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The Organic Nanny's Guide to Raising Healthy Kids: How to Create a Natural Diet and Lifestyle for Your Child (Paperback)

By Barbara Rodriguez, Eve Adamson

INGRAM PUBLISHER SERVICES US, United States, 2012.

Paperback. Condition: New. Language: English . This book usually ship within 10-15 business days and we will endeavor to dispatch orders quicker than this where possible. Brand New Book. Who needs a spoonful of sugar to make the medicine go down when professional nanny Barbara Rodriguez has tips to make the medicine go away? In The Organic Nanny's Guide to Raising Healthy Kids , Rodriguez shows parents some simple lifestyle changes that can help them dramatically improve the well-being of their children. As a nanny, Rodriguez has seen some disturbing trends, toxic foods, childhood obesity, insomnia, and a lack of communication between parents and children. Her advice? Nutritious food and natural remedies to resolve chronic health and behaviour issues. The Organic Nanny's Guide to Raising Healthy Kids will help parents put their children on a more natural track and give them a childhood to remember.



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