



# **An Emerald Guide to Children's Health: Combating Childhood Obesity**

*Nicolette Heaton Harris*

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This new edition in the Emerald Series, Children's Health-Combating Obesity, is revised and updated to incorporate latest research and information and is an extremely comprehensive guide to the problems affecting children and their health from the early years through to the teens. The book specifically approaches the problems of obesity, dealing with causes and effects of obesity, both medical and psychological, and providing a series of healthy diets and activities that will ensure that a child grows up healthy and fit and avoids the dangers inherent in the early years.

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