

DIARY OF BABY DEVELOPMENT & NATURAL FOOD WISDOM

PURE BABY



GIVE A BEAUTIFUL
BEGINNING

ANNA FREEDMAN

"The perfect companion for new parents wanting the best for their baby."

Dr Carolyn Goh, BEng., MSc., PhD., MBBS, Author of *Baby Bowen, Stop Wheezing Start Breathing & Bowen for Pregnancy and Labour*

"The most recent, outstanding and updated natural and macrobiotic baby book you must read! The definitive support to secure health for your baby from the start."

Marijke De Coninck, Author of *Pure & Vegetarian*, Macrobiotic Teacher & Counselor

"Charming and practical. Takes the mystery out of cooking pure food. Babies are conscious from conception, their brains are patterned by their environment, and this includes the food we eat."

Kitty Hagenbach, co-founder of Babies Know with Dr Yehudi Gordon

"Reassuring and supportive and full of good, healthy advice. Highly recommended."

Michael Rossoff, L.Ac. Acupuncturist, Macrobiotic Teacher & Counselor

"A wonderful reminder of the moment to moment wonder that a new baby is. The foods are delicious and very beneficial. I will recommend *Pure Baby* to all my expectant mothers."

Ana Maria Lavin, MBAC., MRCHM., DipAc., LicCHM. Acupuncturist

“Valuable insights and gentle suggestions for mothers who are passionate about wholesome produce.”

Kate Shepherd, Midwife, National Childbirth Trust & Bump & Baby Club Teacher

“A truly fantastic insight into giving your baby the healthiest and brightest start in life. Full of wonderful ideas and tips to aid your little ones’ development and provide healthy and wholesome nutrition for you and baby.”

Karen Luna, Baby Sensory teacher

“*Pure Baby* embodies much wisdom and practical knowledge.”

Karen Mander, Hypnobirthing & Hypnofertility practitioner

“I have been inspired by the recipes and ideas for nourishing little ones and found the cookbook really useful, which I will return to often. So many mothers would benefit from the knowledge here!”

Rachel Lex, Midwife

“I’ll be trying out the recipes and am inspired to cook healthier meals.”

Grace Sabri, Sing And Sign Teacher

"I love *Pure Baby*. I felt with you as you journeyed through the first year. I wish *Pure Baby* had existed when I had my first baby and wanted ideas about a milk other than my own and a practical healthy route to weaning."

Helen Biscoe-Taylor, Psychotherapist and Parenting Coach

PURE BABY

GIVE A BEAUTIFUL BEGINNING

ANNA FREEDMAN

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You were born with potential.
You were born with goodness and trust.
You were born with ideals and dreams.
You were born with greatness.
You were born with wings.
You are not meant for crawling,
You have wings...
Learn to use them and fly.

Jalal Uddin Rumi

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INTRODUCTION

The words here recount a time of two lives closely intertwined, living together in the moment and travelling afar in our learning.

As I entered motherhood with a tiny newborn in my arms, I knew that our first year would be momentous and extraordinarily special. I began with recounting my birth tale. Later, I found myself scribing each month, charting our story.

Our story attracted a following. People were drawn to my words, touched by the honest beauty of a new baby and curious about my natural food weaning approach.

With baby, the world revealed itself afresh. I noticed birds and flowers, rain and sun again, as if for the first time. With baby, I watched in wonder at the essence of our people; of happiness and laughter, of friendliness and energy, of suppleness and health.

I wrote whilst I was immersed in the novelty of each month. I was eager to depict the rapid growth of baby and recall the joys and lows of nurturing a natural child.

Pure Baby is a synthesis of monthly baby development and natural food and health insight. I infuse baby-led parenting and gentle sleep solutions with mind-body and Eastern medicine, the latest brain science and my personal experience.

PURE BABY

I conclude each chapter with a *Pure Baby Pearl* of guidance and wisdom, pertinent to the month. These pearls give you a collection of essential natural tools to strengthen the constitution of your baby.

A host of delicious recipes are located in the *Pure Baby Cookbook*, following the text. The repertoire of vital, nutritious dishes will nourish your health in pregnancy and as a new mother, and establish your baby's appetite for pure food.

The recipes and menu diaries from *First Food* onwards form a progressive programme to introduce solids to your little one, paced with the development of baby's digestive system.

I invite you to enter the lives of baby and I. Whether you are drawn to cooking, or delight in eating. Whether you are expecting a baby, or are already a parent. Whether you touch the lives of children, or of grown-ups. May you reap treasures from our story and may the *Pure Baby Pearls* shine to you.

PURE FOOD

Before becoming a mother, my dedication to good, honest food served me very well. I was fortunate to enter pregnancy in full health, and weave through the trimesters. I arrived at the final months feeling energised and supple, thanks to yoga, the power of the pregnancy hormone, *relaxin* and my whole foods eating.

My high regard for pure food first prepared my body for pregnancy, and then nourished the growing foetus in the womb. After the birthday, natural cuisine manifested as nutritious milk for baby, and later, accompanied us on a vibrant weaning journey.

My approach with food has a macrobiotic style. For me, this means high quality, organic food, plenty of plants and vegetables, whole ingredients and full, natural flavours. No sugar, processed components or artificial elements. I mark the seasons and enjoy the changing produce. I feel good eating this way, energised and clear, healthy and alive.

