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You are here: [Home](#) / [Reviews/Giveaways](#) / The Organ Wise Guys~ Review

# The Organ Wise Guys~ Review

January 20, 2011 by [Lori](#)

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Childhood Obesity is a National Epidemic in this country. Our children have no idea what they should be eating and why. If we educate our children then they can make smart decisions about what they need in their bodies.

Teaching our kids about our bodies and how nutrients play a critical role is super important. I personally feel like that is part of the problem. Our kids have no idea what is good and what is bad. They are not educated.

Sometimes parents have no idea how to explain it so small children can understand. Nutrition and our anatomy can be complex and difficult for children to comprehend.

Enter [The Organ Wise Guys!](#)



The OrganWise Guys (OWG) is a cast of clever characters: *Hardy Heart*; *Calci M. Bone*; *SirRebrum, the brain*; *Madame Muscle*; *The Kidney Brothers*; *Peri Stolic, the intestines*; *Pepto, the Stomach*; *Windy, the lungs*; *Peter Pancreas*; and *Luigi Liver*, **who inspire children to take charge of their health** because The OrganWise Guys love who they live in and are counting on them to make healthy choices! These unique and lovable teaching tools reside inside The [OrganWise Gal Doll](#) and reinforce “why” healthy behaviors are so important! Children will see that no matter how we look on the outside, we are all the same on the inside.

[The Smart from the Inside Out hardback book](#) introduces children to their OrganWise Guys” and teaches them the four club rules of low-fat, high-fiber, lots of water and exercise! Children will also gain an understanding of how lifestyle choices affect heart and colon health.

My kids were fortunate enough to receive both [the book](#) and a [Little Organ Annie Doll](#).



My 8 year old loves to play school and she really loves to learn about our bodies and how food fuels us so she was totally jazzed to read the book to her little brothers. As she was reading, when they would talk about a specific organ she would pull that organ out of Little Organ Annie and show them what it looked like when its nice and healthy. My boys are only 4 years old and almost 2 years old and they sat still the whole time while she read. She even would ask C-man questions as she was reading to make sure he understood! She is such a good big sister and I know they all learned something with this.

I think this is a fanastic way to teach our kids about our bodies, how it needs healthy things to be put in it to keep ups growing up big and strong. Whether you homeschool, are a educator in a school disctrict or like me; a mom who just wants her kids to grow up normal and not obese, you should totally check out [The Wise Guys website](#) and their [whole line of products](#) you can buy! They have hardback books, worksheets, plush educational dolls and more!

My favorite thing is the [Club House](#). It has recipes, coloring pages and more that my kids can read and try out all on their own!

My kids are upstairs right now exploring the Club House and hopefully printing a few of the recipes for me to try out and cook for them!

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*\*\*I was not compensated in anyway for this post. I was only sent the book and doll for my children to review. All opinions are my own.*


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2.



2. [Rachel](#) says:

[January 21, 2011 at 8:26 am](#)

How cute! My daughter would LOVE that.

Rachel's last blog ..[On Being Pregnant & I Hope I Learned Something The First Time Around](#)



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3.



3. [Leah @bookieboo](#) says:

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My kids would totally dig that!

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