

"The Dirt Cure is a game changer when it comes to children's health. Carefully researched and compellingly written . . . A must-read!" —Mark Hyman, MD, director, Cleveland Clinic Center for Functional Medicine, author of the #1 New York Times bestseller *The Blood Sugar Solution*

**MAYA SHETREAT-KLEIN, MD**

# THE DIRT CURE



**Growing Healthy Kids with  
Food Straight from Soil**

## **The Dirt Cure: Growing Healthy Kids with Food Straight from Soil**

*Maya Shetreat-Klein*

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# The Dirt Cure: Growing Healthy Kids with Food Straight from Soil

*Maya Shetreat-Klein*

## **The Dirt Cure: Growing Healthy Kids with Food Straight from Soil** Maya Shetreat-Klein

In the tradition of Michael Pollan, Mark Hyman, and Andrew Weil, pioneering integrative pediatric neurologist Maya Shetreat-Klein, MD, reveals the shocking contents of children's food, how it's seriously harming their bodies and brains, and what we can do about it. And she presents the first nutritional plan for getting and keeping children healthy—a plan that any family can follow.

New alarming studies show the dramatic rise of chronic disease in children—from allergies and ADHD to mental illnesses and obesity. A traditionally trained pediatric neurologist and a parent herself, Dr. Maya encountered the limits of conventional medicine when her son suffered a severe episode of asthma on his first birthday and began a backward slide in his development. Treatments failed to reverse his condition, so Dr. Maya embarked on a scientific investigation, discovering that food was at the root of her son's illness, affecting his digestive system, immune system, and brain. The solution was shockingly simple: Heal the food, heal the gut, heal the brain...and heal the child.

Recent changes in growing and processing food harm kids' gut microbiomes, immune systems, and brains, contributing to chronic disease. Dr. Maya's plan started with the soil, using fresh foods and nature to heal her son from the inside out and the outside in. Since then, she's successfully helped chronically ill patients from around the world. Revealing the profound connections between food, nature, and children's health, Dr. Maya explains how food is constantly changing kids' bodies, brains, and even genes—for better or for worse. She also shares success stories from her practice and tips as a working mother of three on stocking healing foods (from veggies to chocolate!), reading labels, and getting even picky eaters into the new menu. This paradigm-shifting book empowers you to transform your child's health through food and ensure the long-term wellbeing of your kids and the entire family.

## **The Dirt Cure: Growing Healthy Kids with Food Straight from Soil Details**

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**Maya Shetreat-Klein**



# **From Reader Review The Dirt Cure: Growing Healthy Kids with Food Straight from Soil for online ebook**

## **Dale Cousins says**

Admittedly, I just scanned this book. Much of the info I knew and more of it is frightening. Sometimes I think the only thing we do right here is eat our eggs from our own chickens! We do drink a lot of water and eat fresh veggies and fruit from the farmer's market but even those things are tricky when you explore the sources from whence they come.

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## **Christine Fitzgerald says**

Eye opening facts and tons of helpful information about our food choice and how it effects our health.

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## **Elizabeth says**

The Dirt Cure: Growing Healthy Kids with Food Straight from Soil (Hardcover)  
by Maya Shetreat-Klein

ordered from the library

heard au on radio <https://www.splendidtable.org/episode...> heard  
from the library computer:

Contents:

Part I. Welcome to the dirt cure. Where true health begins ; Learning to listen to the body : what symptoms tell you ; Healthy body, healthy brain ; Time to clean up -- Part II. Step one: heal. Food allergens and sensitivities : how "healthy" foods can hurt ; Artificial food : flavorings, dyes, preservatives, and other toxic additives ; Sickly sweet food : sugars and sweeteners -- Part III. Step two: nourish. Soil power : organic fruits, vegetables, and plants ; Unlocking seeds : nutritional powerhouses ; Meet your meat ; Milk : pasture-ization over pasteurization ; Knowing the chicken before the egg ; Fish : from the water ; Water : what we drink ; Simple pleasures : healthy sweets, fats, and umami -- Part IV. Step three: put it all together. Healing from the inside out: cooking better food ; Healing from the outside In.

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## **Jessica says**

So insightful. Brings awareness to the health and goodness of our earth and how to provide healthy food for our families.

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## **Meghan says**

I thought the title was a bit misleading. She does talk a little about the benefits of playing in the dirt, but I kind of thought that's what the whole book would be about. Nevertheless, I thought she had some good tips in there. I didn't find it necessary to read it word-for-word; there are some helpful cut and dry summaries at the end of each chapter. A lot of what she recommends would not be realistic for the average parent to do (boil astragalus root with ginger, seaweed, etc.?!).

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## **Erin Longbrake says**

There were interesting parts of this book, and things I agree with (pesticides are probably bad for health, the fda doesn't measure or regulate many things that are probably relevant to health, reading whole foods is superior to processed foods).

However, I felt like she probably overstated what is known about the health benefits of the various micro nutrients, phytonutrients, etc. She cited a lot of studies to support her points, but my experience of science is that it's rarely that black and white. And her proposed solutions seem highly impractical for people living in the 21st century who work and don't want to spend all their free time sourcing and preparing food. I like to cook/bake, but a lot of the ingredients she was touring as staples I've never even heard of. There has to be a middle ground...right?

