

FOREWORD BY DR. JOHN TRENT

God's Design for the **Highly Healthy Child**



- Assess your child's health
- Fix the "spoke" that's broke
- Benefit from immediate action

Walt Larimore, M.D.

WITH STEPHEN & AMANDA SORENSON

Highly Healthy Child

Walter L. Larimore



Highly Healthy Child:

God's Design for the Highly Healthy Child Walter L. Larimore, 2004 Written by a trusted family physician this indispensable guide equips parents to assess their children's health physically emotionally relationally and spiritually and then to create a practical and realistic plan to improve and nurture their children to become highly healthy **The Highly Healthy Child** Walter L. Larimore, 2004 This title provides an indispensable guide for parents who are passionate about raising healthy children physically emotionally mentally and spiritually **God's Design for the Highly Healthy Teen** Walter L. Larimore, 2004-12-28 God's design for the highly healthy life provides a powerful balance of physical emotional relational and spiritual health even for the teen years Teens face choices every day that either enhance or threaten their whole health At school through the media and friends teens are hit with influences they have never faced before Your teen needs your help now more than ever How can you coach your teen through the threats of drugs alcohol addiction and sexually transmitted diseases What can you do about nutrition eating disorders self image and the frightening rise of obesity How does a parent respond to tattoos piercings and internet porn Is there a way to navigate the pressures of academics sports and over commitment to find the healthy balance of stimulation and rest What physical changes are normal When is it time to seek medical care How do you find the best doctor How does a parent ease fears and adjustments respect privacy and intervene when needed Good news The doctor is in Dr Walt Larimore has seen it all as a family physician a dad a medical journalist and now your doctor on call He equips you to powerfully protect and enhance your teen's health during these critical and often scary teen years **ASSESS YOUR TEEN'S HEALTH** Use the simple 4 Wheels tool to identify the weakest spokes in your teen's health **FIND THE SPOKE THAT'S BROKE** Zero in first where your teen's health is most out of balance Discover timeless principles coupled with late breaking research and answers to your questions **BENEFIT FROM IMMEDIATE ACTION** Follow practical achievable advice resulting in positive changes in your teen's life Discover how your teen can experience God's Design for the Highly Healthy Life **God's Design for the Highly Healthy Person** Walt Larimore, Walter L. Larimore, 2004 Considers health of the body mind and spirit offering advice on how to make sense of contradictory media information understand the link between mental and physical health and recruit support during illness

Super-sized Kids Walt Larimore, Sherri Flynt, Steve Halliday, 2005 The experts at America's Hospital of the Future provide a comprehensive approach to helping parents control their children's weight while developing a healthy active lifestyle Studies show that as many as one in four American children is overweight and childhood obesity rates have doubled since the late 1970s Medical problems that doctors once saw only in adults aged 50 or older are now striking individuals in their 20s and younger including heart disease stroke diabetes colorectal cancer high blood pressure asthma joint problems and arthritis In this essential new book a pediatric endocrinologist and a respected dietician present a step by step medically sound and achievable weight control program that will benefit the whole family Poor diet and sedentary lifestyles as well as a

