

BECAUSE YOUR NEW BABY MATTERS

Healing Our Children



Sacred Wisdom for Preconception,
Pregnancy, Birth and Parenting

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Foreword by Sally Fallon

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Healing Our Children: Because Your New Baby Matters! Sacred Wisdom for Preconception, Pregnancy, Birth and Parenting (Ages 0-6)



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Not for everyone- but I liked it! I have to admit, this publication grew on me.. Again, it is not for everyone, so if you are not seeking to be swayed in virtually any sort of an all natural direction, or aren't open to some of the more natural options (declining circumcision, vaccinations, public school, etc. Amazing read! I really like it and continue to re-go through portions. I am so grateful for the writing and for the opportunity to read the studies, background, and personal interjections.. This reserve soothes my desire to become pregnant because I've a lot of tips of things I in a position to perform to actively prepare. It's well-created and well-referenced.. But also for those seeking to explore these topics, you may enjoy this- just remember never to take it too personally- it really is one man's opinion and you don't need to feel like you're in trouble if you don't trust him! Nobody is looking over your shoulder as you read or holding you in charge of agreeing with him. opinionated but inspired thoughts on parenting I reside in a community of traditional parents, or ones who are just slightly substitute (don't vaccinate their kids and do a large amount of baby wearing), but I've found that it is very hard to come across truly progressive parents to connect with and discuss our suggestions and share insights. I have found such this kind of "friend" and counsellor in this book. I wanted to learn something new not just read about things I currently agreed with. I do enjoy the parenting tips, the photos showing the difference between those babies and mamas fed on a healthy traditional diet and the ones on the modern diet plan. I find his tips fresh and thought provoking, and I appreciate his many recommendations of other resources to read or make reference to. I am a 40 year previous professional and mother of 2. mediocre The majority of it seemed good sense. Was wishing for a more in depth publication. The writer is strongly opinionated, and hence his personality and the more extreme, subjective statements may rub some individuals the wrong way, but I have found that I can get over these aspects of the book because Personally i think that he wrote it out of legitimate desire to steer other parents and for that reason promote the ultimate child-centric parenting style. He's not really a very deep writer. Disappointed. A wonderful book! Really enjoyed this book Really enjoyed this book. Over earlier this summer, I purchased several copies to provide my lady-friends within their wedding present. This book is so filled with insight. My children are healthy and eat well - I guess as a parent we always physique we are able to do more. I in the beginning purchased it for myself to understand about what I can do to get ready for pregnancy as well as to gain a knowledge of alternative pregnancy options. I generally don't trust a lot of western medication because of the knowledge I've experienced with reliance on synthetics and medical procedures; I prefer to comprehend things holistically. This publication is ideal for that, and will go in-depth about obtaining all the vitamins and others factors you need as well as the many ways your lover can offer support to you. He does appear to have the particular gift for seeing the world from the viewpoint of the innocent baby and child. I also benefit from the poetry through the entire book. now I have no more guilt - I've the tool to make the difference. I love having those books as reference therefore i know what to anticipate when I visit the doctor, but Healing OUR KIDS is a lot even more interesting and useful to me.) just steer clear. I love this book so much! I know it's a little bit "out there" for some folks, but I really resonated with the insights and wisdom it offered. Want Healthy Children? You can read my in-depth review of the book at: [If you want to keep your kids healthy then start by studying this reserve and researching for yourself additional.. Nagel has done an excellent job pulling information jointly in a usable format. The nutrition information in the book is golden. In case you are risky - this book may clear up some of your issues. Nagel is unapologetic about why these principles are best. Don't search for "standard wisdom" in this book - you will not find it. Therapeutic Our Children is a wonderful book. You might find some surprising insights! Nagel goes over a lot of parenting topics. Most are very thought-provoking, irrespective of your level of contract with them (I didn't trust everything). I loved the amount of information was included on a healthy preconception diet. Additionally, there is information on pregnancy not to mention lots of great information (and useful charts) on feeding babies and children. Read this Book!..] I really like this book. I

always recommend this book because it has so much wisdom that is lost and is indeed needed to birth and raise healthy and happy children. I am hoping everybody that reads this book keeps an opened brain. This book totally explained what I have to do in order to have the maximum chance of conceiving, developing, and birthing a wholesome baby - not just at my age group either, this publication gives information for all age range. This book floored me. Many thanks. It is certainly not for everybody, as is accurate for some parenting books- not everyone will ever agree on one philosophy- but actually the parts I wasn't sure I agreed with initially still stirred my brain and eventually got me thinking about options I hadn't originally considered. The publication recommends that you and your partner can start on your preconception diet plan 5 years before conception--so to me it appeared like the perfect wedding present! It has crucial information for each and every human being, not really limited to parents! Everyone can assist in medical and new framework of our dietary globe. Excellent Way to obtain Info First of all, I read the entire book. 3 x. I also liked his what I'd call spiritual drawings. I am a follower of Nourishing Traditions by Sally Fallon, and of the Weston A. Price research and recommendations. Five Stars This book is beautiful, elegant and informative. He is definitely at the extreme end of the spectrum in terms of fiercely protecting the innate pureness of his children, but he's so enthusiastic about sharing this enthusiasm and I believe he does an extremely thorough job of helping his arguments. But I mostly read the book because I want another baby - another healthy baby. Like most people I understand that my age is a account for creating new life. Also if you aren't prepared to radically change your way of life, start taking baby guidelines using this book's suggestions. You'll find great images and great explanations of solid dietary concepts. I desire I had known even more of this information when I was 26 and having my initial child. Some of the brides have not mentioned the other areas of their present because they were so excited to share what they have learned from this book! This reserve is normally that piece for me...I have other books on my shelf that claim to be on the subject of your "whole pregnancy," but I've found them to be fairly conventional plus they tend to alternative herbs for man made drugs--still failing to have a holistic view. The info was pertinent if you ask me as a healthy 40 year old looking for maximum health for pre-conception as well as information for my hubby as well.



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