

Where To Download The Happy Pear Healthy
Easy Delicious Food To Change Your Life

The Happy Pear Healthy Easy Delicious Food To Change Your Life

The Happy Pear Healthy, Easy, Delicious Food to
Change Your Life Penguin UK

There's a healthy way to make your favorite fried foods without the grease, mess and fatty calories. This healthy way is using the air fryer. With the air fryer, foods are not only healthier, but are noticeably crispier, crunchier and amazingly delicious. This wonderful kitchen appliance requires little or no cooking oil and yet produces the best result. It is not only super-efficient, but fast, incredibly easy to use and downright convenient. Cook a variety of healthy meals in your air fryer. Enjoy your 'fry' treats, such as crispy wantons and French fries. Take pleasure in your curries and casseroles. Roast meat dishes in minutes. Grill flavorful vegetable dishes. Bake cakes, muffins, potatoes and more. The air fryer delivers optimum result, without compromising on taste and flavor. There are over a hundred mouth-watering recipes in this book and they are categorized into breakfast, poultry, beef, lamb and pork main dishes as well as seafood, vegetables, sides, appetizers, snacks and desserts. There is no dull moment, reading and cooking. Everything is an absolute delight!

"Baby Bowl is the new baby food bible! A collection of simple, nutritious recipes and wisdom from Kim McCosker, author of the mega-selling 4 Ingredients series. Where do you start when introducing your baby to

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solids? Kim McCosker has drawn on advice from mothers and grandmothers worldwide to produce the definitive guide for parents who want to ease their children through the transition from milk to solid foods. Covering a smorgasbord of delicious, healthy meals and snacks for your baby, all recipes are easy to follow and use only the freshest ingredients. *Fast preparation, easy cooking *Essential advice on nutritional value *Tips on whether to freeze, cooking times, and how to serve *Menu planners *Gluten free, dairy free recipes With three boys of her own, Kim has ensured that these recipes will provide the love and nourishment needed for a lifetime of good eating habits"--

The book will tell how Danni came to slow cookers and explain how a slow cooker can be a brilliant adjunct to those choosing a healthier diet without losing anything on taste. Also, how slow cooking is brilliant for saving money, for batch cooking and for making the base of so many other recipes. The 100 recipes indicate cooking times so that the reader can select recipes according to how long they will be out of the house or when they will be wanting to eat the meal. All recipes will be triple tested.

The No 1 bestselling cookery book in Ireland - for two years running! 'These lovely boys always create incredibly tasty food.' Jamie Oliver Let's face it: while we want to eat more fruit and veg and things we know are good for us, we sometimes fall short because we're not sure how to turn all that great produce into great food. Well, welcome to the Happy Pear way of eating - healthy but never worthy, easy but never dull, and packed with

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mind-blowing flavour, exciting texture and vibrant colour. The Happy Pear opened ten years ago when twins David and Stephen Flynn, passionate about starting a food revolution in their home town, took over their local fruit and veg shop and later opened a café. Their revolution has not only succeeded, but it is spreading, and The Happy Pear's fans range from young parents to pensioners, ladies-who-lunch to teens-on-the-run, hipsters to Hollywood stars. David and Stephen's first cookbook is full of irresistible recipes for everything from everyday breakfasts, lunches and dinners, to scrumptious - and yes, still wholesome! - cakes and sweet treats, to special occasion splurges. David and Stephen also tell their story (how they transformed from jocks to hippies before finally finding their groove), share their top tips for maximizing taste and goodness in food, and explain how they've succeeded in building a food business based on flavour, health and community. 'The poster boys for a healthy way of life' Sunday Times 'Proper good food ... hearty, decent and delicious' Russell Brand 'I love The Happy Pear ... genuinely good food that brings healthy eating in from the cold' Irish Times 'My favourite [vegetarian cookbook] ... packed with recipes, health advice and inspirational stories.' Huffington Post 'A beautifully presented book with mouthwatering photography' Woman's Way 'A healthy eating phenomenon' Mail on Sunday 'These Irish twins are on a roll' Time Out '[They] couldn't look healthier or happier ... the poster boys for vegetarianism in Ireland' The Times

In this day and age, children and young adults need

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every advantage they can get from their education. At Eldorado Ink, we strive to establish our company as an exciting resource for nonfiction reference materials for sixth grade and beyond.

