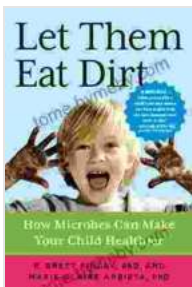


Let Them Eat Dirt: The Revolutionary Science of Nature and Health

In their groundbreaking book, *Let Them Eat Dirt*, Bowe and Martin explore the fascinating science behind the connection between exposure to the natural environment and a child's health and development.

They argue that children who are exposed to dirt, and other natural elements, have a lower risk of developing allergies, asthma, and other chronic diseases. They also suggest that exposure to dirt may help to improve a child's immune system, cognitive development, and mental health.



Let Them Eat Dirt: How Microbes Can Make Your Child Healthier by Catherine Shainberg

★★★★☆ 4.3 out of 5

Language	: English
File size	: 924 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 322 pages
Lending	: Enabled



Bowe and Martin offer practical advice for parents on how to expose their children to dirt, and how to do it safely. They recommend that parents allow their children to play outside in natural environments as much as possible.

They also suggest that parents can create opportunities for their children to play with dirt at home, by providing them with a sandbox or by letting them help with gardening.

Let Them Eat Dirt is a must-read for any parent who wants to learn more about the importance of exposure to nature for their child's health and development.

The Science Behind "Let Them Eat Dirt"

The science behind *Let Them Eat Dirt* is based on a growing body of research that suggests that exposure to the natural environment has a positive impact on a child's health and development.

One of the most well-known studies on this topic was conducted by Dr. David Strachan in the 1980s. Strachan found that children who grew up on farms had a lower risk of developing allergies and asthma. He hypothesized that this was because exposure to the farm environment, which is rich in microbes, helped to train their immune systems.

Since Strachan's study, there have been numerous other studies that have supported the link between exposure to nature and a reduced risk of allergies and asthma. For example, a study published in the journal *Pediatrics* in 2013 found that children who spent more time playing outdoors had a lower risk of developing asthma.

In addition to reducing the risk of allergies and asthma, exposure to nature has also been linked to a number of other health benefits, including improved immune function, cognitive development, and mental health.

A study published in the journal *Environmental Health Perspectives* in 2015 found that children who lived near green spaces had better cognitive function than children who lived in areas with less green space. The study also found that children who lived near green spaces had lower levels of stress and anxiety.

These are just a few of the many studies that have demonstrated the positive impact of exposure to nature on a child's health and development. The evidence is clear: getting kids outdoors and letting them interact with the natural environment is essential for their health and well-being.

How to Expose Your Child to Dirt, Safely

If you're convinced that exposure to dirt is good for your child, but you're not sure how to do it safely, don't worry. Bowe and Martin offer a number of practical tips in their book.

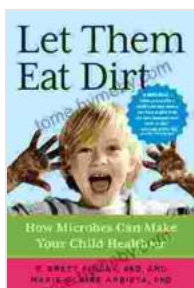
Here are a few of their recommendations:

- **Let your child play outside in natural environments as much as possible.** This could include playing in the park, hiking in the woods, or swimming in a lake.
- **Create opportunities for your child to play with dirt at home.** This could include providing them with a sandbox or letting them help with gardening.
- **Don't be afraid to let your child get dirty.** Dirt is not harmful, and it's actually good for their health.
- **Teach your child about the importance of handwashing.** This will help to prevent them from getting sick from exposure to dirt.

By following these tips, you can help your child to reap the many benefits of exposure to dirt and nature.

Let Them Eat Dirt is a groundbreaking book that challenges the conventional wisdom about dirt and children's health. Bowe and Martin provide convincing evidence that exposure to dirt is essential for a child's health and development. They also offer practical advice for parents on how to expose their children to dirt safely.

If you're a parent who wants to learn more about the importance of nature for your child's health, I highly recommend reading *Let Them Eat Dirt*.



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