

Foreword

This book is well overdue and so needed in the greater community.

What you will learn in this book will shine a light on how you can make a world of difference in your baby's life. That, in itself, is monumentally important. What's more, it has the potential to change the future.

The choices that you make today will affect your baby's entire life! It's your decision. No longer can we rely on authorities to protect us; we need to protect ourselves and also our children. We must take responsibility.

In this book, you will read about the importance of every mother looking after herself. You'll read about controversial issues of breastfeeding, vaccines and the hidden dangers of simply painting a baby's room.

As practitioners and researchers, what keeps us all going are the positive results that we achieve and the information that we share along the way. This can be seen as an investment in the future. By supplying the body a toxin-free environment and choosing a healthy lifestyle, you can ward away the dreaded ailments that can linger through a lifetime of pain. Be prepared to welcome a life of fullness and health for you and your precious baby.

Hayley Wallace is one of today's leading stars in preventing ill health.

I have known Hayley for a number of years now and I am certain that, with her range of knowledge, compassion and experience in so many different fields, she will inspire you.

Infant Health

I started researching in the health field 28 years ago, when there was no Internet, just books. To me, double- and triple-checking information is a service to every reader. And Hayley upholds the same standard.

As Hayley will explain, by eating fresh, locally grown, chemical-free foods and taking high quality supplements along with using toxin-free personal care products, you can give your body the chance to have a long and healthy life, body and soul. Being deficient of one mineral or vitamin can lead to many ailments. I believe that if the body is given the correct nutritionals in the appropriate doses and combinations then the body will heal itself in over 90% of people.

If we do not eliminate the toxins (including EMFs) from our environment now, we will pass on problems to our children and their children in the future. It's all too easy to grab a quick pill from the chemist when what we really need is to investigate the cause of the problem. Many of these pills just make another ailment appear. And on it goes. It wasn't all that long ago that we rarely saw a person who had a neurological or behavioural problem. Now, unfortunately we all know someone who has one!

Anyone who has heard me speak publicly will know that I choke up when I talk about the children who have certain lifetime ailments that could have been avoided if the proper information had been given to the parents. I feel it is our duty to share all of what we know about raising healthy children, and it's the holistic approach to well-being captured in this book that impresses me so much.

We all have to endeavour to prevent the ever-increasing ailments that are currently facing us.

I know that I will be able to give this book to anyone who is considering becoming or is already pregnant, so that she will have the correct information in her hands. After reading this book there

is no reason that you cannot pass this information on to a friend, family member or neighbour and, in doing so, help change a life.

The information herein will help the children of the future to be born strong and healthy, and go forward in their lives to make great changes on the planet.

Best wishes,
Ross Harty, HH Dip. (C.N.C)