lack of parental guidance are at the root of this child obesity epidemic Studies show that approximately 40 % of obese children will grow up to be obese adults This book seeks to break this alarming pattern *Bryson City Tales* Walt Larimore, 2004-07-04 Gift Local 11 1 2006 9 95 **The Best Gift** Walt MD Larimore, 2021-11-16 When Walt Larimore MD moved his young family to Kissimmee Florida to start a small town medical practice in 1985 he had no idea he was embarking on an enterprise that would change his life in ways both large and small Dr Larimore shared some of these heartwarming and heartbreaking tales in *The Best Medicine* Now he offers up more charming stories of his time as a family physician in a rural small yet growing town in *The Best Gift* Ideal for anyone wrestling with the inevitable and difficult storms of life as well as fans of Dr Larimore's popular *Bryson City* series *The Best Gift* is a tender and insightful collection of stories chronicling one young doctor's spiritual growth as a physician husband father and community member Filled with characters colorful and crusty warmhearted and hotheaded witty and winsome these captivating stories glow with drama heartbreak warmth love and humor You'll laugh You'll cry You'll learn some of life's greatest lessons And you'll wish Dr Larimore was your doctor *The Natural Medicine Handbook* Walt MD Larimore, 2021-04-06 When it comes to natural medicines such as herbs vitamins and dietary supplements you want to make sure you're getting the truth about what works what is safe and what is a waste of money You need evidence based trustworthy unbiased sources and studies so that you can make wise decisions for yourself and your family In consultation with the experts at ConsumerLab.com and Natural Medicines™ Dr Walt Larimore has combed the available research from around the globe to evaluate about 1300 natural medicines or interventions for more than 500 conditions or indications summarized in helpful charts and tables This highly readable and reliable guide will tell you what natural medicines have proven to be both safe and effective while suggesting the best value Top Picks for health issues such as brain and heart health digestive and immune health energy and fatigue losing weight keeping hair skin and nails young increasing the quality and length of your life and many more Arranged topically so you can go directly to the information you need this comprehensive trustworthy guide is a resource you'll return to again and again Praise for *The Natural Medicine Handbook* I highly recommend this informative book In it you will find reliable independent evidence that will help inform your health related decisions Dnal O Math na PhD A much needed and intensely evidence based resource Anyone reading this book will gain the skills needed to ask and answer the right questions about whether to and how to incorporate natural medicines as part of their healthy lifestyle Reid B Blackwelder MD FAAFP An entirely digestible and ultimately useful guide for patients and practitioners alike Matthew A Ciorba MD Navigating the landscape of herbs vitamins and supplements can be particularly complex and treacherous Dr Larimore's approach is direct and comprehensive and will certainly help numerous patients and their families make informed and safe decisions Jacob N Hall MD **Fit over 50** Walt Larimore, Phillip Bishop, 2019-08-06 Health Fitness and Weight Loss Advice You Can Trust To stay fit over 50 you don't need to be an expert on health You need essential practical and accurate information from people who

are experts Doctors Walt Larimore and Phillip Bishop want to give you truthful and trustworthy advice to help you separate fact from wishful thinking and to identify misconceptions when you see them Take control of your overall well being with tips to help improve your health in four key areas Physical learn proven principles for effective weight loss exercise and nutrition Emotional keep your mind sharp and better manage your emotions Relational stay connected to others and build a stronger sense of community Spiritual improve your relationship with God When you apply these easy to follow and scientifically sound strategies you re more likely to reap the many benefits of living well and staying healthy

Faith Reads David Rainey,2008-07-30 At last a resource for librarians who wish to build or develop their nonfiction collection and use it to better serve the needs of adult Christian readers Covering the three major branches of Christianity Roman Catholic Protestant and Orthodox the author organizes more than 600 titles into subject categories ranging from biography the arts and education to theology devotion and spiritual warfare Award winning classics are noted Introductory narrative frames the literature and helps librarians better understand Christian literature and learn how to establish selection criteria for building a Christian nonfiction collection

The Molding of a Champion Gregory Jantz,2006 In this remarkable new book Dr Jantz shares a wealth of wisdom for parents to help shape their child s future in a successful and faith strengthening way Going beyond the standard strategies into a unique perspective drawn from his years of experience in professional practice along with his own parenting journey Dr Jantz offers workable solutions for relationships drug and alcohol addictions body image struggles and living life with purpose

Hazel Creek Walt Larimore,2012-03-13 In a new novel from award winning author Walt Larimore a loving rural family struggles to survive tragedy and cope with the invasion of modern ways in the 1920s In the Great Smoky Mountains wilderness in 1925 Nathan and Callie Randolph with their five unique daughters struggle to maintain their farm forests family and faith against a menacing business and an evil company manager trying to pilfer their land and clear cut their forest As loggers invade the mountains death touches the family and hardship and loss confront them again and again fifteen year old Abbie Randolph becomes mother to her sisters and leans on her faith to guide her through the emotional wilderness of changing times With the march of the industrial age the roaring twenties Prohibition the increasing momentum for national parks and the onslaught of a modern world the traditional life and ways of the mountaineers were about to change forever Featuring a cast of colorful characters including independent and earnest mountain families a murderous lumber company manager Cherokee Indians a band of gypsies desperados lumbermen moonshiners a world famous writer and Civil War heroes Hazel Creek reveals a gripping struggle of good and evil during an eruption of violence A beloved family physician Walt Larimore is the perfect author for this novel of love loss and injury that illuminates the enduring power of faith

Playstation Nation Olivia and Kurt Bruner,2009-05-30 When Olivia Bruner saw video games overtaking her young sons lives she decided to learn the facts behind addiction What she found was shocking that most games are designed to be highly addictive triggering physiological reactions in the brain similar to those associated

with substance abuse and that one out of five kids becomes addicted to computer and video games And while many parents screen the content of games to protect their children from violent and sexual themes few understand the forces causing their children to become hooked on the digital drug This book arms parents with the facts they need and concrete steps to protect our children from this very real epidemic A must read for all parents *The Influenza Bomb* Walt Larimore,Paul

