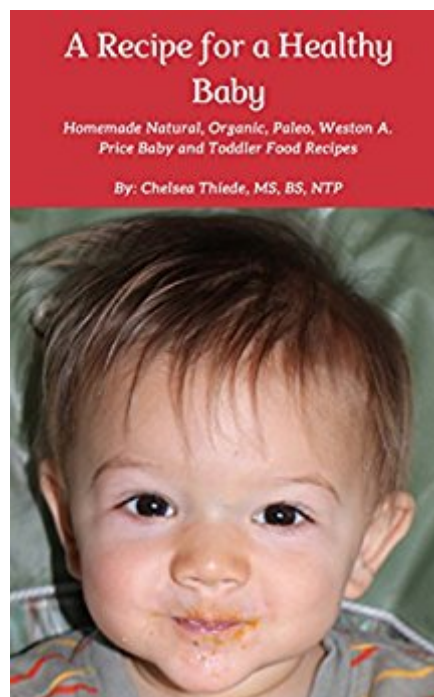




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# **A Recipe For A Healthy Baby: Homemade Natural, Organic, Paleo, Weston A. Price Baby And Toddler Food Recipes**



## Synopsis

Are you a parent that wants to feed your child nutritious food? This E-book offers recipes for the following: stage 1, 2, and 3 baby food purees, finger foods, first birthday cakes, toddler breakfasts, toddler lunches, toddler snacks, toddler dinners, toddler drinks, and toddler desserts. It also includes tips for healthy eating with a busy lifestyle and teaching healthy habits that will last a lifetime. All recipes contain natural, organic, soy-free, grain-free, refined sugar-free, preservative-free, and gluten-free ingredients and follow a Paleo and Weston A. Price diet. The author, Chelsea Thiede, is a food scientist and nutritional therapy practitioner, but most importantly, she is a mom passionate about feeding real food to her family. Her real food mission and this E-book developed as a result of her struggles with her son's weight gain issues in his early months. When he was four months old, doctors determined that his rapid birth had caused some nursing issues that craniosacral therapy could correct. However, at the time, doctors classified him as borderline failure to thrive based on his low weight. Chelsea made it her mission to use real food as his medicine to not only help him gain weight but most importantly, reach his full potential as a healthy, happy, smart, and strong child. She wanted the best for him, just as you do for your child. Once her son turned 6 months, she started creating nutrient dense recipes based on the traditional, ancestral wisdom she learned from the Weston A. Price Foundation and the power of vitamins A, D, and K2. At 1 year, he measured in the 56% for weight, 72% for height, and 95% for head. Nourishing, real food built a strong, thriving boy. Now, Chelsea offers her recipes and tips to help other parents give the best to their children as well.

## Book Information

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## Customer Reviews

This is a great ebook for anyone starting out with solids that wants an easy to read and follow cookbook. I love the focus on nutrition, the meal suggestions, and the reasoning behind the ingredients and philosophy. I wish I could print it out for easy reference as I'm cooking.

"A Recipe for a Healthy Baby" describes a different approach compared to traditional methods to feed babies. An emphasis is to provide nutrients that address developmental needs for babies and to avoid nutrients not needed or that cannot be utilized. This book is based on sound nutritional and developmental principles. In addition to enhanced growth and development, the concept to avoid developing a taste for sweetness should have major appeal and help reduce obesity. Cooking for your baby may appear burdensome. But, adults eat many of the same foods so there is possible redundant cooking for adults and babies. Also, the book provides numerous tips to manage diet for your baby while avoiding imprisonment in the kitchen. Book considers preparation, storage, and feeding of food for babies with a very practical approach. Financial aspects are not discussed. But, there are many choices for the nutrient dense foods desired with presumably variable costs. Based on experience with one child, the effect of this approach on growth and development is miraculous. The book is well written, has clear graphics, and is organized well among types of meals and snacks. The author has extensive formal education in this subject which provides credibility and is consistent with the fundamental nutritional approach that is presented. If your goal is to enhance health, growth, and development of your baby, the cost of this book is trivial compared to the over \$200,000 cost to get your baby to age 18. The benefits of this approach certainly seem worth the effort and will certainly exceed the investment of less than \$7.00!

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