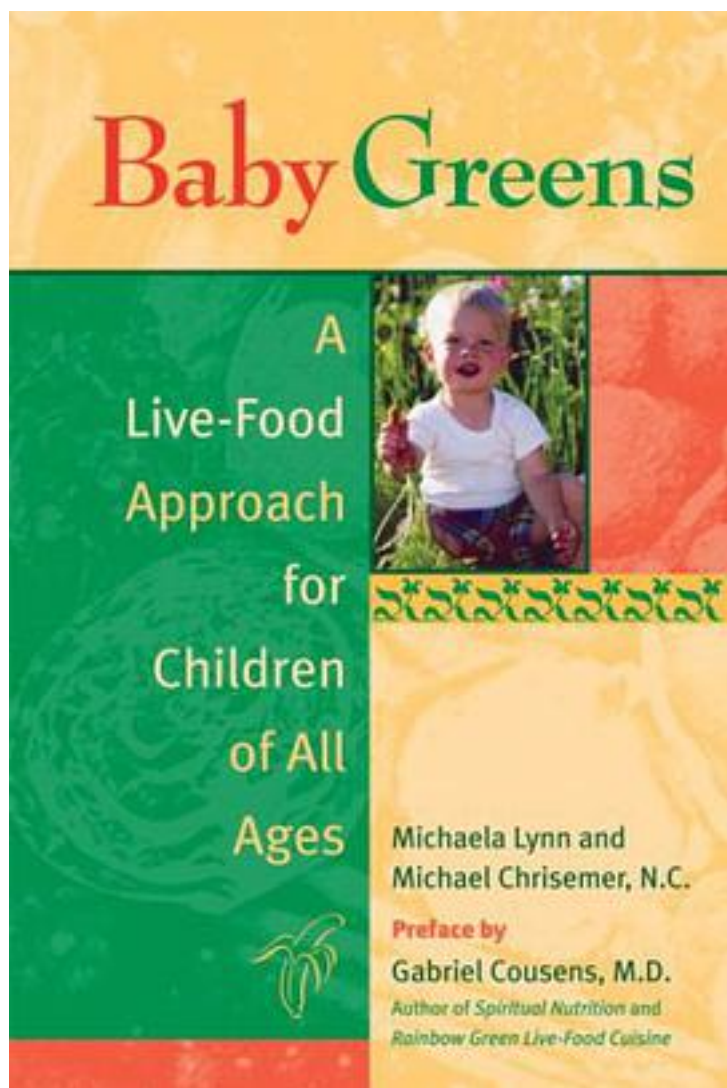


# Baby Greens



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The typical American diet is a major factor in the epidemic of obesity and poor health in the country’s children. Baby Greens helps parents establish healthy eating habits in their children—and themselves—through 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 practices—including nutritional individuality, pH balance, terrain testing, and homeopathy—can dramatically improve a child’s 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 family’s health and well-being.

作者介绍:

目录:

[Baby Greens\\_ 下载链接1](#)

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