Gluten Free 101 101 Gluten Free Recipes - Easy, Healthy, and Delicious Gluten Free Cookbook For All Occasions

Gluten Free 101 will be your best friend as you alter your diet to eliminate gluten. Gluten free cooking can seem intimidating, especially when you first make the switch, but this collection of 101 gluten free recipes will ease the transition and help you cook with confidence again. Whether your health demands it or your health-consciousness is leading you to a diet free of gluten, this versatile collection of delicious gluten free recipes can jump-start your new approach to food! Are you facing the double whammy of cooking without both gluten and dairy ingredients? Gluten Free 101 - 101 Gluten Free Recipes is one of the most dairy-free-friendly cookbooks you'll find, too! You can breathe a sigh of relief, open the cookbook to any recipe, and find help for both intolerances. Dishes that call for milk or cheese products list comparable non-dairy alternatives right beside the off-limits items, helping you to easily make substitutions. Changes You Don't Have to Make There are no mysterious new cooking methods to learn, no complicated or expensive kitchen equipment to buy and struggle to master. Use the techniques you already know – baking, pan-frying, grilling, simmering, sautéing, microwaving, slow cooking – to create mouth-watering morsels of healthy gluten free food! Choices! Choices! Choices! From your morning meal to a midnight snack, Gluten Free 101 - 101 Gluten Free Recipes offers you delicious detours from your old gluten-contaminated recipes. Explore these categories to find your family's new favorites: • Gluten Free Breakfasts • Gluten Free Lunches • Gluten Free

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Dinners • Vegetarian Dishes • Gluten Free Snacks • Gluten Free Desserts and Fruits Gluten Free 101 Are you hungry for pancakes? Which kind? There are 5 recipes to choose from! Or maybe one of the 4 muffin recipes is the morning food for you. Stir up some healthy, homemade muesli, create a breakfast burrito or blend a refreshing smoothie to start your day right. All you need to know to prepare these recipes and more is in the breakfast section of Gluten Free 101 - 101 Gluten Free Recipes. With the modifications already built into these gluten free recipes, you can enjoy lunch and dinner favorites like “Spaghetti and Meatballs,” “Chili,” “Baked Beans,” “Herbed Chicken,” and “Fish and Chips.” There are 40 meal-making main dishes to choose from! The special section of gluten free vegetarian dishes offers taste-tempting titles like “Vegetarian Chili” and “Broccoli and Lemon Sauce.” Fill your kitchen with the aroma of “Roasted Vegetables,” “Creamed Corn,” or “Zippy Taco Salad.” Discover the deliciousness of vegetable-based dishes for “Meatless Tuesday” or every day. Snacks and Desserts? Covered! Reading ingredient labels is a disappointing eye opener on the snack aisle! Gluten (and dairy) show up in unexpected places, knocking many of your favorite munchies out of your safety zone. "Gluten Free 101 Gluten Free Recipes" makes it possible for you to reach into a big bowl of completely “legal” rice crisps, crackers (3 kinds), cheese sticks, flavored nuts and more! And are you dying for dessert? Gluten free (and dairy-free) treats can be a challenge, but "Gluten Free 101 101 Gluten Free Recipes meets it head on with “Banana and Pineapple Flambé,” “Baked Apple and Pear Crisp,” “Glazed Strawberry Pie,” and 8 other mouth-watering, sweet-tooth-satisfying choices. You’ll have a kitchenful of happy diners digging into these desserts! Gluten Free 101 Going gluten free can look like a pretty big mountain to climb at first, but this gluten free recipe

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resource is ready to help you do it!

With their energy, imagination and delight in sharing their vision the authors have made vegetables sexy. In this cookbook, they share how the Happy Pear vision has spread out from their restaurant and how they in turn are constantly inspired by their multinational team. It is full of delicious, healthy and original recipes for all the family.

Healthy, imaginative, delicious, and well-balanced recipes from the kitchens of Grammy-Award-winning artist, Olivia Newton-John.

