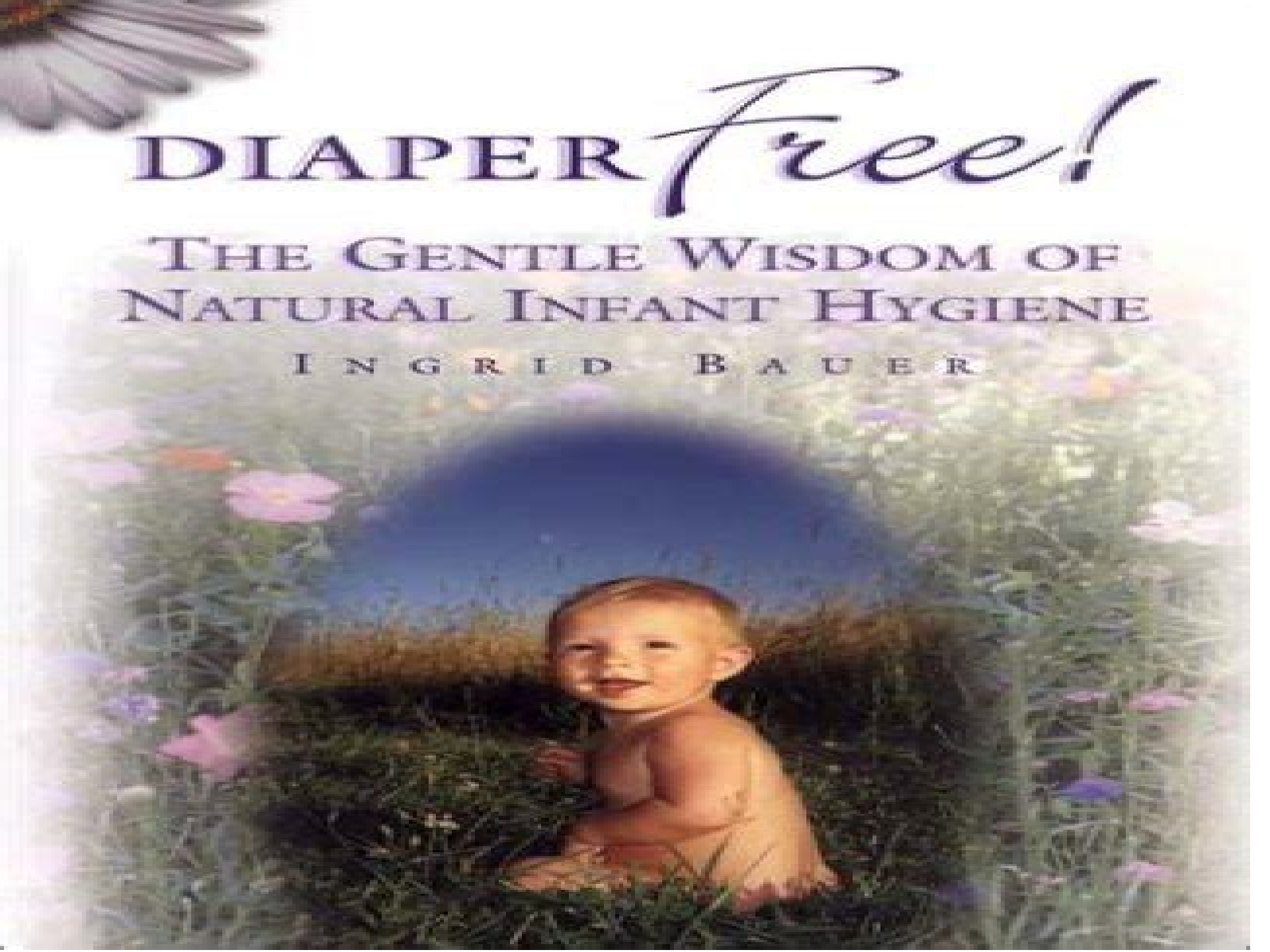


The background of the entire cover is a soft-focus photograph of a baby sitting in a field of green grass and small pink and purple flowers. A vibrant rainbow arches over the baby, set against a clear blue sky. The overall mood is peaceful and natural.

