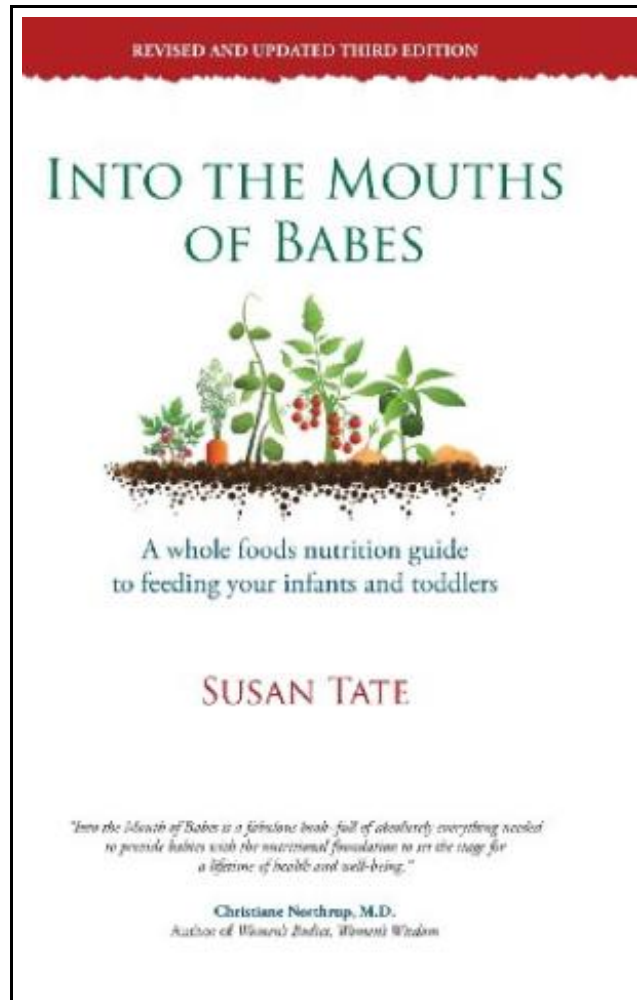


Into the Mouths of Babes: A Whole Foods Nutrition Guide to Feeding Your Infants and Toddlers



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INTO THE MOUTHS OF BABES: A WHOLE FOODS NUTRITION GUIDE TO FEEDING YOUR INFANTS AND TODDLERS



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Balboa Press. Hardcover. Book Condition: New. Hardcover. 254 pages. Dimensions: 9.0in. x 6.0in. x 0.7in. Into the Mouths of Babes is a fabulous book--full of absolutely everything needed to provide babies with the nutritional foundation to set the stage for a lifetime of health and well-being. Christiane Northrup, MDObGyn physician and author of the New York Times bestsellers: *Womens Bodies*, *Womens Wisdom* and *The Wisdom of Menopause* Susan Tate's *Into the Mouths of Babes* sets the highest standard for books on how to nourish our little ones. Her work is comprehensive, heartfelt, informative, and easy to read and implement. Susan elegantly weaves together all the practical details that parents need to know to feed a child in the best possible way: kitchen set-up, recipes, shopping, nutritional insights, food allergies, and much more. But this book will provide you with more than just great nutrition strategies. It teaches parents how to raise a child who's healthy in body, mind, heart, and soul. Every mom deserves a copy of this wonderful book, and every newborn deserves to benefit from the wisdom that Susan Tate has to share. Highly recommended! Marc David, Nutritional Psychologist Founder of the Institute for the Psychology of Eating and best-selling author of *Nourishing Wisdom* and *The Slow Down Diet* *Into the Mouth of Babes* is a joy to read. Susan shares her wisdom as a mom, health educator, and passionate participant of life. Her thought-provoking yet readable and accessible style is evident throughout the book. As a mother, whole foods dietitian, wellness educator and coach, I welcome this resource to share with the families I work with and those preparing for parenting. Busy parents can use it to find quick and easy recipes, wisdom and perspective on a long day, or to find out more about specific topics of interest such as starting solids or...

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