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Dirt is Good: The Advantage of Germs for Your Child's ...

The book shows that (contrary to what we were taught) exposure to dirt is good for the immune system. The author states that the best thing you can do for a young child is to get them out into nature, expose them to pets, and let them play in the sand.

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Dirt Is Good: The Advantage of Germs for Your Child's ...

This is why dirt is so good. It exposes your child to a huge array of harmless germs that, while they may not colonize us, have complex traits to train up your baby's immune system. Many people think that an activated immune system, with lots of inflammation, is good, but in fact the reverse is true.

Dirt Is Good: The Advantage of Germs for Your Child's ...

Features: Dirt Is Good The Advantage of Germs for Your Child's Developing Immune System By (author): Jack Gilbert, Rob Knight From two of the world's top scientists and one of the world's top science writers (all parents), Dirt Is Good is a q&a-based guide to everything you need to know about kids & germs.

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Dirt Is Good: The Advantage of Germs for Your Child's ...

Dirt Is Good (Hardcover) The Advantage of Germs for Your Child's Developing Immune System. By Jack Gilbert, Rob Knight. St. Martin's Press, 9781250132604, 272pp. Publication Date: June 6, 2017 Other Editions of This Title:

Dirt Is Good: The Advantage of Germs for Your Child's ...

From two of the world's top scientists and one of the world's top science writers (all parents), *_Dirt Is Good_* is a Q&A-based guide to everything you need to know about kids and germs. *Dirt Is Good: The Advantage of Germs for Your Child's Developing Immune System* | ScienceWriters (www.NASW.org)

'Dirt Is Good': Why Kids Need Exposure To Germs

Their immune system's going to become stronger because of it." Gilbert is now the co-author of a new book called *Dirt is Good: The Advantage of Germs for Your Child's Developing Immune System*.