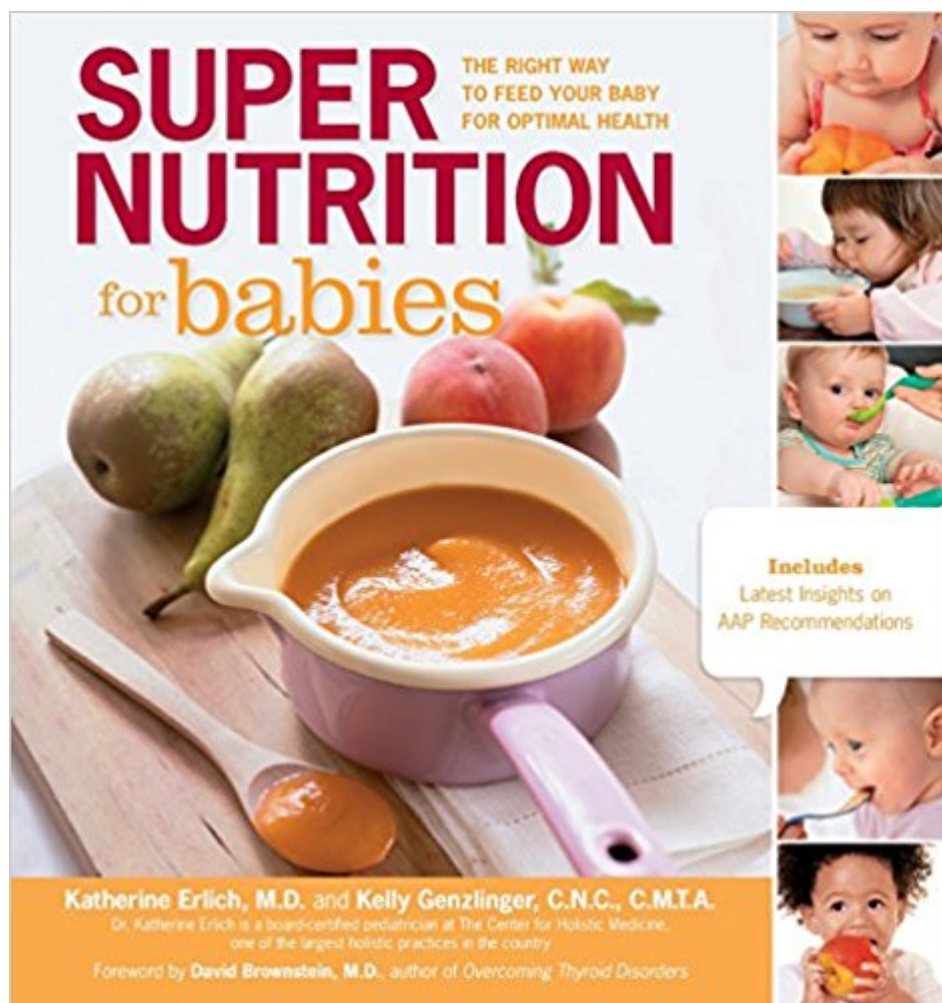


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# Super Nutrition For Babies: The Right Way To Feed Your Baby For Optimal Health



## Synopsis

"A wonderful guide for getting babies off to the right start, and helping them enjoy the gift of health for life." - Sally Fallon Morell, President, Weston A. Price Foundation  
"A clear, practical, and nontrendy guide for parents on how to best feed babies and toddlers, backed by common sense, ancestral wisdom, and sound science." - Kaayla T. Daniel, Ph.D., C.C.N., Vice President, Weston A. Price Foundation, and author of *The Whole Soy Story: The Dark Side of America's Favorite Health Food*  
"Super Nutrition for Babies is something that every expectant and new mother and father should read. This book is a rare treasure!" - Natasha Campbell-McBride, M.D., author of *Gut and Psychology Syndrome*  
"A grand reference book that can be used for many years of a child's life." - Nancy Appleton, Ph.D., best-selling author of *Healthy Bones* and *Lick the Sugar Habit*  
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, behavior, and brain development.

## Book Information

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## Customer Reviews

"Figuring I wasn't going to experience a spiritual revelation about the sanctity of family dinners at this late stage, I dropped the conversion-narrative books in favor of some that sound like brass-tacks science. "Super Nutrition for Babies: The Right Way to Feed Your Baby for Optimal

Health," by Katherine Erlich, M.D., and Kelly Genzlinger, C.N.C., C.M.T.A., with a foreword by David Brownstein, M.D., author of "Overcoming Thyroid Disorders," seemed with all those enigmatic letters to fit the bill." - New York Times

Katherine Erlich, M.D., is a board certified pediatrician and mother of two who practices out of one of the largest holistic medical center in the Midwest. Prior to starting her now thriving pediatric practice, she spent over a decade in a busy, conventional pediatric practice where she gained extensive clinical experience. Currently, at Healing the Whole Child, PLLC, Dr. Erlich guides her patients to better health through an individualized medical approach, integrating nutrition, holistic philosophies and traditional medicine. Dr. Erlich has been instrumental in creating her school district's Wellness Committee, featured on the news, and has authored articles printed in several publications. She lives in Michigan.

