

Baby Greens: A Live-food Approach For Children Of All Ages - , Michael Chrisemer

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The typical American diet is a major factor in the epidemic of obesity and poor health in the countrys children. Baby Greens helps parents establish healthy eating habits in their childrenand themselfsthrough a diet rich in raw foods. A lively mix of education, philosophy, recipes, and activities, the book adapts the living foods approach for all ages and lifestyles. The first part of the book explains the principles of bioenergetic nutrition and shows how cutting-edge nutritional practicesincluding nutritional individuality, pH balance, terrain testing, and homeopathycan dramatically improve a childs health. In addition to recipes and resources, the second part offers insights into the holistic approach to pregnancy, breastfeeding, extended breastfeeding, weaning, food experimentation, play, and other daily activities. Written in reassuring, easy to understand language, Baby Greens empowers parents to step outside the fast food box and take a proactive approach to maintaining their familys health and well-being.Author: Lynn, Michaela Author: Chrisemer, Michael Publisher: Frog Books Illustration: N Language: ENG Title: Baby Greens: A Live-Food Approach for Children of All Ages Pages: 00192 (Encrypted EPUB) On Sale: 2012-12-18 SKU-13/ISBN: 9781583941379 Category: Cooking : Methods - Raw Food Category: Cooking : Vegetarian & Vegan Category: Health & Fitness : Children's Health

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