



# **The Organic Nanny's Guide to Raising Healthy Kids: How to Create a Natural Diet and Lifestyle for Your Child**

*Barbara Rodriguez*

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Who needs a spoonful of sugar to make the medicine go down when professional nanny Barbara Rodriguez has tips to make the medicine go away? In ***The Organic Nanny's Guide to Raising Healthy Kids, Rodriguez shows parents some simple lifestyle changes that can help them dramatically improve the well-being of their children.***

As a nanny, Rodriguez has seen some disturbing trends—toxic foods, childhood obesity, insomnia, and a lack of communication between parents and children. Her advice? Nutritious food and natural remedies to resolve chronic health and behavior issues. ***The Organic Nanny's Guide to Raising Healthy Kids*** will help parents put their children on a more natural track and give them a childhood to remember.



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