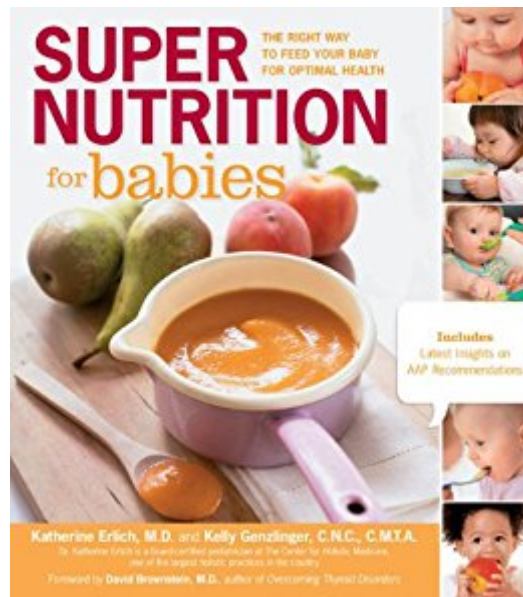


The book was found

Super Nutrition For Babies: The Right Way To Feed Your Baby For Optimal Health



Synopsis

There is a better way to feed your baby. Super Nutrition for Babies gives parents the latest science-verified nutritional recommendations for feeding their child. Based on a program used at one of the largest holistic practices in the country, this book provides information on all aspects of nutrition and feeding, including introducing meat in a child's diet, healthier alternatives to dairy and soy, starting solid foods, establishing a regular eating schedule, dealing with picky eating, and the best foods for every age and stage so your baby gets the best nutrition to minimize illness and optimize sleep, digestion, and brain development.

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Customer Reviews

I am so pleased with this book, which says a lot because I can be pretty picky when it comes to nutrition and my family's health. I am a mother of three including a two month old, and also proud member of the WAPF, and I try to feed my family along those guidelines as much as possible. Nourishing Traditions is sort of like my kitchen bible, and I have even shelled out precious money to see Sally at a regional conference. I consider myself passionate about traditional nutrition, dedicated to my family's health, and I love to share and promote these ideas. That being said, I

have not been able to share NT with too many people because my friends who don't have it already might find it less than user friendly. I especially have been wanting something geared towards feeding babies or pregnancy, because that is not only a crucial time, it is also a time when moms and dads are naturally more focused on nutrition. This book fits the bill as a book I am eager to share with others, yet I also learned a lot myself. It is easy to read, yet still packed with helpful information. This book offers so much that Nourishing Traditions just doesn't. It is laid out in an easy to read format, most of the information is broken down into digestible bites with side bars and snippets interspersed for interesting reading. I read it eager to cover in a few sittings over two days. Also the authors take care to realize some of their ideas may be completely foreign to most people: raw milk, soft cooked eggs, organ meats. Not the typical rice flakes and strained peas that comes to some people's minds when they think of feeding baby.

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