

Obesity Crisis in our Nation: Are Americans Poisoning our Children?

FOR IMMEDIATE RELEASE

MCKINNEY, TX – August 20, 2012 – Children born today will live shorter lives than their parents and grandparents because of the obesity epidemic in America. Despite heightened awareness of the problem and advances in healthcare, present strategies are not working to reverse the trend. The response to this is *The Poisoning of Our Children: Fighting the Obesity Epidemic in America*, a book with the goal of preventing and reversing obesity and chronic disease among children and adolescents. Written by a registered dietitian, Keeley C. Drotz, this book is intended for parents and parents-to-be, grandparents, pediatricians, nurses, public health professionals, teachers, pastors, and coaches – essentially, those that interact with American youths and their families on a regular basis. This book is now available in print and as an e-book at PoisoningOurChildren.com.

The Poisoning of Our Children aims to honestly answer questions currently weighing on the minds of many parents: How can I prevent or reverse obesity in my child or adolescent? How do I ensure that my child will not become obese during his or her lifetime? It contains practical advice that can be incorporated into a family's daily life today. Based on credible research, the book gives parents the knowledge and tools they need for raising healthy children from the start. And it provides pediatricians and health professionals with the evidence they need for working with families.

This book goes beyond the obvious problems of unhealthy eating and lack of physical activity; it closely examines the roles of modern-day American culture and lifestyle habits. Rather than offering a list of “do’s” and “don’ts,” the emphasis is on developing healthy habits to last a lifetime.

About the Author

Keeley Drotz has been a registered dietitian for over ten years. Her specialization is working with children and their families, specifically regarding weight issues. A mother herself, Keeley is passionate about fighting the epidemic of obesity plaguing our country, especially among children and adolescents. Keeley began her writing career as a contributing writer for HealthCastle.com. She has also had articles published by various magazines and websites as well as cited on sites such as LiveStrong.com and eHow.com. Please visit Keeley's websites at PoisoningOurChildren.com and TGBGnutrition.com.

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