



Super Nutrition for Babies: The Right Way to Feed Your Baby for Optimal Health

Katherine Erlich, Kelly Genzlinger

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"A wonderful guide for getting babies off to the right start, and helping them enjoy the gift of health for life."
- Sally Fallon Morell, President, Weston A. Price Foundation

"A clear, practical, and nontrendy guide for parents on how to best feed babies and toddlers, backed by common sense, ancestral wisdom, and sound science." - Kaayla T. Daniel, Ph.D., C.C.N., Vice President, Weston A. Price Foundation, and author of *The Whole Soy Story: The Dark Side of America's Favorite Health Food*

"*Super Nutrition for Babies* is something that every expectant and new mother and father should read. This book is a rare treasure!" - Natasha Campbell-McBride, M.D., author of *Gut and Psychology Syndrome*

"A grand reference book that can be used for many years of a child's life." - Nancy Appleton, Ph.D., best-selling author of *Healthy Bones* and *Lick the Sugar Habit*

There *is* a better way to feed your baby. *Super Nutrition for Babies* gives parents the latest science-verified nutritional recommendations for feeding their child. Based on a program used at one of the largest holistic practices in the country, this book provides information on all aspects of nutrition and feeding, including introducing meat in a child's diet, healthier alternatives to dairy and soy, starting solid foods, establishing a regular eating schedule, dealing with picky eating, and the best foods for every age and stage so your baby gets the best nutrition to minimize illness and optimize sleep, digestion, behavior, and brain development.

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Alexandra Dickey:

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Donald White:

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