

the kitchen is closed

CHALLENGE

THE KITCHEN IS CLOSED

Of course, many children may never have symptoms or experience problems with snacks or dairy, even if they're eating them late at night. However, many kids that Dr. Wei treats have experienced problems that they and their families don't recognize are tied to their diet and lifestyle. It's not just what they're eating—it's when they're eating it that creates the problem.

Try Dr. Julie Wei's "The Kitchen is Closed" approach for one week and record the results. Use the tracking sheet on the following page to help you.

THE CHALLENGE

For one week:

1. Have dinner together by 6:30pm as many nights as possible.
2. If necessary, eat dessert or sweets immediately after dinner.
3. Minimize dairy and sugar, especially at night.
4. Drink more water throughout the day and at night.
5. Discourage bedtime snacks and "close" the kitchen 90 minutes to 2 hours prior to bedtime.

“THE KITCHEN IS CLOSED” TRACKING LOG

	What time did your child start dinner?	What time did your child eat dessert?	Did your child have a snack before bed? If yes, what?	Did your child drink a glass of water before bed?
DAY 1				
DAY 2				
DAY 3				
DAY 4				
DAY 5				
DAY 6				
DAY 7				

STAY IN TOUCH

The Healthy Kids Movement

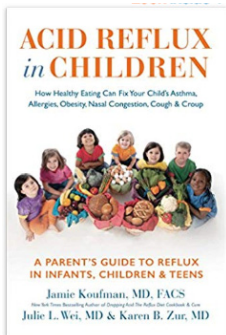
Learn more about *The Healthy Kids Movement* at www.drjuliewei.com and click on the icons below to join the conversation.



A Healthier Wei: Reclaiming Health For Misdiagnosed and Overmedicated Children

Dr. Julie Wei's first book shares tips on how to live A Healthier Wei. It expands on many topics related to MCD, such as anatomy, health care and health culture. It will also teach you how to navigate nutrition and make quick and easy meals for your family.

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Acid Reflux In Children: How Healthy Eating Can Fix Your Child's Asthma, Allergies, Obesity, Nasal Congestion, Cough & Croup

Co-authored by Dr. Julie Wei, Acid Reflux in Children is the revolutionary book for parents who want to help their children lead healthy, active lives, free of acid reflux and the many other symptoms this condition can create.

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