



**“So tasty I didn’t even know it was good for me!”  
Fred, aged 10**

## **THE GOOD STUFF**

Delicious recipes and tips for happier, healthier children  
**Lucinda Miller**

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**FOR NOVEMBER ISSUES**

**“Helping our kids understand healthy eating should be a massive priority. Lucinda Miller is making a major contribution to that end, with winning recipes and smart tips that will really inspire parents to get their kids eating The Good Stuff.”**

**Hugh Fearnley-Whittingstall**

**“The book all mums have been waiting for.” Amelia Freer**

**“I am a big fan of Lucinda Miller and her integrated approach to family healthcare.” Liz Earle**

In the mad rush of family life, many parents find themselves too busy to cook and rely increasingly on shop-bought convenience foods to get everyone through the day. Drawing on her 20 years of clinical practice, child nutrition expert Lucinda Miller shows how vital it is that we reverse this trend and bring back home-cooked food as a mainstay of family life. She offers a series of simple steps to help your child build a positive relationship with food and have huge benefits for their long-term health and wellbeing.

*“If you ask ten children what they think being healthy is, you’ll probably get ten different answers. For me, it all boils down to happiness. I’m convinced that, when you nourish bodies, minds and souls with proper food, you are building the health and resilience which everyone needs to stay happy and well – even when life sends its inevitable challenges. Over 20-odd years in clinical practice and nearly as many as a mother, I have built up a whole arsenal of tricks to nurture good eating habits in children of all ages, from toddlers to teens – and I will be sharing these with you in this book.*

**Lucinda Miller – ‘The Good Stuff’**

**‘The Good Stuff’** has over 100 easy recipes carefully created to boost daily nutrients, and to improve concentration, mood, sleep, gut health, weight, immune issues, and much more. There are useful nutritional notes explaining the science of particular ingredients, and advising on everything from the importance of the right fats to the latest scoop on additives and artificial sugars. The recipes also have clever swaps for the 14 main food allergens, so you can adapt them to your child’s specific needs. With child obesity on the rise, and more and more young people struggling with anxiety, mood swings and behavioural issues, this is a timely and important book.

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## Discussion Points

- Recent research has shown that children’s brain and body development continues until they are well into their twenties. What they eat now lays down the foundations of their future health. It’s never too late to change their attitude to food.
- Lucinda Miller is fantastically articulate on her subject – and passionate about getting the message out about the proven links between good nutrition and healthy, happy kids and teenagers.
- Recent studies have shown that “healthy eating in childhood is associated with better self-esteem and fewer emotional and peer problems” The same findings have been confirmed in teenage studies.
- Bombarded by advice about healthy eating, many parents are left confused: Lucinda Miller offers the lowdown on everything, from which fats are good for you to the importance of protein, carbs without the sugar rush and much more.
- A stunning book, with beautiful photographs, designed to highlight Lucinda’s super user-friendly and straightforward recipes and show that cooking from scratch does not need to be time-consuming or difficult.

## About the Author



**Lucinda Miller** is a working mum of three and founder of NatureDoc. She runs busy clinics across the UK specialising in childhood nutrition. She has been practising as a naturopath and herbalist for 20 years and is also qualified in Functional Medicine. She lives with her family in Wiltshire.

Find out more here:

[www.naturedoc.clinic](http://www.naturedoc.clinic)

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