



Healthy, Happy Baby: The essential guide to raising a toxin-free baby

Pat Thomas

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Healthy, Happy Baby: The essential guide to raising a toxin-free baby Pat Thomas

The greatest gift parents can give their children is good health, but babies and small children are uniquely vulnerable to environmental pollution. In this practical and wide-ranging book, *Ecologist* editor Pat Thomas gives every parent the information they need to reduce the level of toxins and unnecessary chemicals that their baby is exposed to – from conception through to birth and beyond. The book covers everything today's well-informed parents are concerned about – from the importance of a healthy diet and cutting down on toxic toiletries in pregnancy to advice on reading the label on baby products and finding and choosing alternatives to plastic toys.

In this fascinating, topical and sometime shocking book, Pat Thomas lifts the lid on the advice, guidelines and products all parents are advised to follow or use on their babies and provides practical, easy suggestions and tips and advice on realistic alternatives. She discusses the health risks of exposure to toxins in the womb and after your baby is born and tells us how we can all make changes to our lifestyle and reduce the risk for ourselves and our children.

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