

"In her terrific book, Kelly Dorfman clearly explains how to decipher the clues to nutritional disorders that affect the body and brain. Parents will find it packed with sound advice and useful information." — *Maurine Pritchard, MD*  
pediatric neurologist, New York Presbyterian Hospital/Weill Cornell Medical Center

# What's Eating Your Child?

The Hidden Connections Between  
**Food and Childhood Ailments:**

Anxiety, Recurrent Ear Infections,  
Stomachaches, Picky Eating, Rashes,  
ADHD, and More. **And What Every  
Parent Can Do About It.**

**Kelly Dorfman, MS, LND**

Foreword by Richard E. Layton, MD, pediatric allergy specialist

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*Kelly Dorfman*

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**What's Eating Your Child?: The Hidden Connection Between Food and Childhood Ailments: Anxiety, Recurrent Ear Infections, Stomachaches, Picky Eating, Rashes, ADHD, and More. And What Every Parent Can Do about It.** Kelly Dorfman

Why treat your child with drugs when you can cure your child with nutrition? Grounded in cutting-edge science and filled with case studies that read like medical thrillers, this is a book for every parent whose child suffers from mood swings, stomachaches, ear infections, eczema, anxiety, tantrums, ADD/ADHD, picky eating, asthma, lack of growth, and a host of other physical, behavioral, and developmental problems.

Previously published as "What's Eating Your Child?" and now with a new chapter on the unexpected connection between gluten and insatiable appetite, "Cure Your Child with Food" shows parents how to uncover the clues behind their children's surprisingly nutrition-based health issues and implement simple treatments immediately.

You'll discover how zinc deficiency can cause picky eating and affect growth. The panoply of problems caused by gluten and dairy. How ear infections and mood disorders, such as anxiety and bipolar disorder, can be a sign of food intolerance. Plus, how to get your child to sleep, soothe hyperactivity, and deal with reflux using simple nutritional strategies.

Ms. Dorfman, a nutritionist whose typical family arrives at her practice after seeing three or more specialists, gives parents the tools they need to become nutrition detectives; to recalibrate their children's diets through the easy E.A.T. program; and, finally, to get their children off drugs antibiotics, laxatives, Prozac, Ritalin and back to a natural state of well-being."

**What's Eating Your Child?: The Hidden Connection Between Food and Childhood Ailments: Anxiety, Recurrent Ear Infections, Stomachaches, Picky Eating, Rashes, ADHD, and More. And What Every Parent Can Do about It. Details**

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# **From Reader Review What's Eating Your Child?: The Hidden Connection Between Food and Childhood Ailments: Anxiety, Recurrent Ear Infections, Stomachaches, Picky Eating, Rashes, ADHD, and More. And What Every Parent Can Do about It. for online ebook**

## **Daina says**

Absolute must read for any parent or caregiver, and maybe for all Americans. The typical American diet is making us sick - both physically and mentally. The book gives concrete examples of children with various health issues, and how those issues were completely resolved (in most cases) or greatly improved (in a couple of instances) by the author's suggestions on dietary changes.

I was in my mid 30s before I realized that my body just did not like gluten and dairy. I changed my diet drastically, and now can honestly say that I have never felt better. I believe that my poor 4 year old nephew has a dairy intolerance (just like his aunt), which have caused him countless painful ear infections; my mentions of this have fallen on deaf ears. I am considering sending this book to his parents, even if that might cause some friction. Why suffer if you don't have to? (I had my first ear infections as an adult - at a time when I was eating enormous amounts of dairy products.)

Highly recommended book for anyone interested in the health and nutrition of our children and our nation.

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## **Penelope says**

The author, an accomplished and experienced nutritionist, postulates that food can effect our bodies in profound physical and psychological ways. Her arguments and research are compelling, if at times anecdotal, but I did not like the structure of the book, making it difficult to skim through to glean suggestions pertinent to my children. If you are ready to read this book cover to cover, you'll find it helpful. If you are looking for a book that is easy to reference certain behaviors or health concerns for your children, I would suggest you keep looking.

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## **Julie says**

Wow, this is one fabulous book. First, just let me say that every child is different and you can take out of it what you need and leave what you don't. But it all makes sense. Kelly Dorfman focuses on nutritional solutions to children's ailments: constant ear infections, tummy trouble, crazy mood swings and behavior, even picky eating...among many others. (YES, there really IS a reason your kid is a picky eater! A deficiency of zinc can make food literally smell and taste repellant. VERY interesting...) She shares several of her cases and how changing each child's diet solved or helped their problem. It really is amazing how much processed food (and pesticides! yikes!) we eat.

