



Surprises in Mili's Suitcase: How Diabetes Was Cured with Food (Paperback)

By Katherine Shelley Orr, Antonia Demas

Sunstone Press, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. 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. Katherine Orr is the author/illustrator of twenty books for...



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Reviews

A must buy book if you need to adding benefit. It can be rally exciting throught reading time. I am pleased to let you know that this is the greatest publication we have read through during my very own life and may be he best publication for possibly.

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It in one of my personal favorite book. Sure, it is engage in, continue to an amazing and interesting literature. I am quickly could possibly get a enjoyment of looking at a published book.

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