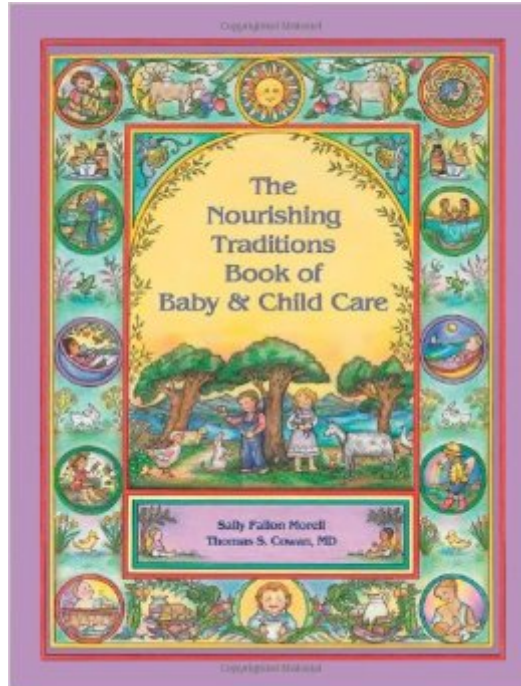


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The Nourishing Traditions Book Of Baby & Child Care



Synopsis

The Nourishing Traditions Book of Baby & Child Care makes the principles of traditional nutrition available to modern parents. The book provides holistic advice for pregnancy and newborn interventions, vaccinations, breastfeeding and child development, as well as a compendium of natural treatments for childhood illnesses, from autism to whooping cough. The work of Rudolf Steiner supports the book's emphasis on the child's spiritual requirement for imaginative play.

Book Information

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Customer Reviews

Because the original Nourishing Traditions book has been so useful for me, I pre-ordered the Baby and Child Care version as soon as I heard it was going to be released. I was excited when it was delivered and I could finally read it! Having two small children, I am always happy to learn more about nourishing them. There is a lot to like about The Nourishing Traditions Book of Baby and Child Care by Sally Fallon Morrell and Thomas S Cowan. Some of it is exceptionally well-researched (other things I thought were a little sketchy or questionable, see further below). I could never list all the awesome things the book discusses, but some of the highlights for me include:- Discussion about healthy fats. Many parents and parents-to-be are scared of fats because we've been fed a lie about cholesterol. I'm not afraid of fats and believe they are essential to nutrition and development, especially that of children, but I sometimes feel the WAPF goes overboard with this.- Exploration of the vitamins and minerals needed prior to conception and during pregnancy.- Discussion about toxic

chemical exposure in every day life/products and the risks of this during pregnancy.- An examination of what is in modern infant formula.- Comprehensive suggestions for treating common childhood ailments using natural approaches rather than mainstream medicine.I also found myself reading and rereading a few things in the book that made me go hrmmmm:- A suggestion that it is not necessary to consume large amounts of water before and during pregnancy (p35).

I enjoyed reading *Nourishing Traditions* (NT) and have incorporated some of the information from that book into my family's diet. It also prompted me to delve into some areas of nutrition research that I hadn't read before NT. I expected this book to take a similar approach to child care (i.e. present qualitative and quantitative research, give an overview of historical trends, and present ideas from various cultures). I had high hopes for this book, since Sally Fallon was once again listed as an author, but after reading this book perhaps I should search for more from Mary Enig (the co-author of NT, but not on this book).Perhaps the first sign that this book would be a let down were the typos throughout the pages (such as "hunbands" for husbands p 211, "sores" for scores p 104). The carelessness of the authors was reflected in the poor quality of the content and its presentation. This book lacked a coherent voice, and others have noted the contradictory statements found throughout its pages. There are myriad sections without references. At other times the authors reference secondary sources (in discussing toilet training they note that "Pediatrician Lindy Woodard believes that a child can and should be trained by thirty months; in her professional experience, children who are trained at an older age have more problems learning to use the toilet." p. 168). Often the subject of a section would lack focus and context, such as p. 209 where the authors talk about "soul disorders" in reference to mental health. One assumes they are referencing the work of someone else, but it isn't cited or put into context. This leaves the reader to wonder why the authors would consider if "wisdom teeth extraction impacts our souls."Some of the child rearing advice was unexpected: p.

The *Nourishing Traditions Book of Baby and Child Care* is about using traditional nutritional wisdom to raise your child in a healthy way. The book contrasts conventional belief systems about pregnancy and feeding children vs. giving babies and children a more traditional diet based on plenty of grass-fed animal fats and proteins. Most readers are probably picking up this book because they are familiar with Sally Fallon Morrell's popular cookbook, *Nourishing Traditions*. If you are not familiar with that book, Paleo diets, or the work of the Weston Price Foundation, then be prepared to have your dietary and health belief systems turned upside down. For those familiar with the work of

the Weston Price Foundation, you will find this book to be an extremely thorough explanation of using real foods, tying together many important topics about how to have a very healthy child. Here is a careful summary of the exciting contents of the book: Introduction The introduction takes a look at how we have gotten to where we are today in relation to conventional thinking about feeding children. Ms. Morrell points to Dr. Spock's Common Sense Book to Baby and Child Care published in 1946, which sold a staggering 50 million copies and effected a dramatic and negative change in how we feed our children. Dr. Spock promoted infant formula over raw grass-fed milk, grains over meat and fat, fruit and sugar water. This contradicts the eminent work of Dr. Weston Price. The summary of Dr. Price's epic anthropological survey of indigenous cultures is that each culture around the world has traditionally valued their respective sources of fat-soluble vitamins--which primarily come from animal fats, raw dairy and organ meats.

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