Kelly Genzlinger, C.N.C., C.M.T.A., has dedicated many years to the study of nutrition and foods' effects within the human body. She is a traditional-foods advocate in her community and is dedicated to promoting wellness for her children, family, and nutritional clients. An author, speaker, and certified nutritional consultant, Kelly is proud to have changed the lives of countless children and adults with her teachings, guidance, and counsel related to whole, real, traditional foods. Her first book, *Sugar...Stop the Addiction*, addressed the national crisis of excessive sugar consumption. She has been a featured speaker at wellness symposiums and a guest on cable shows such as *Diabetes Countdown* and *The Bottom Line*. She resides in Michigan.

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symposiums and a guest on cable shows such as Diabetes Countdown and The Bottom Line. She resides in Michigan. David Brownstein, M.D., is a board certified family practitioner and medical director of the Center for Holistic Medicine (West Bloomfield, Michigan). He is the author of ten books, including Iodine: Why You Need It, Why You Can't Live Without It and Overcoming Thyroid Disorders. Visit him online at <http://www.drbrownstein.com>.

I am very particular about what I eat and naturally I wanted the same for my baby. However, After I had my baby I wasn't able to nurse her due to complications. I felt terrible having to give her formula filled with preservatives and who knows what else. Until I found this book that is...she gives recipes for several different formulas and I've been making the whole milk formula for about a week now--my baby is thriving and I feel better knowing what goes into her food. The only thing I question in the book so far is the unpasteurized milk--I understand why it is encouraged but I also worry that it is too risky to give a baby so I chose pasteurized milk cultures with Kefir. The rest of the book talks about the best foods to give your baby at each stage along with reasoning for each food--I plan to continue to use this book to help with introducing solid foods as she gets older. I have already recommended this book to a friend and will buy for any other friends who have children.

some of the views in this book are extreme, but the crux of it is useful and relevant. All items were reviewed with our Pediatrician, so we were guided by her feedback and used a combination of this book as well as a couple of other to develop our child's nutritional basis. He's healthy, active, happy and eats most foods we present to him. Definitely a good source for parents.

I searched for a while to find a book on how to best feed my baby. This book was exactly what I was looking for. It resonates with what I believe about proper nutrition and helped to guide me as I started to feed my daughter solid foods. No, the information in this book is not mainstream thought on what babies should be fed. No, not everything this book suggests doing is easy. But it's worth it. Like the book says, even if you can do some of what is suggested, your baby will benefit. I haven't followed it to the letter due to time, energy, ability and money. But I feel good knowing that I'm doing the best I can for my baby. It's frustrating that pediatricians or hospitals don't give proper guidance when it comes to introducing solid foods. We're told to start with things like cereals. This didn't sit right with me. Babies need fat and protein, not empty carbohydrates that their bodies aren't even ready to digest yet. I searched for better information, and I found it in this book. I wish these authors would write a recipe book as well. Maybe they have - I'll be looking for it!

We purchased this book when our baby was about 3 months old. Nutrition has always been important to us and so we were looking for some sort of a guide to help us as we navigated this baby food journey. By no means did we take it as gospel, but we found it a VERY VALUABLE tool as we figured out what was important and the order in which we introduced foods. We had trouble finding some of the ingredients that are recommended, but did the best we could. Without this book, we would have just introduced rice cereal as the pediatricians all recommend, but instead we felt that the book provided us with information to ask the right questions of our pediatrician so that we made sure to get our baby the nourishment he needed. I feel that this book is a big reason that he has been such a good eater this year. I hope it continues!

I discovered traditional/real food diets when my oldest daughter was about 14 months old. Before my discovery we were on what modern nutritionists would consider an excellent diet, gluten free, vegetable oils, organic fruits and veggies etc. Little did I know that this diet was seriously lacking in vital nutrients for me and my family. I have Celiacs Disease with a wide range of lingering symptoms and my daughter was off the charts small with cradle cap. Upon changing our diet to nutrient dense foods from grass fed animals, raw milk, fermented foods and drinks, coconut oils and grass fed butter our health flourished! I was delighted to see that this book was now available since my 5 month old son will be eating soon, I just wish it had been around back when my daughter was a baby. The book itself is very easy to read and understand, with well laid out pages including graphs and guides. Quick reference guides for month to month guidelines of acceptable foods per age. It separates common foods into categories from CRAP foods, OKAY foods, PURE foods and POWER foods. Even includes recipes to help those who are new to cooking with real food. It also contains guidelines on how mommy should eat while pregnant and nursing. Overall I am so happy that this book was written and I have a heart felt wish that all caregivers of children big and small should read this book. In an age of rampant chronic childhood illnesses our current methods of nourishing our children should be seriously reconsidered and the wisdom of our ancestors should once again be applied.

My son was 9 months old when I was introduced to this book. I had been following much of what was in this book on my own, but I love the additional recipes, explained science behind why doing things this way is better for your child, and ideas I hadn't thought of. The book is written in a practical and straightforward text. I'm totally hooked!

Im buying this for my mom now too... simple ways to add more nutrition to your diet with sources of where to find things cited in the back. Really helped me with getting started on fermenting and raw milk and bone broth and....

I love it and the recipes are things even I would eat. It is not just your typical baby food recipes and I love that this book also talks about what supplements your baby needs and why you need to feed them certain foods when.

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