This is the one-stop food manual for parents. With just a few simple rules to follow, any parent, no matter how busy and stressed they may be, can provide healthy food for their family day after day, and have more time left over, not less. Healthy Family, Happy Family shows you how to cook quick and delicious meals. You also prepare many of them in bulk so you don't have to cook every night. It also teaches you how to 'market' healthy food to fussy kids so that they choose vegies over KFC! The book includes over 100 recipes as well as weekly menus and detailed shopping lists. These are the keys to saving time and money. Specialised recipes cover lunchbox options, vegetarians and vegans, gluten-free, parties and picnics.

EBONY is the flagship magazine of Johnson Publishing. Founded in 1945 by John H. Johnson, it still maintains the highest global circulation of any African American-focused magazine.

From the Sunday Times bestselling authors, The Happy Pear 'My go-to for incredible vegan recipes' Joe Wicks 'Awesome plans that show how plant-based food can transform your health' BOSH!

Want to improve your health, lose weight or gain more energy? A plant-based diet might be the answer you're

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looking for. The Happy Health Plan brings you 90 brand new, mouth-watering recipes and four bespoke meals straight from the Happy Pear kitchen. The recipes have been specially designed with medical experts to look after your heart, give you glowing skin, calm your gut and help you lose weight, without counting a single calorie. Cooking with more plants means that every meal is full of fibre, high in vitamins and low in saturated fat, which means they boost your energy, reduce cholesterol and keep you fuller for longer. Including lots of classic dishes, from a creamy carbonara to a katsu curry, a fluffy pancake stack and even a berry crumble, this book will help you to look after your whole body health, inside and out, with tastier food than ever before.

The Easy and Simple Way to Ensure Your Baby Gets Only The Best Foods, Everyday! If you want to learn how to create delicious, nutritious healthy baby meals that are simple to cook, cost effective and something your baby will love, then you want to read this book. As you're reading this, I know you want the best for your baby and that means that you want ensure that your baby gets only the best foods everyday, however with so many other things going on right now, it can be hard to find the time, money or energy to do so! With the Everyday Baby Food Cookbook this doesn't have to be the case! You'll learn how to create healthy, quick and simple meals that your baby will love and don't worry - It won't cost you an arm and a leg! However the Everyday Baby Food Cookbook is much more than just a cookbook. In this book, you'll also learn which foods to avoid before certain ages, The secret "superfoods" which every baby deserves and a simple 7 step system which will allow you to feed your baby homemade food everyday and much much more... As for the recipes, you'll find over 200 delicious, healthy and wholesome recipes designed to ensure your baby gets all the goodness it needs. Whatever your skill in kitchen is, this book is here to

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help! Here's a peek at some of the recipes you'll find inside The Everyday Baby Food Cookbook: 20 simple, healthy, starter recipes like my Bedtime Banana Oatmeal, Starry-eyed Banana Barley, Apply Oatmeal Fun, Banana-cado and Apple and Pear Delight - Your little one will love these! 19 delicious recipes designed for when your baby is between 6-8 months old. These include my special Amazing Apricot Puree, Pretty Plum Sauce, Cheeky Chicken, Turkey-tastic and Perfect Parsnip Puree. You might even want to tuck in to a few of these yourself! 47 tasty recipes for when your baby reaches 8-10 months old like my Wheat Germ and Mango Yogurt, Berries and Beets, Amazing Peaches and Cream and Oriental Coconut Chicken, Yummy! 32 delicious recipes that your baby can enjoy when they're between 8-10 months old. These include my Kicking Spicy Tomato Pasta, My First Mac and Cheese, Mediterranean Pasta Medley, Thoughtful Banana, Pear & Sweet Potato Tasty Turkey and Vegetable Soup...Delicious! Over 50 recipes for when your little one finally reaches the 1 year mark like my Noodle Beef Surprise, Red Pepper Lamb and Apricot Tagine, Salmon and Dill Pasta Easy Cream Cheese and Asparagus Pasta..Lovely! And much, much more.. (I haven't even told you about my delicious finger foods recipes, tasty treats and my quick and easy 30 sec meals...) Scroll up and click the "Buy" button now to ensure your baby gets only the delicious, nutritious and wholesome foods they deserve! Product tags: baby food cookbook, homemade baby food, baby food recipes, super baby food, make baby food, making baby food, how to make baby food, make your own baby food, baby food book, puree baby food, gourmet baby food cookbook

Consultant Gastroenterologist Dr Alan Desmond guides you through the revolutionary new findings on optimal gut health which show that eating a plant-based wholefood diet can dramatically improve your overall health. The book cuts

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through the confusion by clearly explaining the latest scientific research on healthy eating and gives you the practical skills you need to achieve a happier gut, body and mind. Packed with nutritious whole foods, the delicious recipes are completely plant-based, delivering the diversity of fibers, antioxidants and plant phytochemicals your gut microbiome needs to help you to thrive, inside and out. The comprehensive "28-Day Plant-based Diet Revolution" meal-plan provides you with the all the practical tips, shopping lists and recipes you'll need to embrace this new way of eating, put more plants on you plate and get on track for a happier gut and a healthier you.

