

For each pair of lines, the top line is from Dr Libby Weaver and the bottom line is from an older source.

Green text is identical, blue is identical but transposed, red is differing.

Folate - from "What Am I Supposed to Eat?" (written by [Dr Libby Weaver](#), 2017)

Folic Acid - from "A Bitter Pill to Swallow - The Oral Contraceptives Betrayal" (written by [Sherrill Sellman](#), 1997)

Since folate is required by the body to facilitate cell division, a process that begins immediately after conception,  
Since folic acid is required by the body to facilitate cell division (a process that starts immediately after conception),

if this nutrient is deficient there is a much higher risk of abnormal synthesis of DNA and congenital abnormalities  
there is a much higher risk of birth defects,

including neural tube defects, spina bifida, deformed limbs and mongolism.

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Ways to help your daughter foster a healthy relationship with food and body image (written by [Dr Libby Weaver](#), 2017)  
Raising Children to have Healthy Relationships with Food & Their Body (written by [Dr Stacey Rosenfeld](#), 2014)

1. Your daughter sees everything you do,  
1. Throw out your scale and stop weighing yourself. Your child sees everything you do

and seeing you weigh yourself has a significant impact on her perception of weight and body.  
and seeing you weigh yourself has a significant impact on her perception of weight and body.

2. Limit access and exposure to (or closely monitor) television, magazines, social media  
2. Limit her access to television, magazines,

and other places where unrealistic images of how girls and women should look are often presented.  
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3. Talk about foods with regard to how they can nourish your body rather than their effects on weight.  
3. Talk about foods with regard to how they can nourish her body rather than their effects on her weight.

For example, eating plenty of vegetables is going to help you give your body the nutrition it needs for clear thinking, clear skin and, of course, energy.

4. Focus on health and nourishment, not on calories/energy, fats or carbohydrates.  
Focus on health, not on calories, fats, or carbohydrates.
5. Encourage movement to support health, energy and a clear mind rather than weight control.  
4. Encourage physical activity for the sake of health rather than weight control.
6. Do your absolute best not to judge your body in front of your child.  
5. Never judge your body in front of your child.

Focus on all of your child's strengths outside of physical appearance: comment on how clever she is, or how kind she is -  
6. Focus on all of your child's strengths outside of her body,

but also make it a point to tell her how beautiful she is.  
but make it a point to tell her how beautiful she is.