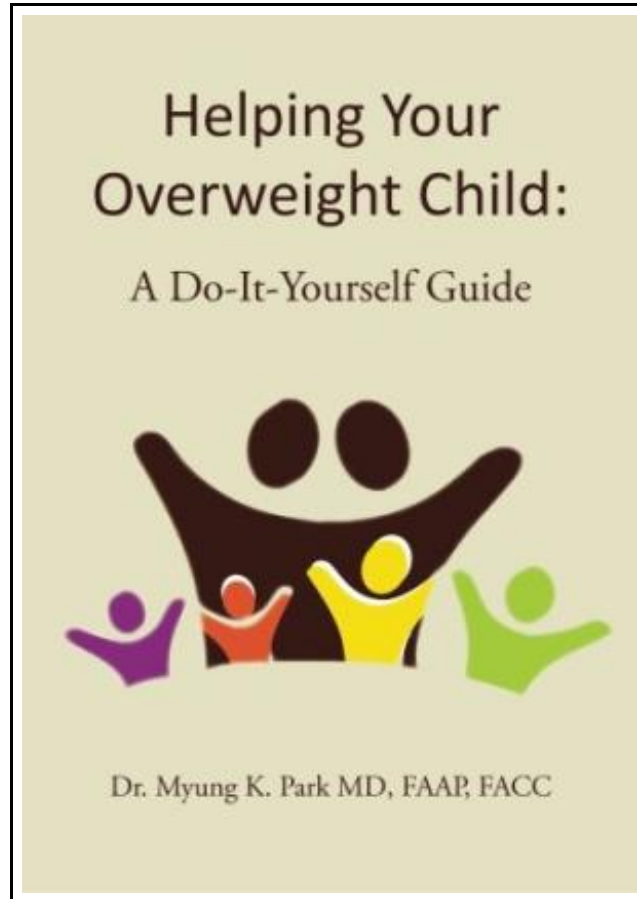


## Helping Your Overweight Child: A Do-It-Yourself Guide



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## HELPING YOUR OVERWEIGHT CHILD: A DO-IT-YOURSELF GUIDE



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Createspace, United States, 2014. Paperback. Book Condition: New. 254 x 178 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The childhood obesity epidemic in the United States is no secret. Few pediatricians, however, are equipped with the know-how to educate parents on ways to prevent obesity, or help with the complicated process of encouraging weight loss in an already obese child. Dr. Myung K. Park, MD, FAAP, FACC, a noted pediatric cardiologist, is on the cutting edge of pediatric obesity studies. In *Helping Your Overweight Child: A Do-It-Yourself Guide*, Park offers practical advice for concerned parents based on twenty years of experience studying the childhood obesity epidemic. As a pediatric cardiologist, Park long ago recognized the connection between lifetime heart health and healthy weight. In the 1990s, he founded one of the first clinics dedicated to the study of pediatric obesity, the Preventative Cardiology and Weight Management Clinic at the University of Texas Medical School, San Antonio. *Helping Your Overweight Child* puts prevention and treatment in the hands of a child's family, negating the need for ineffective government programs or expensive private weight loss programs. The book notes the exact steps that Park would take if a parent brought a child to the clinic for treatment. Through education at the family level, *Helping Your Overweight Child* is a long overdue tool for proactive and empowered parents.



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