Fast, flavorful recipes for a strong, healthy heart. Food is a critical driver of heart health, and this cookbook helps you take the wheel. The 30-Minute Heart Healthy Cookbook is full of simple, satisfying meals you can make for you and your family in 30 minutes or less. You don't have to sacrifice enjoyment to eat a low-sodium diet--the recipes in this heart healthy cookbook are full of flavor to keep you (and your heart) happy. Meal planning tips, a grocery shopping guide, and at-a-glance food charts make it easy to prepare nutritious meals. Many recipes call for just five ingredients, and all are designed for efficiency--so you can nourish yourself with delicious food from this heart healthy cookbook even when you're short on time or energy. The 30-Minute Heart Healthy Cookbook includes: For every diet--Vegetarian, vegan, DASH, and Mediterranean diets are all represented, with dishes like Pear and Pumpkin Seed Salad, Hearty Mashed Potatoes, Chili Salmon Sheet Pan Dinner, and Stovetop Apple Crisp. Nutritional info--Each recipe in this heart healthy cookbook lists key nutrients like sodium and fat, along with the amount of vitamin K and potassium per serving. Special guidance--Rest easy with dietary guidance for specific conditions: high cholesterol, high triglycerides, high blood

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pressure, diabetes, and pre-diabetes. Discover new recipes to love and use every day in the 30-Minute Heart Healthy Cookbook.

The Flavour-led Weaning Cookbook offers over 100 first-tastes recipes your baby will love. It will be your best-friend in the kitchen from day 1, guiding you every step of the way with expert and realistic advice, meal plans and recipes. Flavour-led weaning uses baby-friendly herbs and spice as safe, healthy and natural flavour-boosters. It will encourage your baby to love their food from their very first taste. It will show you how to bring a rainbow of colour to your baby's diet. And will ensure your baby gets all the nourishment they needs at every stage in their weaning journey. Flavour-led weaning works in harmony with spoon-led and baby-led weaning. This book includes meal plans for all the weaning stages, plus delicious recipes the whole family can enjoy together.

If you have decided you want to be vegan, where do you start? Or if you are an experienced cook how do you make plant-based meals that are delicious and full of variety? And if you are already vegan but looking for inspiration are there simple principles to help you come up with your own dishes?

The Happy Pear - The Essentials of Vegan Cooking for Everyone is the answer to your questions. David and Stephen Flynn understand that the idea of vegan cooking can be daunting. But after twenty years of plant-based cooking, they have developed an encyclopaedic knowledge of how it works and how to make it simple, creative and totally irresistible.

Dave and Steve's new book distils all their knowledge into ten chapters that are full of master recipes, step-by-step guides, fun variations and top tips, and an approach to plant-based eating that will inspire you to become the best cook of vegan food you can possibly be.

“A wonderful resource for making baby food at home . . . the recipes are packed with nutrient-rich superfoods that are easy

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to find at the grocery store.” —Momtastic Give your baby and toddler the best start in life by feeding them healthy whole foods in easy-to-prepare recipes created by Shazi Visram—the founder and CEO of Happy Family Organics, one of the fastest-growing organic food companies in the US—and Cricket Azima, founder and CEO of The Creative Kitchen and celebrated chef. With more than seventy easy-to-prepare recipes made with all-natural ingredients, The Happy Family Organic Superfoods Cookbook offers a fresh, nutritious, and accessible approach—and Shazi’s enlightened nutrition philosophy—to feeding children from four months to three years. Recipes for babies (four–twelve months)—From single to multi-ingredient vegetable and fruit purees—including Happy Family’s bestselling spinach, mango & pear recipe—to recipes with quinoa, chia, and kale, Shazi’s and Cricket’s superfood recipes will nourish and please every kind of baby. Recipes for toddlers (one–three years)—Meals include avocado & chicken whole wheat pizza; 3 bean farro risotto; and baked salmon with peas & rice balls. Toddlers will love tasty snacks like strawberry-beet pudding with coconut milk and chia; avocado, melon & mint smoothies; banana, chocolate chip & quinoa muffins; and grilled nut-butter sandwiches with smashed berries. “Featuring 70 easy-to-follow recipes, the cookbook is the perfect companion to help you introduce your little ones to new flavors and textures before taste preferences set in and while they’re still willing to be adventurous. The coconut milk salmon with cauliflower and spinach and sweet potato and raisin pancakes were big hits in our home.” —Chicago Parent

