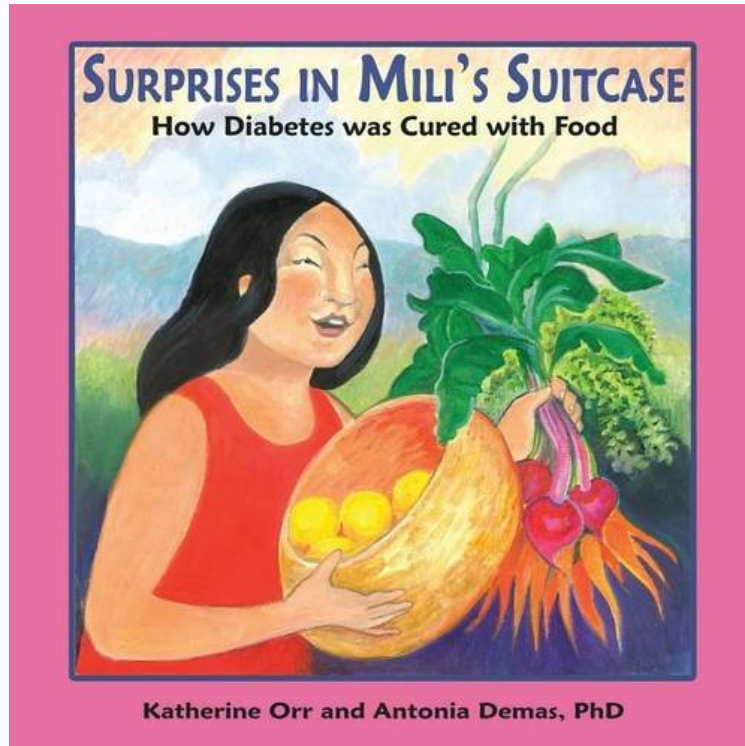


## Surprises in Mili's Suitcase, How Diabetes was Cured with Food

*Katherine Orr, Antonia Demas*

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**Katherine Orr, Antonia Demas : Surprises in Mili's Suitcase, How Diabetes was Cured with Food** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Surprises in Mili's Suitcase, How Diabetes was Cured with Food:

0 of 0 people found the following review helpful. Excellent children's book on the benefits of a whole foods plant based diet By Matthew Bogusz It's a great book. Go vegan. 0 of 0 people found the following review helpful. Five Stars By Kindle Customer Gorgeous illustrations and great story for children about the impact of diet on diabetes. 1 of 1 people found the following review helpful. Elegant story recommended for every: parent, school, doctor's office library By Anne Ledbetter, Ed Orr and Demas' gorgeously illustrated contemporary masterpiece is unveiled at a crucial time. The American Diabetes Association calls Type 2 Diabetes in Children and Young Adults: "A New Epidemic." This touching story shows an alternative to accepting genetic fate. Young Hana is told "you'll need to take medicine every day. For the rest of your life." Thanks to her Aunt's influence she switches from counting carbs, calories and checking blood sugar, to a whole new life. Followers of The China Study realize a whole food, plant-based diet has the power to heal. This children's book is accessible and engaging for ALL. Luscious images and compelling writing deliver a story that makes me want to read it again and tell others!

Growing up in Hawaii, eleven-year old Hana knows sharing food is about sharing gifts of love and aloha, but she doesn't know food can also be a gift of health. When she is diagnosed with type 2 diabetes, Hana's mother promises to

help Hana learn to live with it--that is, until Mom's sister Auntie Mili comes to visit with a suitcase full of surprises that hold the key to Hana's disease. Armed with new knowledge that diabetes can be cured with a diet rich in plants, Mili, Hana, and her mother embark on a "Great Food Adventure" in which they discover the fun of learning about, growing, preparing, and eating new fruits and vegetables. The colorful foods are nutritious, taste delicious, and quickly restore Hana's health. The story conveys traditional values of honoring our bodies, caring for the land, and growing food in a sustainable way. Colorfully illustrated on every page (two of which are recipes). Includes Glossary, Lessons from Mili, and For Parents and Teachers. For all ages.

"What a lovely book! It is so filled with love and beauty that you almost don't know how wise it is, and how much illness it can prevent. If you share it with the children in your life, they will be grateful to you for the rest of their lives." --John Robbins, author of nine bestsellers, founder and president of the Food Revolution Network"Antonia Demas is one of the most important advocates of children's health in our generation. Her award-winning program for food literacy and school lunch has the potential of improving the health of millions of children and helping to stop the epidemic of childhood obesity. Here is powerful information in a beautiful book that's great reading for kids and adults alike." --Terry Shintani, MD, JD, MPH, author of The Peace DietAbout the AuthorKatherine Orr is the author/illustrator of twenty books for children and adults. She is also a marine biologist and an enthusiastic consumer of plant-based whole foods. Antonia Demas has a PhD from Cornell University in education, nutrition, and anthropology. She is the founder of Food Studies Institute, a nonprofit organization devoted to educating children and adults in food literacy.