

Nutritional Expert, Pediatrician, Speaker, Author ...*How to Get Kids to Eat Great & Love It!*



Christine Wood, M.D.

More Topics

Childhood Obesity

TV, video games, fast food, school lunches...rising rates of obesity and earlier obesity-related disease in children will be the results unless we make early intervention and education a priority.

Omega-3 fats

Omega-3 fats as found in fish and eggs are coming to the forefront of pediatric nutrition. Now found in infant formulas, baby food, and eggs we find puzzled consumers and health professionals asking questions. Learn about their positive health benefits and help omega-3 fats take their position as a nutrient not to be ignored.

MOST REQUESTED HOT MEDIA TOPICS

Dr. Christine Wood will inspire you and your audience to take a better look at creatively feeding your family and explore behavioral and environmental strategies to improve family health. Television, radio, and print media will all benefit from her knowledge.

How to Get Kids to Eat Great & Love It!

Families overwhelmed with time limits, too many food choices, and the influences of our society have met with the challenges of getting kids to eat healthy. How to avoid the "Battle Zone Meal Deal" is a frequent area of concern for parents. Topics that your audience can learn about:

- ◆ Handle the picky eater and avoid the mealtime battles
- ◆ Discover 5 secrets to healthier lunches and snacks
- ◆ Avoid the common parent traps at mealtime
- ◆ Sneaky ways with vegetables
- ◆ Ten foods that flunk

Nutritional Medicine: The Hidden Science

For families and for health professionals, the area of nutritional science is packed with new information. More attention to a healthy lifestyle and a balanced nutritional supplement program makes more sense today than ever. Your audience will hear or read about:

- ◆ The bad fats...who they are and the damage they create
- ◆ Research on nutrients and their effects, such as omega-3 fats and infant brain development, selenium and cancer, vitamin E and heart disease, selenium and immunity, and folate and homocysteine
- ◆ Nutritional products to improve immunity and health

The Fight Against Environmental Risks in Childhood

Mercury and infant brain development, pesticides and cancer, PCB's and early puberty...what concerns and cautions should families take as we face this chemical soup we live in. Your audience will discover:

- ◆ Mercury sources and other toxins to avoid during pregnancy and breastfeeding
- ◆ Cautions to reduce environmental toxins around the home and in your kitchen
- ◆ Why children are more vulnerable to the multiple effects of pesticides

***Call TOLL-FREE to schedule Dr. Wood for your media event!
1-877-887-7596
www.kidseatgreat.com***

Christine Wood, M.D. is a pediatrician and internationally recognized speaker on children's nutritional issues. She is the author of *How to Get Kids to Eat Great & Love It!* (Griffin Publishing Group, 2002). *Kids Weigh to Go* is her program targeting families with overweight children. Dr. Wood is a widely sought-after speaker for parent groups and health professionals addressing the topics of nutritional medicine, childhood obesity, and the environmental toxin issues that children face today.

Her medical training was completed at the University of Michigan and then entered pediatric training and was chief pediatric resident at Children's Hospital of Los Angeles. Dr. Wood is also a certified lactation educator. USANA, an international nutritional company, selected her in 1997 to serve on their Medical Advisory Board and she currently serves as Chairperson of their board.

Dr. Wood has been a guest writer for *Newsweek* and has been featured in *Redbook*, *Fit Pregnancy*, *Family Life*, *Great Life*, *Natural Health* magazines and others. As a guest on a myriad of radio shows and a panelist on television programming, she continues to deliver her message on creating healthy habits for our children. Be sure to check out her exciting, content-filled web sites: Call Your Pediatrician (callyourped.com) and Kids Eat Great (kidseatgreat.com).

Who Books Dr. Wood?

As a Speaker...

Corporations

Medical Conferences

For Print Media...

Guest Writer

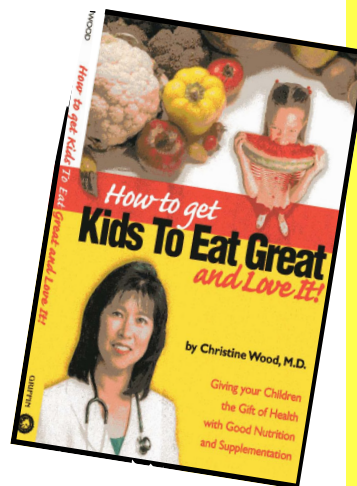
Interviewed

On Radio...

On Television...

Partial Client List

- USANA International Convention
- Women's Conference, sponsored by USANA
- Children's Hospital of Los Angeles
- Current Concepts in Pediatric Allergy and Otolaryngology
- Sharp Hospital Dieticians
- *Great Life Magazine*, August 2001, "Boost Kids' Immunity"
- *Newsweek*, Special 2000 Edition, *Your Child*, "Always on Call"
- *Family Life*, September 2000, "Good Mornings!"
- *Redbook*, January 2001, "Mommy Strategies"
- Danna Demetre, KPRZ, 1210 AM, San Diego, CA
- Ed Shaw, The Ruth and Ed Show, syndicated
- Greg Wheatley, Prime Time America, syndicated
- Jolene Anderson, KIXI, 880 AM, Seattle, WA
- Lisa Fox, STAR, 98.7 FM, Los Angeles, CA
- KSL News, June 2000, Salt Lake City, UT
- Producer's Showcase, March 2002, Del Mar, CA



Every parent needs to read ***How to Get Kids to Eat Great & Love It!***

Who worries about heart attack risks in a four-year-old, adult-onset type diabetes in a twelve-year-old or cancer risks from the food we eat? Well, perhaps we should be concerned!

This book will not only change how your children eat, but is guaranteed to get parents to think about their own eating habits and lifestyles. The risks of the degenerative diseases of aging starts in childhood and continues through adulthood.

- ◆ **The first section** identifies concerning health trends, the toxic conditions in our environment and how instilling lifelong healthy eating habits will help battle the environment's negative effects.
- ◆ **The second section** outlines tips for parents to encourage good nutrition for every age group from infants to teens, with a special section on eating disorders and weight management issues.
- ◆ **The final section** provides research on the relationship of diet and additional nutrients on the risks of common diseases such as allergies, asthma, ear infections, and attention deficit disorder (ADD).

To Book Dr. Wood Now!!

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