In general, our own family eats a healthy, balanced diet. But there's always room for improvement - I

recently realized we were not eating enough vegetables, particularly my son, who could go literally weeks without any, even though I'd prepare veggies for dinner each night. I started forcing them down him and then began reading this book after - and realized he was no longer lethargic, complaining of tummy aches, and didn't look as sickly with dark rings around his eyes. There were obviously certain vitamins and nutrients he was not getting! But DUH, it just wasn't obvious until I read this book.

I liked this book enough to purchase my own and have marked many passages - particularly those about kids' multivitamins and what needs to be in them, passages about bad sleepers (my oldest has always had a hard time falling asleep), and info about fish oil. This is really a great resource for every parent to have. Dorfman's way of treatment is rare in the fact that it gets to the root of your child's problem and tries to get RID of it, instead of prescribing medication to mask its symptoms, like most doctors are trained to do today. The right food really can heal our bodies.

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### **Rochelle says**

Someone referred me to this book by saying their sister had really good luck with changing their diet around and the behaviors that improved due to it. Unfortunately, I couldn't remember the title and typing in "Eating Our Children" surprisingly didn't have any results!!

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Some of this book was like "eat this food and all of your child's problems will magically disappear." Of course, at some point near the end of the book she acknowledges that it's not foolproof, but so many of her stories just seem like "cut out dairy and voilà, everything's better!"

I'm not saying that the book hasn't given me ideas, but I get annoyed when I read that she recommends Magnesium at 200mg for helping calm ADHD children, and if you take the time to read her references section you'll see that the recommendation from the study is really Magnesium *and* B-6. The purpose of the book is so I don't *have* to read all of the individual studies!

P.177 "*When you are evaluating one child, it is hard to say whether his hyperactivity is caused by his eating too much sugar or by the fact that he is taking in too few nutrients because his diet contains so many empty calories from sugar. Studies done in juvenile detention centers where the participants could be watched carefully found that improving diets by taking out sweets reduced aggressive and "deviant" behaviors significantly. My bottom line is this: Even if sugar has not been proven to cause aggression and hyperactivity, it certainly cannot hurt to consider improving the diet before adding medication.*"

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### **Ci says**

I picked up this book to see if it can shed some light on children's eating habit. Given what we know about the eating habit and long-term health consequences observed in adults, I am curious to see if this book would give a systemic explanation of how eating habits are formed, and how such habits can be relevant for behavior and health consequences. But this is not such a book. It is based on anecdotes and relatively thin research. Much of the suggestions are common sense. The danger to read books largely based on individual case study is that the reader may take each case as the "generalized" diagnose pathway. Two types of errors are likely, false positives (mistakes in assuming the child has a particular nutrition-related problem)

and false negatives (because the particular behavior did not exhibit, then the child does not have nutrition-related problems.). This book does not do well to give parents and caretakers a systematic approach for nutrition while at the high risk of spurious self-diagnoses.

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### **Cyndi says**

I may revise the 4 stars to 5 after trying out some of the recommended vitamins and minerals. I read this because my daughter has had battles with constipation since she was just over a year old, has taken allergy medication daily since she was almost 3, asthma medication (preventative and rescue) on and off since she was 4, constantly has a runny nose, and last year nearly got tubes in her ears due to recurrent ear infections - she's almost 8, so it seems like she would be too old for that sort of thing. Not to mention the social/behavioral trouble she has at school!

At the recommendation of one of her teachers (off the record), he suggested going dairy free. So as I looked into dairy free and gluten free living and found this book. Her story was like a combination of several of the case studies! I am going to find fish oil, zinc, and probiotics in her recommended doses, which are much higher than in standard gummy vitamins. I will probably stop with my kids' current multivitamins and find ones that have less sugar and more vitamins/minerals, especially vitamin E, the B vitamins, calcium/magnesium, choline, and essential fatty acids.

After reading this book, I know what each of the aforementioned things do! Luckily my daughter is drawn to healthy food, for the most part. And we're starting a new diet free of dairy, sugar, MSG, and several varieties of nuts starting tomorrow.

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### **Samantha says**

This book had some new information that I had not previously read, but overall it was not as complete as I thought it would be. It gave examples using the same tricks and tips over and over again. In summary: If your child has any sort of ailment, try an elimination diet. Start with dairy, gluten, soy, and eggs. Also, add supplements of fish oil, zinc, probiotics, and/or magnesium as necessary for the specific ailment. If that still doesn't work, cut out all non-organic and GMO foods.

There. I saved you a few hours of reading.

