



The New Breastfeeding Diet Plan

Robert Rountree, Melissa Block

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Nourish yourself. Nourish your baby.

You may already know the many benefits of nursing your baby, but did you know that the quality of your breast milk is powerfully affected by the foods you eat? Be confident your child is getting what he or she needs to be strong and healthy with help from this unique program.

The New Breastfeeding Diet Plan tells you exactly what to eat and drink in order to keep your breast milk free of contaminants and toxins. Its simple meal plans and recipes make it easy for you to give your baby a healthy start.

The New Breastfeeding Diet Plan shows you how you can:

- Help your baby's physical and cognitive development by adding specific nutrients to your diet
- Reduce toxin levels in your breast milk to provide your child with *lifelong protection* against heart disease, allergies, diabetes, asthma, and cancer
- Give your child the gift of healthful eating habits to last a lifetime

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