

Synopsis

Now a Mom's Choice Award winning book! Why are there so many children today with allergies, asthma, ADHD, autism and learning disabilities? Is there something that can be done to improve these chronic issues? Does your child's doctor have the answers? How does food affect these issues? These are all topics covered in the Race To Recovery. Come along for the ride and hear how a young boy and his mother go on a journey of healing. Listen to their true story of how changing their diet and going to the right doctors led them down the road to recovery. This book promises laughs along the way as you learn something new about your health, the food you eat, and how we can heal!

Book Information

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Average Customer Review: 5.0 out of 5 stars [See all reviews](#) (15 customer reviews)

Best Sellers Rank: #1,061,498 in Books (See Top 100 in Books) #39 in [Books > Health, Fitness & Dieting > Children's Health > Allergies](#) #230 in [Books > Health, Fitness & Dieting > Children's Health > Learning Disorders](#) #165771 in [Books > Children's Books](#)

Customer Reviews

I love how it is written from a kid's perspective and I love how it focuses on how much better Christopher feels when he eats the way his body needs him to. If your child has allergies or food restrictions, or if they have a friend who does, your child needs to read this book!

Wow! What an inspiring read. This book was written in the view of Colleen's child, Chris, which honestly makes this book so unique and special. It helps both parents and children understand what kids go through who have ailments such as ADHD and Autism. A great read for both kids and adults. Highly recommend schools pick up a copy of this to help both peers and teachers understand what these kids feel and deal with on a daily basis.

I read this book to my 4 year old to help him understand why we need to eat healthy food. He really gets it, its one of his go-to books. He knows that he needs to put good gas in his engine. While I might not read every word at bedtime, this book is written so that all ages can understand it. Congrats Mrs. Cimador and Christopher. Truly amazing recovery!

Fantastic book to help get you kids on board with the treatments necessary to recover from Autism related disorders. Easy to read and written from a voice of the child as well as the voice of the mom. A much needed book... discusses "special diets" and alike. :)

I met Colleen at an event in Massachusetts where she was signing books and I couldn't wait to bring a copy of "The Race to Recovery" home to my 11 year old son to read. He was diagnosed with PDD-NOS at the age of 3 and so much of what Colleen and her son shared was relatable for him (and me). We spent two nights reading it together and sharing our thoughts and feelings about kids today having to struggle with health issues that are completely preventable and/or treatable. Like Chris, my son was able to reverse his health issues and hearing about Chris's experience was so meaningful to us as a family. It was the perfect amount of humor, knowledge, hope and inspiration. Every school, library, family and bookstore should carry this book. We are sharing our copy with my son's elementary school so that more kids can feel inspired. Thank you Colleen for being a powerful health advocate for your son.

I really enjoyed reading this book both on my own and with my kids. Even though my children do not have allergies, it helped them understand what it is like for kids that do have allergies and why they have certain restrictions in their diets. It has even made it a little easier to change some of my kids' eating habits. The book is a great introduction for parents to have a discussion with their kids about how food can make them feel, whether they have allergies and/or intolerances, or just know someone that has them.

Great book for parents and kids whether they experience serious health problems or not. It speaks in the voice of 9 year old Christopher, helping you to begin to recognize if what you are eating and feeding your kids might actually be contributing to seemingly typical ailments like colds, sniffles and stomach aches. This book speaks to kids in a way they can hear and empower parents to share this important conversation with their kids. The illustrations are also great!

Wonderfully written and easy for parents and kids to understand and relate to. It is written from the sons perspective which you don't hear from very often and adds such an emotional (and at times humorous!) element to the book. I appreciated the honesty of the writer and his mother in going from a "how the heck are we going to do this?" To "we can do this to" to "high five, we did it!" It certainly isn't an easy undertaking but the book makes it seem doable and attainable.

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