I was quite annoyed with our pediatrician after reading one chapter with an example of keratosis pilaris being treated with fish oil. Both of my boys have this skin condition. I have been giving them fish oil for over a month in hopes that it will help with other ailments. After reading the chapter, I checked my sons' arms and, sure enough, most of the bumps are gone. Thanks, Doc. No more crappy steroid creams that don't work anyway!

Now to bring up some of this info at the next dr's appt and see how he responds...

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## Teeni says

Fantastically readable, with real-life examples and real solutions. My only wish is that she would have been more explicit recommending actual brands (or maybe making them available on a website? I'm sure they can change without notice in quality and content) of supplements she recommends. This should be required reading for pediatricians and gp's, as well as parents!

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## Nupur says

My two favorite things about this book:

1. It is written without judgement in a sensible tone with practical advice.
2. It is highly readable, presented in the form of case studies where the readers get to play along as "nutrition detectives". It is not every day that a book on this subject is such a page-turner.

Some interesting concepts that I took away from this book:

1. Nutrition problems fall into two categories: either something that the child is eating is bothering the body, or the child is not getting enough of something. Sometimes both these things can occur at the same time.
  2. Kids act badly when they are not feeling well. They are often unable to express discomfort or pain and instead they act out and misbehave. Instead of punishment, parents may need to dig deeper and find out if something in the diet is making the child act this way.
  3. Many children are picky eaters (often eating only plain "white" foods like bread, rice, pasta, milk and little else). There is often a zinc deficiency which causes loss of sense of smell and taste making food unappetizing or even revolting. This problem can be easily corrected with a zinc supplement. The author also provides a simple program for trying new foods one bite at a time to expand a picky eater's food repertoire.
  4. Individuals have very different reactions to common foods. Many kids are intolerant of dairy or gluten. If the child has a mysterious illness which has not been helped by conventional medicine, it is worthwhile to look for nutritional causes.
  5. This book is about children's nutrition but many of the same concepts apply to adults.
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## Jeniann says

This book is by a pediatric allergist/nutritionist who talks about issues that many children face, such as acid reflux, picky eating, ADHD, speech difficulties, being prone to high anxiety and worrying, frequent stomachaches, allergies, eczema, ear infections, poor growth, but really are preventable conditions that can be greatly helped nutritionally. The book is a series of case studies of children with different difficulties and how she was able to help them through proper nutrition.

One of the most interesting things in it to me was what she said about children (and would also apply to adults) who are picky eaters and have a hard time trying new foods, even though sometimes they really want to try new things but it's very unpleasant for them to eat certain foods. She explains that in many cases they have an underlying zinc deficiency that can cause some foods to be unpleasant to them and how treating the zinc deficiency can greatly help them to be more comfortable eating a broader range of foods. She goes into detail about some simple ways you can know if your child has a zinc deficiency, how to help them with it, and also gives a lot of tips for helping picky eaters.

For me personally the most helpful part was the chapter about children with speech difficulties since I have a child with those, and she had some good tips about that.

I highly recommend this book for anyone with small children, particularly if you have a child with one of the conditions mentioned. This doctor is very much a traditional American doctor who uses traditional medical methods. (This is why for me I give it 4 stars instead of 5 because I felt there were some helpful things that could have been mentioned in this book but were left out because they are not accepted by mainstream American medicine.)

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### **AnandaTashie says**

"... you have enormous influence over the raw materials going into the biochemical soup that is your unique and wonderful child."

This is a decent starter book if you're just learning about nutrition & starting the path toward investigating food sensitivities. If you've read others, then it's not quite so ground-breaking.

The first part of the book covers the basics - the importance of nutrition, how to do the detective work necessary, and her approach to helping picky eaters. The other sections in the book focus on specific problems, featuring children that she's helped - for example, stomach aches, bipolar type behavior, constipation, skin bumps, ear infections, sleep problems. The book talks a lot about things like gluten & dairy intolerances, zinc & essential fatty acid deficiencies. If your child has one of the specific overall issues that the author addresses, then this format works fine; otherwise, a little repetitive or disorganized.

Things I do want to remember (not direct quotes):

- High iron can cause bacteria to thrive & antibiotics to not work.
  - Multivitamin recommendations: 800-1000 milligrams total calcium (when combined with food); added selenium, zinc, magnesium, and chromium; 800-1000IUs of D.
  - Zinc deficiencies can cause picky eaters or slow growth. Zinc Tally from Metagenetics & Zinc Assay from Premier Research Labs can test for deficiencies. (No deficiency and it tastes like old eggs; a deficiency and it tastes plain.)
  - Essential Fatty Acid deficiency: Dry, scaly skin, dry hair, excessive earwax buildup or visible earwax, excessive thirst, rare or no thirst, toe walking, eating butter or margarine by itself. Kids ages 3 to 5: 500 to 1000 milligrams of some combo of EPA, DHA, LA, and ALA (gram of the oils, not just a gram of fish oil). 5 & up: at least 1000 milligrams of combined EPA & DHA.
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### **Stephanie says**

This is one of those books that should be handed to every parent when a child is born.

