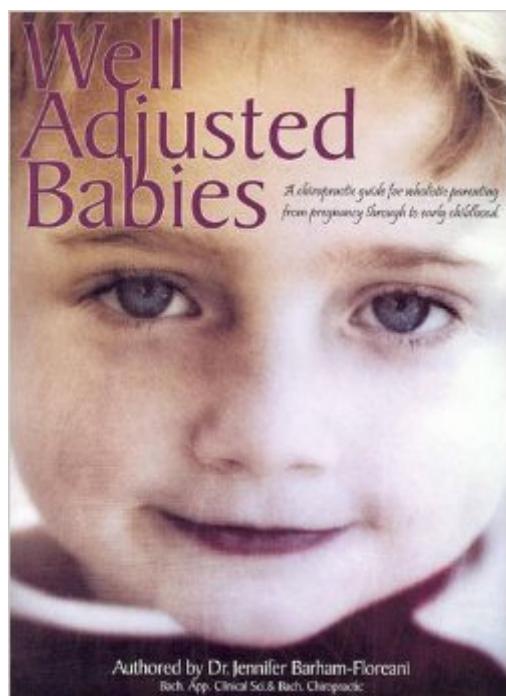


The book was found

# Well Adjusted Babies



## **Synopsis**

Known as "the new parenting bible", this Australian Best-Seller offers the most unique collation of cutting-edge information and knowledge on holistic parenting - all in the one book! Discover Dr Jennifer's well-researched, easy-to-read information about... Improving Fertility Self-Care During Pregnancy Meeting Your Physical/Emotional Needs Techniques to Ease the Pain of Labour How to Have a Safe, Natural Birth Breastfeeding, Formulas and Colic First Foods for Babies Tips for partners and birth teams Minimising Harmful Toxins Alternatives to Pharmaceutical Drugs The Benefits of Holistic Health Practitioners How to Guide Your Child's Development Wholesome dietary habits for the Family And MUCH More...

## **Book Information**

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Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (15 customer reviews)

Best Sellers Rank: #555,029 in Books (See Top 100 in Books) #97 in Books > Medical Books > Medicine > Internal Medicine > Osteopathy #142 in Books > Medical Books > Allied Health Professions > Chiropractic #7198 in Books > Parenting & Relationships > Parenting

## **Customer Reviews**

One of the best books - I discovered this at my chiro's office and couldn't put it down. It's filled with loads of good information. I can't say it's an unbiased read...it definitely leans towards natural birth and mindful vaccination schedules, but if you are a mamma that is more on the side of drugs and c-sections, even you could find some great info from here. It might even change your mind a bit!

This is a great resource for anyone who wants to improve their health and the health of their children through good nutrition. It provides an excellent history and philosophy of the Weston A. Price foundation.

the author does a great job educating the reader by sharing her experiences in holistic care for

conception, pregnancy and beyond.

Book is well written, easy to read, great info. I wish I had gotten it while pregnant. A good portion of it is pregnancy related.

SO MUCH EXCELLENT INFORMATION and with sound research and experience to back it up! I'm glad to have this book on my shelf for the coming years!

This is a wonderful book!

Written with incredible insight, compassion and understanding. Loaded with useful information, every page contains little gem. Every ante-natal programme should be based on this book and every mother should own a copy.

saw this at my chiropractors office. A wonderful book with a natural healthy approach to babies

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