

## Little Miss Sarah Tonin (Paperback)



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## LITTLE MISS SARAH TONIN (PAPERBACK)



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Dr. Leslie Hewitt, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Little Miss Sarah Tonin is a play on words with the neurotransmitter serotonin. This sweet little brain chemical is responsible for happiness and well-being. My intention with this book is to inspire children to find happiness through healthy choices, nutrition, sunshine, creativity, and play. I also want to inspire parents to consider a non-drug approach to raising kids. Be careful with medications, antibiotics, and vaccines. Did you know that chiropractic is good for kids? It helps with their immunity, posture, spinal development, brain function, and overall adaptation to activities of daily living. This book inspires parents to consider your little ones as Leaders in Training. Begin to teach your children to be collaborative and compassionate, give them tools to cope with a busy day, feed them healthy foods to maintain optimal brain function, and allow your children to make choices so they can trust their own intuition. Exercise with your children, go for walks to connect with them, and be mindful that you are contributing to the future of the planet. Innate Intelligence can shine bright in all of us. Allow your little ones to be bright lights in this Universe of Intelligence. Innate and Universal Intelligence are the inter-connectedness of each of us with one another. Open your mind to the possibilities, and create positive expectations for yourself and your family. Trust the simple truths in life. Get back to nature and keep it simple. Simple is sustainable. Be the best version of you and teach your kids through the clarity of an authentic life. God Bless and Namaste! The Light in me sees the Light in you. Envisioning a beautiful future, Dr. Leslie Hewitt, Doctor of Chiropractic.



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