



GREEN UP YOUR BABY: Your Beginner's Guide to Healthy Eco-Friendly Living For New Parents + FREE SIRT FOOD recipe book (GREEN UP YOUR LIFE 5)

Pilar Bueno, Lucy Bond

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Pregnant or have a small child?

Considering having one and want to prepare your body for it?

Worried about how to:

- **Do the best and most natural things for your baby?**
- Keep them as pure and untainted by chemicals?
- Protect the environment and the planet for your child's future?

If so and you are looking at ways to introduce green, natural and eco friendly habits and practices in your life, this is the book that will start you up on the Green path to a Healthier Life for you and your baby.

This book will:

- Explain how to detoxify yourself, get your body ready & increase your chances of conceiving
- Help you get your nursery ready & free of toxic chemicals for the arrival of your baby
- Guide you to carefully choose what products you use to care for your child
- Show you practical tips and “recipes” for making your own healthier replacements for the standard chemical- laden products you find on supermarket shelves.

- Explain your green and reusable options when it comes to nappies and other baby products
- Lead you through ways to make good decisions for your baby, such as breastfeeding, weaning and even nappy laundry!

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