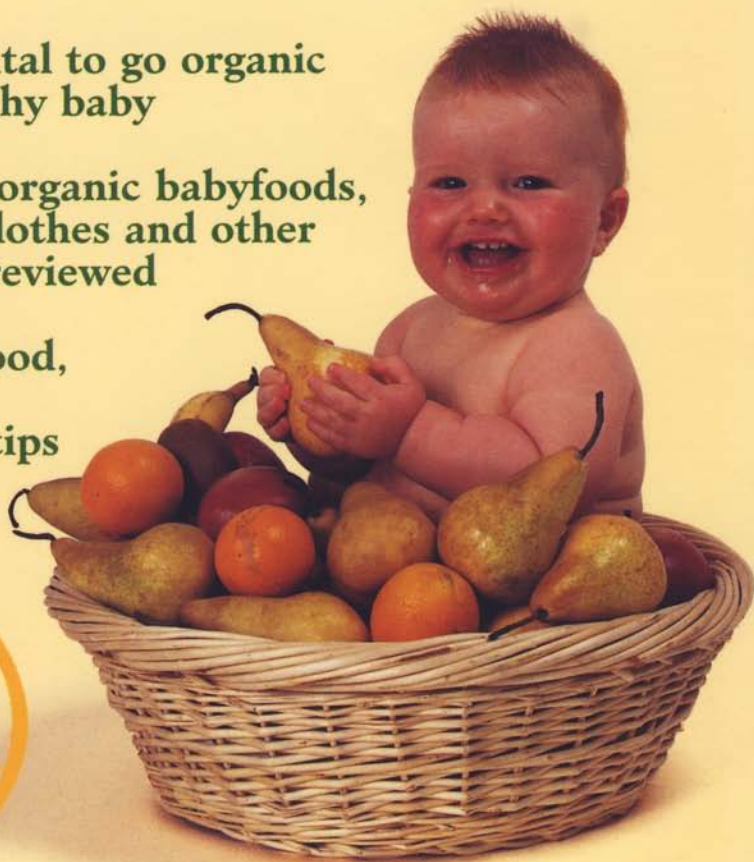


The Organic Baby Book

How to plan and raise a healthy child

- Why it's vital to go organic for a healthy baby
- Over 600 organic babyfoods, nappies, clothes and other products reviewed
- Organic food, health & nutrition tips



Tanyia Maxted-Frost

£7.95

HEALTH / NUTRITION / PARENTING

The Organic Baby Book is the first popular guide to the benefits of an organic and GM-free wholefood diet for conceiving and raising a healthy child, and the first to review all organic products now available for your baby, for pregnant and breastfeeding mothers, and for young families.

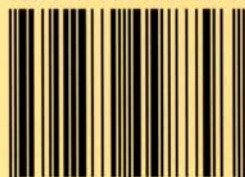
The book also features:

- organic health and nutrition tips from organic mothers and leading nutritionists
- advice from the experts, including Patrick Holford, Leslie Kenton and Dr Sarah Brewer
- a guide to organic parenthood
- the world-renowned Foresight preconception programme which, using organic diets, has reversed infertility, eliminated miscarriages, malformations and infant deaths for thousands of couples
- the experiences of parents who have gone organic and reaped the rewards
- how to 'green' your home for your new baby
- the vaccination versus healthy immune system debate



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ISBN 1-870098-79-X



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Dr Gillian McKeith's Living Food Energy

This new milled 'sprouted superfood' supplement contains organically grown sprouted millet and quinoa, essential fatty acids from flax, sunflower seeds, nori seaweed, wild blue green algae, herbs and grasses such as alfalfa and barley, and herbs such as stevia and aloe vera. Available from leading independent healthfood stores from £19.99.

Herbal Elixir

A liquid herbal food supplement from The Green People Company* (their products are all recommended by Leslie Kenton): a blend of sixteen organically grown cold-pressed herbal juices to boost your immune system and help absorption of nutrients. A 150ml bottle costs £19.95, and is available from independent healthfood stores or direct from The Green People* on 01444 401444. It is not recommended that you start taking it during the first three months of pregnancy (i.e. start before, or after): a half dose is recommended initially, building up to a full dose after two weeks. The Green People recommend to start using prior to conception as part of a restorative diet—they claim it has been useful with infertility problems.