McCusker,2010-06-01 Masses of people are dying from a mysterious flu While the TSI team searches for a cure a notorious eco terrorist group Return to Earth uses an influenza bomb to poison the water It s a race against time with the outcome impacting the entire world By the time the team discovers that the terrorists are using the water supply to infect people the sickness is spreading worldwide and no one has a cure When Return to Earth makes off with a mysterious device called the influenza bomb with the intent to destroy all of mankind Dr Hutchinson must stop the contamination from being spread before it s too late **Workplace Grace** Bill Carr Peel,Walt Larimore,2010-04-27 Workplace Grace formerly titled Going

Public with Your Faith flies in the face of almost everything you ve ever read or heard about evangelism It is written for all Christians who may not think they have a gift for evangelism but want their lives to have an impact on the people around them It describes evangelism as a process and helps you understand how your skills and God given gifts can easily be used to draw customers clients and coworkers to new life in Jesus Christ Maternity and Child Welfare ,1922 **Bryson City**

Secrets Walt Larimore,2009-12-15 More enchanting tales of the people and events that shaped a young doctor s life and faith during his early practice in the Smoky Mountains There are places in Bryson City where the smell of home cooking is a little too tempting for an empty stomach Don t for instance pass the Fryemont Inn when the windows are open not unless you plan to come inside and enjoy fresh baked rolls gourmet cooking and an owner who is as warm and inviting as the food She s just one of the friendly faces you ll meet in Bryson City Secrets Told with winsome humor and deep affection Bryson City Secrets is a story lover s delight continuing Dr Walt Larimore s reminiscences of his early years of country medical practice Pull up a chair and feast on this rich fare of Smoky Mountain personalities highland wisdom and all the tears laughter tenderness faith courage and misadventures of small town life *His Brain, Her Brain* Walter L. Larimore,Barb

Larimore,2008 Men and women really are different even their brains are different and they were divinely designed that way Using the latest research Dr Walt and Barb Larimore show how the God designed differences between the male brain and the female brain complement each other to help couples build a delightful lasting marriage Children's Social Worlds in

Cultural Context Tiia Tulviste,Deborah L. Best,Judith L. Gibbons,2019-09-10 This book addresses cultural variability in children s social worlds examining the acquisition development and use of culturally relevant social competencies valued in diverse cultural contexts It discusses the different aspects of preschoolers social competencies that allow children including adopted immigrant or at risk children to create and maintain relationships communicate and to get along with other people at home in daycare or school and other situations Chapters explore how children s social competencies reflect the features of

the social worlds in which they live and grow In addition chapters examine the extent that different cultural value orientations manifest in children s social functioning and describes how parents in autonomy oriented cultures tend to value different social skills than parents with relatedness or autonomous relatedness orientations The book concludes with recommendations for future research directions Topics featured in this book include Gender development in young children Peer interactions and relationships during the preschool years Sibling interactions in western and non western cultural groups The roles of grandparents in child development Socialization and development in refugee children Child development within institutional care Children s Social Worlds in Cultural Context is a valuable resource for researchers clinicians practitioners and graduate students in developmental psychology child and school psychology social work cultural anthropology family studies and education **The Honeymoon of Your Dreams** Walt Larimore, Susan A. Crockett, 2007-02-05

Months and sometimes years of planning go into creating the perfect wedding But when the last piece of wedding cake is eaten and the rice is thrown many couples realize they ve not put much thought into their honeymoon Because it s imperative to let the honeymoon and sexual relationship for a couple set the tone for their life as a couple together two respected physicians draw from their extensive premarital counseling experiences to compile this invaluable guide of honeymoon essentials It s all here from birth control options a calendar for travel arrangements medications to have on hand to God s design for the honeymoon There are even ideas which will help each couple assemble a custom honeymoon kit Bride s Eyes Only and Groom s Eyes Only chapters offer solid advice for the sexual relationship A one week devotional section with daily reflections for the first week as husband and wife will help launch any marriage with the right spiritual foundation The time couples invest in preparing for this important week of marriage and life together will reap years of rewards

The Enigmatic Realm of **Highly Healthy Child**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing lacking extraordinary. Within the captivating pages of **Highly Healthy Child** a literary masterpiece penned by way of a renowned author, readers embark on a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting affect the hearts and minds of those that partake in its reading experience.

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Highly Healthy Child Introduction

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