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## **Jennifer Allen says**

Great book for parents/anyone who are trying to help kids with health issues, developmental issues, and behavioral issues in a natural way. The author goes in to great detail why more and more kids are getting sick through the foods we eat...and we are just trying to medicate their symptoms...not find the underlying issue or cause of their problems. Great for everyone's health really...great read!

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## **Marcy says**

This is a very interesting book that goes into the medical and health aspects of soil. It's written by a pediatrician who has the medical and scientific background to talk about why the health of our soil matters and how it affects our health. She also offers important insight into things like how dangerous it is for children to grow up in a sanitized environment filled with anti-bacterial soaps and such that break down our immune system and make us less healthy.

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## **Charlie says**

Dr. Shetreat-Klein provides a fantastic literary journey through most of what we've seen/heard of in documentaries like Food Inc., or most recently, What The Health. We all know most of what we eat isn't food, so try to find ways to avoid what we always eat and get back to eating stuff from the ground

(preferably, she argues, from your backyard). The coolest part of her slant is that the book is entirely premised with the idea that this information is needed to keep our children safe. I think this book is required reading for all people curious about child safety; teachers and school staff; parents or those expecting/adopting; and social service workers interested in creating a healthy and safe world again for our kids.

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## **Mandy says**

4.5 stars

*"Food—real food—is the embodiment of all the healing properties of nature: rich soil, warm sunshine, fresh air, living water, and diverse microbes. Real food connects our inner terrain to the outer terrain, and aligns them. This alignment makes us well and keeps our bodies resilient."*

"Even though the United States holds only 5 percent of the world's population, it's responsible for 75 percent of global prescription drug use. And these prescribed medications have consequences."

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While my family already leads a lifestyle very similar to what the author discusses, I found this book to be very inspiring and I found some ways we could improve. I want to pass this book along to everyone who has ever questioned why we eat the way we do or why we buy organic or why we don't use medications (prescription or OTC).

I was blown away by the examples of cases the author referenced - children on numerous prescriptions due to diet...and how when parents adjusted food and/or ingredients and took charge of their child's health, medication was no longer needed. Allowing our bodies to do what they're designed to do - heal without interference (allowing fevers to run their course, etc.) and use food as medicine.

It's getting back to nature, in the dirt, and eating little to no processed foods. I did, however, skim over the chapters discussing milk, meat, and fish since we don't consume those foods. I HIGHLY recommend this book to every parent, whether you're planning to have kids, expecting, or already have kids! Lots of great info and tips! I copied down her tips to introducing new foods and dealing with picky eaters...I will probably hang them up in the kitchen to be a constant reminder!

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## **Ruben says**

inspirerend verhaal gegrond in wetenschap en met een ferme dosis gezond verstand

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## **Jess Macallan says**

4.5 stars

This book offers a comprehensive, science-backed, common-sense overview of how to feed your child.

Topics addressed revolve around the impact on gut health and include food allergies/sensitivities, the role of macronutrients, gluten, dairy, meat, fish, GMOs, cholesterol, and hydration to name a few. The chapter on GMOs alone makes the book worth reading. It's one I'll refer to until science can offer an unbiased perspective (and by that I mean not bought and paid for by Monsanto) on the safety of GMOs.

I appreciate the focus on whole foods, mindful food choices (organic produce, grass-fed, ethically raised meat, etc), hydration, getting out in nature, and gardening. The chapter summaries allow parents to pull out key details so they can make easy swaps immediately. The shopping lists, tips, and meal planning ideas are also helpful. I also liked the ideas for getting kids involved and addressing typical issues parents face when it comes to food.

I would have given this book 5 stars, but the chapter on gluten could have benefitted from information on the role gliadin plays in gut health. Humans can't digest this protein, and it's an important consideration for parents when they're thinking about the best dietary changes for their child's health. I also wish the topic of lectins would have been covered for the same reason--this plant protein isn't well-tolerated by everyone and could be one cause of GI distress for children.

I recommend this book to parents who are looking for ways to support their children's growth and development or healing through nutrition.

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### **Sezín Koehler says**

So eye-opening and in many ways terrifying to learn the state of food in America. Dr. Maya offers lots of proactive solutions especially for parents with ill children, but this book is useful for anyone who cares about what they put into their bodies. Full review to come.

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### **Nicole says**

A fascinating book that deserves a better title. Though the frequent "Dr. Oz" style of over-sensationalism and her way of throwing other physicians unabashedly under the bus are definite detractors, the information is eye opening and often helpful and practical. Read at your own risk though; it's definitely not an uplifting message and it's hard to come away hopeful, particularly in the current political environment.

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### **R \* A Reader Obsessed \* says**

#### **4 Stars**

If you're ready to be absolutely appalled by the food industry then gird your loins!

Sobering, disheartening, I'm all set to buy some acreage and start raising my own livestock and growing enough for a CSA. Any takers to join me in this lofty endeavor?

You can't unsee the things revealed in this eye opening blistering commentary about our food industry. Read at your own risk!