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THE GENTLE WISDOM OF
NATURAL INFANT HYGIENE

I N G R I D B A U E R

Diaper Free The Gentle Wisdom Of Natural Infant Hygiene

Ingrid Bauer



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groundbreaking *Real Food* And when Nina became pregnant she took the same hard look at the nutritional advice for pregnancy and newborns finding a tangle of often contradictory guidelines that seemed at odds with her own common sense In *Real Food for Mother and Baby* Nina explains why some commonly held ideas about pregnancy and infant nutrition are wrongheaded and why real food is good for growing minds and bodies While her general concept isn't surprising some of the details might be For expecting mothers and babies up to two years old the body's overwhelming requirements are fat and protein not vegetables and low fat dairy which is why for example cereals aren't right for babies but meat and egg yolks are excellent Nina shares tips and advice like a trusted friend and in this updated edition her afterword presents the latest findings and some newly won wisdom from watching her three children grow on real food

Healing Our Children Ramiel Nagel, 2009 Nagel reveals the actual cause of the following diseases Birth Defects Sudden Infant Death Autism Infertility Colic Tooth Decay Miscarriage Infant Mortality Morning sickness Premature Birth Scoliosis Postpartum Depression and Mental Disabilities The true cause is our toxic foods our toxic medicines our toxic environment and our toxic world In knowing this and learning to make wise choices you become empowered to prevent these conditions

Homemade Kids Nicola Baird, 2010-07-01 Modern living offers convenience and as parents we need all the help we can get Food is produced in abundance and clothes are cheap enough for us to use and then discard But is it necessary to be so wasteful And is this really how we want to raise our children *Homemade Kids* is full of top tips inspirational ideas and practical advice that will help you to make your home a more healthy energy efficient environment create toys and fun activities for your baby decide whether reusable nappies are the right choice for you consider the best feeding and transport solutions for your family Raising a healthy happy child doesn't need to be a complicated process that puts a strain on the planet and your wallet *Homemade Kids* takes you back to basics and reminds you of the simple pleasures of parenting

Birth Sylvie Donna, 2010-10 A book for pregnant women who would prefer to give birth with as little intervention as possible so as to make things as good as possible for both themselves and their babies The countdown takes the reader through 10 key topics and all discussion of issues is supplemented with birth stories and comments from all kinds of women and professionals too The tone is practical reassuring and even inspirational because the many positive birth stories show how it's possible to have a really happy healthy experience of birth Contributions come from Janet Balaskas the woman who realised we're better off not lying down when we give birth Michel Odent pioneer of water births and Bill Bryson the travel writer as well as from many other experts and ordinary but extraordinary mothers who made this book possible The advice is based on current research evidence and in any cases where the evidence is controversial the research and relevant issues are discussed in an optional extra notes section at the back of the book There is a comprehensive Glossary of pregnancy terms and a user friendly Index so as to make it an optimally useful book in all sense of the word In short this is a handbook which could make a real difference to a pregnant woman's experience and also to that of her baby A comment from an antenatal teacher What

every woman will want to know put simply and clearly A comment from a midwife perinatal researcher and adjunct professor Betty Anne Daviss Sylvie has created a prescription for healthy birth in a 10 step approach to keep parents focused on what is important in a potentially disastrous birth environment She has provided us with a book that encapsulates anything you wanted to know about keeping your birth normal and healthy And a comment from a mother Had a very late night Friday as I could not put your book down Wow Gentle Birth, Gentle Mothering Sarah Buckley, 2013-02-20 An authoritative guide to natural childbirth and postpartum parenting options from an MD who home birthed her own four children Sarah Buckley might be called a third wave natural birth advocate A doctor and a mother she approaches the question of how a woman and baby might have the most fulfilling birth experience with respect for the wisdom of both medical science and the human body Using current medical and epidemiological research plus women s experiences including her own she demonstrates that what she calls undisturbed birth is almost always healthier and safer than high technology approaches to birth Her wise counsel on issues like breastfeeding and sleeping during postpartum helps extend the gentle birth experience into a gentle parenting relationship

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