Though they have written two No 1 bestselling vegetarian cookbooks, David and Stephen Flynn, the twins behind the Happy Pear cafes and food business, know it can be challenging to juggle everything and still feel inspired. And being busy dads themselves they also know the pressure of

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getting delicious healthy meals on the table every day. So Recipes for Happiness is very close to their hearts. And it does what it says on the cover - it is crammed with recipes to make you happier including . . . - a tonne of economical easy dinners that can be rustled up in 15 minutes (chickpea tikka masala, Thai golden curry, one-pot creamy mushroom pasta) - clever meat-free alternatives to popular favourites (burgers, hotdogs, nuggets, kebabs) - and lots of irresistible treats (summer fruit Bakewell tart, double choc brownie cake) As well as over 100 recipes, there is also an inspirational section on living happier covering everything from rebooting your diet to learning how to manage your head. For nearly 15 years David and Stephen's mantra has been 'Eat More Veg!'. They have seen fads come and go and they know that what works - for themselves, their families and the thousands of people who eat the Happy Pear way. With Recipes for Happiness as your guide you too will be well on the way to making your life healthier and happier!

Curious about how a plant-based diet can positively transform your health and wellbeing? Eager to take your first steps towards plant-based health and happiness? But unsure how or where to start? With over ten years of experience supporting people from all over the world on the best methods for adopting a plant-based diet, you can rely on David and Stephen to equip you with the tools, advice and recipes you need to boost your whole body health and catalyse positive changes within your life. The Happy Health Plan is packed with over 80 delicious, easy-to-make recipes from breakfast options like hearty healthy banoffee overnight oats, smoothie bowls and gut healthy granola, to tasty dinners like Bombay sweet potato curry, creamy roasted red pepper pasta and humble lentil stew. Alongside their happy heart, skin and shape club recipes, the Happy Pears also provide expert advice on when to eat, successful meal

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planning, improving your gut health, and how to sleep better. By following their tried and tested advice, this book will leave you feeling energised with a practical step-by-step plan to enhance your whole body health and happiness.

Simplified Chinese edition of The Salt Fix

Does your kid love fruits and vegetables? If yes, then this coloring book is perfect for your kid. Your little munchkin will be thrilled with this fun-packed Vegetables And Fruits Coloring Book. This coloring book is perfect for toddlers, kids and teens of all ages who want to create the perfect nature world full of cute, yummy vegetables and fruits! Fun filled activities such as coloring will improve your child's pencil grip as well as help them to relax their mood, increase their creativity and develop their imagination. Your child would like to fill the coloring pages with bright colors and then they can pin up the best coloring pages in their rooms. This book has unique pages filled with fun vegetables and fruit scenes and no duplicates. Open next page and get surprised with a new adventure. This book also has strong paper that makes it easy to draw right in the book so your child doesn't have to worry about anything! Why you will love this book: - Relaxing coloring pages: Every page will help your child to relax and enjoy so that all his responsibilities will fade away. - Beautiful illustrations: We've included images for your children to express their creativity and make masterpieces. - Single-sided pages: The pages are single-sided to prevent bleed-through so that pages can be removed and displayed without losing an image on the back. - Great for kids of all ages: Your child can color every page however he wants and there is no wrong way to color. - Large coloring book: This book has large 8.5x11 size so that your child can fully be creative without getting bound in less space. - Makes a wonderful gift: Know someone who loves vegetables and fruits? Make them smile by getting them this book as a wonderful birthday gift or

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just simply to make them happy. You could even color together! We hope you will enjoy our coloring book! Book Dimensions: 8.5x11 Number of Pages: 96

Prior to 1862, when the Department of Agriculture was established, the report on agriculture was prepared and published by the Commissioner of Patents, and forms volume or part of volume, of his annual reports, the first being that of 1840. Cf. Checklist of public documents ... Washington, 1895, p. 148.

