



Baby Steps to Better Health: A Guided Journey in Healthier Eating

Julia Jones MA, Lisa Jones Bromfield RN

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Better nutrition is a goal for many people. This book provides sensible, achievable steps that guide families or individuals in the transition to a healthier diet. The authors are 2 sisters who, using their experience as a nurse and a teacher, guided their own families to accept a real food diet. The results they saw in improved health, weight management and behavior, along with the delicious recipes they created (and include in the book) have helped make the changes both welcome and permanent. Humor, encouragement, economy and common sense carry the reader through reflections and actions for sustainable change, one baby step at a time.



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