

*\*A letter I received from a young mother whose family had gone through two years of exhaustion and fear trying to find a solution to the severe digestive problems of their new baby. She shared this with parenting groups and the media.*

Hi Van,

Please see below. Thank you again for everything you have done for us. We are all doing well and are able to mitigate her digestive challenges thanks to you. More parents need to know about your book.

.....LETTER..... **"A book that has immeasurably changed the life of our family forever."**

Our daughter has struggled with digestive issues ever since she was born. Her team of health practitioners has included western doctors, Chinese doctors, naturopaths, massage therapists, physiotherapists, sleep coaches, pediatricians, pediatric nutritionists, and pediatric GI specialists. But the biggest puzzle piece we were missing was no further than our local bookstore. And written by a local author no less.

*You are NOT What You Eat* by Van Clayton Powel was the key to stopping our baby from screaming in pain all night. Thank you Van for finding the courage and time to write your book. A book that has immeasurably changed the life of our family forever.

There are a number of theories and factors that have contributed to our daughter's health challenges, which started at birth and continued to 20-months old. The key ones have included acid reflux, food allergies, hypoglycemia, and campylobacter. These ailments eroded away at my daughter's digestive health.

The effects were harrowing: horrible gas, vomiting, constipation, sleeping in one hour intervals, aspiration, phenomena, mineral deficiencies and stomach pains that kept her screaming much of the night.

We tried everything and I mean everything. We'd have some success then more failures and then we reached a point where nothing worked and everything we did made matters worse. That's when I called Van and picked up his book.

After three weeks of following the principles in Van's book, my daughter now sleeps through the night soundly, the foods in her diet are growing and we haven't been to a specialist in a month – no small feat when our usual routine was two to three visits a week.

This being said my daughter's digestive issues aren't over. If we stray half an hour from her regimented feeding times or alter her food combinations, her pains are back. We still have her on medication (which we've been able to reduce) and vitamin supplements to aid her digestion. We will continue check ups with her health team to ensure we aren't missing anything. (A preventative test had shown her iron was 12 out of 55.) There is no silver bullet when it comes to digestive health. But this book comes pretty damn close.

There are so many people out there with books in them. Books that are never realized for one reason or another. Writing a book demands time, hard work and persistence. And in Van's case, courage. The courage to introduce a new practice, a new treatment, a new view that pushes boundaries and connects the best of what multiple medical disciplines have to offer. New and old. East and West. Personal and practical.

From the bottom of our hearts, we thank you for your book. You gave us the insights and tools no one else had to help our daughter. You've given the greatest gift you can to a parent: a healthy daughter. We are forever grateful.

**Nicole, Steven and Rose Fitzgerald**