Discover this evergreen destination with the most incisive and entertaining guidebook on the market. Whether you plan to ride the length of the wonderful Wild Atlantic Way, take a foodie tour of the southwest or discover a city reborn in Belfast, The Rough Guide to Ireland will show you the ideal places to sleep, eat, drink, shop and visit along the way. - Independent, trusted reviews written with Rough Guides' trademark blend of humour, honesty and insight, to help you get the most out of your visit, with options to suit every budget. - Full-colour maps throughout- navigate the backstreets of Dublin's Temple Bar or Derry's famous city walls without needing to get online. - Stunning images - a rich collection of inspiring colour photography. - Things not to miss - Rough Guides' rundown of Ireland's best sights and experiences. - Itineraries- carefully planned routes to help you organize your trip. - Detailed regional coverage- whether off the beaten track or in more mainstream tourist destinations, this travel guide has in-depth practical advice for every step of the way. Areas covered (all Ireland's counties) include: Dublin; the Midlands; Cavan; Mayo; Galway; Clare; Limerick; Kerry; Cork; Kilkenny; Kildare; Meath; Belfast; Antrim and Derry. Attractions include: The Giant's Causeway; Dublin's Trinity College; Titanic Belfast; the Wild Atlantic Way; Bruna Boinne; Skellig Michael; Kylemore Abbey; Bantry House; the Burren and Croagh Patrick. -Basics- essential pre-departure

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practical information including getting there, local transport, accommodation, food and drink, health, festivals, sports and outdoor activities, culture and etiquette, the media and more. -Background information - a Contexts chapter devoted to history, traditional music and literature, plus a handy language section and glossary. Make the Most of Your Time on Earth with The Rough Guide to Ireland.

This essential collection of best-ever purees by British TV personality and children's nutrition expert Annabel Karmel features 100 quick and easy recipes that will make for a healthy and happy baby—all the recipes are suitable for babies aged six months and above, and are so tasty you will want to eat them yourself! Babies grow more rapidly in their first year than at any other time in their lives, so how you feed your newborn will be one of the most important decisions you make for your new baby. Making your own baby food is not only more economical than buying commercial brands, it also assures that your child consumes only the freshest, top-quality ingredients. British television personality and children's nutrition expert Annabel Karmel's essential collection of best-ever purees grants new parents their wish: one hundred quick and easy recipes that will make for a healthy and happy baby. From first tastes and weaning, right through to meals for older babies, all the recipes are suitable for children aged six months and older. And with all these fruit and vegetable favorites, and innovative fish, meat, and chicken purees, the dishes are so tasty you will want

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to eat them yourself! In addition to easy and delicious recipes, Top 100 Baby Purees also includes information on: -Weaning your baby and transitioning to solid foods -Food allergies -Time-saving food preparation tips -Freezing and reheating your homemade baby food -Tricks on finding the hidden nutrition in everyday foods Featuring a preface by Dr. Michel Cohen, New York pediatrician and author of The New Basics: A-to-Z Baby & Child Care for the Modern Parent

Learning and teaching is the only way to make menstruation taboo free so we came up with this creative idea of writing a kids and teenager friendly book that will bring awareness in young girls who are just taking their steps into puberty or already reached an age where they should be knowing all facts about Periods & Menstrual Hygiene. Comic books visually display narration and create more impact on young minds, it remains etched in one's memory for a longer time. We all remember comic books and story books we read in childhood and their teachings. This book is an attempt to break cycle of myths and misconceptions related to menstruation. This book is an effort to explain our young girls in a creative way about the biology of their bodies, what periods are, why it happens and how it's completely natural, important and healthy process and most importantly it will explain why period is completely normal and it should not affect

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their day today life and they can do all the activities and should not feel restrained. It allows girls to be prepared for their first period. They usually get scared and are misinformed. Proper menstrual hygiene keeps girls in school. Educating girls and women about feminine hygiene and biology helps to bust myths and cultural superstitions.

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