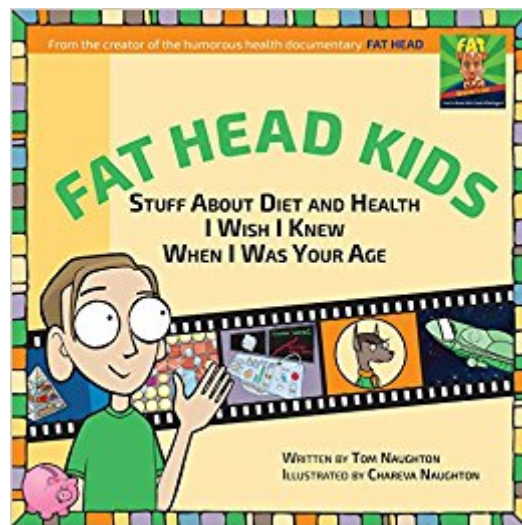


The book was found

# Fat Head Kids: Stuff About Diet And Health I Wish I Knew When I Was Your Age



## Synopsis

No, we're not telling kids their heads are fat. In his humorous documentary *Fat Head*, filmmaker Tom Naughton demonstrated that much of the official advice about healthy eating is wrong – so wrong that it's created a record number of kids who are overweight, can't concentrate in school, and have health problems kids should never experience. Many fans of the film (who call themselves "fat heads") have shared the same thought with Naughton: I'm glad I finally lost weight and got healthy. But I wish someone had explained all this to me when I was a kid. My whole life would have been different. *Fat Head Kids* explains what kids need to know about diet and health by taking them on a journey aboard a biological starship. By seeing how the crew members are programmed to respond to foods, kids learn what makes us fat (and no, it's not just about calories), how bad food makes "boy boobs," why food sets our mood, and why industrial food causes health problems ranging from diabetes to ADHD. Finally, kids learn how their biological starship was programmed to thrive on the Planet of Real Foods. [www.FatHead-Movie.com](http://www.FatHead-Movie.com)

## Book Information

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Average Customer Review: 5.0 out of 5 stars 30 customer reviews

Best Sellers Rank: #56,579 in Books (See Top 100 in Books) #26 in Books > Children's Books > Growing Up & Facts of Life > Health > Diet & Nutrition #60 in Books > Children's Books > Education & Reference > Science Studies > Anatomy & Physiology #90 in Books > Children's Books > Growing Up & Facts of Life > Health > Diseases

Age Range: 9 - 12 years

Grade Level: 4 - 6

## Customer Reviews

"A great resource for any adolescent (or 40-year-old, for that matter) struggling with weight or body image issues. A funny and entertaining treatment of a serious topic. The Naughtons deliver the

latest in health science in a unique way that entertains as well as informs, with a captivating story punctuated with brilliant cartoon illustrations. Should be mandatory reading in every 6th grade class." - Mark Sisson, author of The New Primal Blueprint and publisher of Marksdailyapple.com

"We could debate what is the single most important element of raising kids, but I doubt anyone would argue that feeding our kids well is (or should be) near the top of the list. But what does "feed our kids well" really mean? In Fat Head Kids, Tom Naughton explores this touchy subject, and what he has to share will likely surprise but also inspire you." - Robb Wolf, New York Times bestselling author of The Paleo Solution

"Are you a kid (of any age) who'd like to journey through the galaxy of food, to find the planet of good health and an attractive body? Fat Head Naughton - oops, I mean Tom - is the pilot you need. Strap yourself in for a voyage of learning and fun!" - Paul Jaminet, author of Perfect Health Diet

Tom Naughton began his professional life as a writer and editor for Family Safety & Health magazine. In the many years since, he's worked as a freelance writer, a touring standup comedian and a software programmer. Fat Head, his humorous documentary about the lousy health advice handed down from official sources, has been seen on Netflix, Hulu and Prime, as well as on television networks in several countries. His speeches and other health-related videos have been viewed by millions of people online. Tom now lives on a small hobby farm with one wife, two daughters, two dogs, one cat, and dozens of chickens.

Chareva Naughton began her art career illustrating forestry training manuals while a Peace Corps Volunteer in Mali, West Africa. She later studied computer animation and web design in Santa Monica, California. Her graphics are included in many of Tom's projects, including his speeches, blog and documentary films. When not hunched over a computer or drawing pad, Chareva enjoys spending time with her family, learning tai chi, gardening and tending to the animals.

Everything I wish I had known about diet and nutrition when I was young and finally learned as a old man. Better late than not at all. Maybe I can save my grandson some pain and suffering with the gift of this fun and informative book.

I used this with my 14- and 12-year-old kids to help them understand the science behind low-carb, high-fat eating. They were on board after reading and discussing this together. (The documentary it's based on helped, too!) We are a happy LCHF family now!

Reading it with my three school aged boys. Agree with the sub title," I wish I knew this when I was at their age". Recommend it to everybody , adult or young.

How I wish I'd had this book when I was young. I would have saved myself years of fruitless dieting that helped ruin my health. This was a great read for me as an adult because it so clearly shows the effect to various foods and food products have on us. I don't see how they could have done better. Funny, clear and good science. Kudos to the author and artist.

Good read for kids moving into middle school. Lots of good information and keeps it approachable. Wished there may have been more emphasis on the topic for girls, but good explanations overall.

Great Book for Adults and Children. America, Please do not wait for the Healthcare System to change their recommendations anytime soon. Now is the time to open your minds and educate yourselves about taking your health back. Remember you are in charge!

Excellent book, a lot of common sense commentary sprinkled throughout the book which will have you telling yourself what and why have I been dieting eating the way I do. Oh yeah and kids will enjoy it too

Great book! Helps to clearly explain the complicated relationship between hunger, nutrition, and a health. Very entertaining and engaging as well as informative. Has given my kids and I a common narrative and language to discuss food without shame.

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