



Child Obesity

Goutham Rao

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A nationally recognised expert on child obesity, Dr. Rao uses the latest and best medical evidence available to show you how to help your child avoid or overcome the prevalent and dangerous health problem of overweight. In the first part, he gives you the knowledge you need to understand the scope of the problem. In the second part, he carefully explains a rational approach to helping your child achieve or maintain a healthy weight, including the science of changing people's behavior.

Dr. Rao makes it clear that despite all the talk about 'low-carb' and other fad diets, there are no magic bullets for treating childhood obesity. But the good news is that armed with the right information, parents can reverse this unhealthy trend and succeed in helping their children become fit, trim, and happy.

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