Klamath Blue Green Algae

This organic food supplement is claimed to be one of the most nutrient dense wholefood supplements, based on the algae harvested from Klamath Lake in Oregon and with plant source enzymes. Prices start at £16.90 for 60 vegicaps or tablets, and you can get trial packs (3 for £5.40), protein drinks, seasonings, tinctures with herbs and powder mixes. It is available in leading healthfood stores, or by mail order from The Really Healthy Company (phone 0208 780 5200: P&p is £1.50 for orders under £35 and £2.50 for orders less than £80). Visit their website at <www.healthy.co.uk>.

Northern Edge Organic Milled Flaxseed

Canadian organic milled flaxseed, rich in amino acids and Omega 3, is now available in vacuum-packed resealable bags. Once opened, the flaxseed has a 45-day life, and is enough for a 30-day supply. It costs £9.99 plus p&p from Northern Edge (phone 0208 636 9980).

Now Foods—Organic Wheat Grass

A 500mg pack of 100 tablets costs £6.95, and there are other sizes available in leading healthfood stores.

ProGreens

With advanced probiotic formula, this supplement has been a favourite with nutritionists for some time. It is dairy-free, and contains green organic gluten-free grasses (including wheatgrass juice), blue-green and sea algae, herbs and 'superfoods' such as wheat sprout powder, beet juice powder, royal jelly and bee pollen. It's available in capsules (180 for £24.95) or powder (8.75 oz for £41) from The Nutri Centre (0207 436 5122).

Pure Synergy

Called The Ultimate Superfood Formula, it is a blend of over 60 organic and

wildcrafted superfoods from the US including algae, green juices, freeze-dried herbs, therapeutic mushrooms and much more. Created by Mitchell May after fifteen years' research, it costs £34.50 for 5oz or £67.50 for 12.5oz. Available from leading independent healthfood stores and Xynergy Health Products' Catalogue 2000*.

Seagreens

Organic seaweed harvested off Norway is available in vegetarian capsules. Seaweed has all the basic nutrients for life in extremely absorbable form, including daily iodine requirement (especially important for vegans). Wild Seaweed Food Capsules are available in healthfood stores: 60 capsules cost £9.99 (two a day), or try Everyday Food Capsules from Waitrose supermarkets and Holland and Barrett healthfood stores which cost £6.75 for 30 capsules (one a day). Up to three of the Wild Seaweed capsules can be taken by adults daily, and in addition to pre-natal or other vitamins & minerals, and the contents can even be sprinkled on to infant's weaning foods from six to eight months. For nutritional or product information phone 0207 723 5968, and to order (p&ap included in price) phone Oceans of Goodness on 01444 400403 or Clearspring Direct* (the owner of which has practically raised his family on seaweed) on 0208 746 0152. Other Seagreens products include Seaweed Table Condiment and Seaweed Culinary Ingredient for grinding and sprinkling on food.

Spectrum Essentials—Organic oils

Vegetarian Omega 3 cold-pressed Organic Flax Oil, Organic High Lignan Flax Oil, and Organic Essential Max (an essential fatty acid blend) are available from Clearspring Direct*, or in leading independent healthfood stores. Prices start from £6.49 for a 237ml bottle of flax oil. Phone 0208 746 0152 (minimum order £25 for free delivery).

Spirulina

Certified organic spirulina powder from MicOrganics in 90g powder costs £14.95, or 100 tablets cost £9.95. Available at leading healthfood stores, or phone 0208 987 8640 for stockists. Other brands of spirulina products include Earthrise (certified pesticide-free; phone 02392 755660) and LifeStream (01730 813 642).

Sweet Wheat

Freeze dried organic wheatgrass juice powder from the US is available from Xynergy Health Products' Catalogue 2000*. It's ideal for detoxifying, energizing, nourishing and boosting the immune system (ideal during pre-conception), and can be useful for treating eczema and burns because of its high chlorophyll content. It dissolves easily in liquid, and can be given to infants in small daily amounts from weaning. Call 01730 813 642 to order, or look for it in your local healthfood shop. It costs from £6.95 for 3.75g—10 days' supply for an adult.

Superfood

Imported from the US, this formula by Dr Richard Schulze is reported to be good for pre-conception, pregnancy, lactation, and for children. It contains Spirulina Blue Green Algae, Chlorella, Purple Dulse Seaweed, Beetroot, Spinach Leaf,