I wouldn't bother reading it right away, but as your kids start eating solids, or have any reactions to foods that can't be pinpointed, this book can be a life-saver. It is very validating, when you are dismissed by physicians, or if you have been handed a prescription to deal with a child's ailment....



I didn't even know how much this book would alter my life...but it explained SO MUCH that I couldn't articulate, but that I had noticed in my own children. I love knowing the reasoning behind why specific foods react certain ways in certain people.

I love the way Dorfman discusses so many issues, explains so many things so clearly, lists specific alternatives (even a recipe for making your own infant formula!!) and lays it all out clearly.

Through my work I have recommended this book to a number of families whose children seem to have intolerances or unexplained, ongoing 'colds' and are continually on medications. I have also told about every friend I know about it.

I can't say enough about this book. I loved it cover-to-cover. I wish every pediatrician's office had a Dorfman to help answer questions before prescriptions were handed out like candy, and that our physicians today had the time/insight to look at the cause of symptoms instead of relying on covering them with prescriptions.

If you are a parent, get this book. Read it. Then tuck it away for a rainy day when it will come in handy for your family, a friend or neighbor. It's wonderful!

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### **Maria Rickert says**

Kelly Dorfman's classic book, "What's Eating Your Child?" (now called "Cure Your Child with Food") is a must-read for parents of children with any kind of digestive, neurological or behavioral issue.

She teaches you, as a parent, to think as a "nutrition detective", to figure out if there's something in your child's diet that is causing ear infections, tummy aches, rashes, constipation, acid reflux, insomnia or even picky eating.

Sign up here for a replay of my interview of her: <https://xn123.infusionsoft.com/app/fo...>

Ms. Dorfman not only gives us clues as to what might be causing these issues but offers suggestions for supplements that might help as well as tips for working with your pediatrician.

For example, in the a chapter about failure to thrive, which I've blogged about, she recommends testing your child for zinc deficiency, as it can be a cause for picky eating.

What most people don't know is that food and diet also play a huge part in the symptoms of ADHD, autism, bipolar disorder, dyspaxia, autism or Sensory Processing Disorder. In this book, Ms. Dorfman shows us how food sensitivities and nutritional deficiencies contribute tremendously to these symptoms.

I highly recommend this book to any parent who has a child with any of these issues! It's very well written and easy-to-follow with lots of practical advice.

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### **Darcy Williams says**

I found this book extremely helpful when our youngest child would go from speaking clearly to not

understandable from day to day and I couldn't figure out what was going on.

Our pediatrician had told us 'kids develop at different rates' and though I trusted her (we have 3 older children as well) I knew that it was not a developmental issue when one day she would sound completely fine. A child doesn't learn to speak clearly and then regress completely every other day or a week at a time.

This book, as well as "Is This Your Child" helped me to identify a reaction to both the casein protein found in dairy as well as gluten. On days when she received too much gluten and dairy our daughter was virtually not understandable. Once we removed both from her diet things improved both in her demeanor (no more screaming fits and sinus issues/headaches) and in pronunciation. Now-at more than a year and a half after we discovered this, she can have limited amounts of both, but when she becomes a little too irritable and has trouble articulating, we know we need to pull way back with both.

I HIGHLY recommend both books if you suspect something like this but don't know what the problem is. It takes some testing at home (which I recommend over going through office testing....you don't need to wait to see if it works. You can try a rotation diet or just cut one thing out at a time. For instance, when we cut out dairy...just ONE meal without the dairy was such a drastic change in behavior and speech I almost didn't try eliminating the gluten. I am glad I did both, though. We ended up realizing that our youngest son and myself react to both, as well and we have both felt much better limiting ourselves.).

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## **Julia says**

I was completely blown away by this well-researched and well-articulated book. The purpose of this book is to help one to understand that many childhood ailments or illnesses can be eased or completely eliminated with a proper diet that is customized to YOUR CHILD'S bio-individuality. I read it because my sister-in-law recommended it and I've been more and more interested in healthy eating lifestyles and the connection between food and bio-individuality; especially since we learned of my daughter's intolerance to dairy. I recommend this book to EVERYONE whether you or your child have recurring ailments or not. Food and eating lifestyles has been linked not only to major illnesses in adults but to all kinds of common health problems and behavioral issues in children and adults alike. I'm ranting on my soap box but that's only because I feel these topics and issues are so important and I think EVERYONE should read this book.

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