

FROM MAC ^{AND} CHEESE

To

VEGGIES

PLEASE

How to get your kid to eat new foods,
end picky eating forever, and stay
sane in the process.

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From Mac & Cheese to Veggies, Please.: How to Get Your Kid to Eat New Foods, End Picky Eating Forever, and Stay Sane in the Process



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Does your child won't eat not their five beloved foods? Do you wonder if your child's upset stomach, rashes, and behavioral problems are related to food? Do you wish you could introduce vegetables to your child's plate without a full on food battle? Plus, a section on alternatives if you discover your child won't eat or drink something that's needed on the dietary plan you've selected." In this book you'll learn: How our modern food, medicine, and everyday toxin exposures have left you with a youngster who's picky and unhealthy. What to expect during the first two weeks, which is the toughest period. Three methods to get your child on a new healing diet, with recommendations for different age groups. Troubleshooting suggestions for the most common problems you'll encounter, like constipation, bedwetting, and eczema. Health supplements and foods that can accelerate healing. You're sick and tired of flipping through dietary suggestions, and then think, "Sounds good, but my kid won't eat in this manner. This book offers you principles that you can use, whatever diet you choose. Whether you're Paleo, gluten-free, sugar-free of charge, elimination, or any various other kind of diet, the strategies I share with you in this publication will assist you to bring that diet to your loved ones dinner table, with no complaints.



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