

# **Download Real Food For Mother And Baby The Fertility Diet Eating For Two And Baby S First Foods**

Cod Liver Oil to supply 20,000 IU vitamin A and 2000 IU vitamin D per day, which is provided by 2 teaspoons high vitamin cod liver oil (Green Pasture brand).. 1 quart (or 32 ounces) whole milk daily, preferably raw and from pasture-fed cows (learn more about raw milk on our website A Campaign for Real Milk,. 4 tablespoons butter daily, preferably from pasture-fed cows

Want a beautiful baby? In this in-depth, 12 class e-course, you'll learn how your diet impacts every facet of your birth experience. Each lesson is packed with hours of video, a downloadable workbook, fascinating supplemental reading materials, and more -- all of it geared toward teaching you how to:

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