I apply macrobiotics in my kitchen by considering the energy of food and the creation of a balanced wholesome meal. I play with the two ancient forces of *yin* and *yang* in order to feed myself and nourish my new family.

I harmonise the open, light and fresh quality of yin with the concentrated, more compact energy of yang. This synchrony makes for a yummy, satisfying meal, nourishing all organs of the body and supporting their functioning.

PURE BABY

I pay attention to the energy of foods I offer my baby. Her food welcomes new taste buds and motor skills, or induces calm pre-bed. Her meals uphold rapid growth and fuel her daily mastery of life.

This year, abundant cooking was overtaken by attending to baby, and relaxed conscious dining replaced by grabbing leftovers. The selfless nurturing of new life filled my days and nights.

Now it was about food fit for survival as a healthy mother, in between being grounded by nursing, summoned by baby's calls and playful games of peek-a-boo. Later in the year, food gained a new edge, as I nourished the constitution of the next generation, and weaning took flight with magic and delight.

PURE BABY PEARL MACROBIOTICS IN A NUTSHELL

Macrobiotic eating sounds mysterious. Allow me to remove the mystery.

Macrobiotics brings honest ingredients and delicious foods together with Eastern medical wisdom to expand health.

Macrobiotic eating embraces the following three facets:

PURE FOOD

1. Flavour Full

Macrobiotics uses a host of delicious, pure and unrefined foods bursting with natural flavours and seasonings. The flavours in the food foster a feeling of perfect fullness, and this mitigates against grazing and post meal cravings. I will demonstrate how playing with the five key flavours of salty, sour, sweet, bitter and pungent is one trick to facilitate yummy nourishment.

2. Healthy Balance

Macrobiotic food is super healthy. Processed food, high salt and sugar contents and artificial components are replaced by fresh, whole foods and nutrient rich ingredients. Macrobiotic eating promotes a balanced diet, with plenty of plant based foods across an array of whole grains, beans, seasonal vegetables and even vegetables from the sea. If you wish, fish and quality animal produce can also be enjoyed.

3. Energetic Impact

Macrobiotics considers the qualities of ingredients and the effect food has on the body. Have you noticed that some foods make you feel energised and others make you more lethargic?

PURE BABY

In oriental practices two energetic forces are present in every living thing. *Yin* is the feminine, upwards and opening energy, and *yang* is the male, downwards and contracting energy. The energetic properties of food can drive health and change mood, and also impact the vitality of body cells and organs.

Modern Macrobiotics

I regard macrobiotics as a powerful and integrated approach to life, which facilitates health, nourishment and vitality. Macrobiotics recognises each person's individuality and offers a bespoke and flexible eating style to anchor and expand health.

In *Pure Baby*, I distil my macrobiotic and natural food experience, and present vital information and guidance to give your baby a beautiful beginning.

PREGNANCY

THE FIRST

TRIMESTER

Tired Lethargy

New life has been building within me since the start of the year. I have watched the weeks wave and fall and a fresh sense of time has enveloped me. Time belongs to the innate natural cycles and beautiful timing carries life.

My approach has already changed. I relax, let go of anxieties, grow a mindfulness of my body and the tiny foetus I am carrying. I rest and lose my conscientious drive, overcome with this low, lethargic tiredness in months three and four.

Midnight Nibbles

My sense of smell heightens and nausea lodges in my throat. I no longer feel like nourishing myself and often refrain from cooking. Meals out, chips and sandwiches become necessary on several occasions. Mid night nibbles curb hunger in the quiet times.

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I summon the strength to continue without gross intervention to my pregnancy and concrete knowledge of my baby's health. I submit to successive ultrasound scans instead.

PURE BABY PEARL EATING FOR TWO

Slow & Small

Allow yourself to slow down, be lazy and have breakfast in bed. Give yourself rests and plenty of sleep opportunities. Eat small portions, regularly. Overeating diverts energy from the growing foetus to the digestive system instead.

Go Healthy

Stop sugar, alcohol and coffee. Go easy on tropical fruits and strong spices. Enjoy an array of different healthy food and reap the nutritious treasures from such a spectrum.

Morning Sickness

Rise slowly and have rice cakes handy. If you feel nauseous and can no longer enter the kitchen, perhaps someone can make you my delicious *Miso Minestrone* soup or a lovely pasta dish. Morning sickness and nausea generally subside post week thirteen.

PURE BABY MENU: MONTH 12+

FIRST OAT COOKIES

My recipe is gentle on baby's young digestive system. I use oats that have already been cooked, instead of raw oat flakes or flour. Cooked oats are easier to assimilate than raw flakes, and baked flour products can be very mucus-forming and heavy on the digestive system.

Ingredients:

1 cup cooked jumbo or rolled oats
Pinch ginger powder
2 tablespoons ground almonds
3 tablespoons rice syrup

Preparation:

Combine the ingredients and heat the oven to 180°C. Prepare a baking tray with oiled baking parchment. Place spoonfuls of the mixture on the tray. Bake the cookies for 12 minutes or until the top goes slightly golden. Enjoy!

MEET MUM

Anna Freedman is expert in taking the mystery out of macrobiotics. Her sensible natural food approach and delicious recipes are widely followed for their health expanding effects, ease to integrate into modern living and wonderful taste.

Anna is a qualified macrobiotic cook and health coach with a biology training, and wide experience teaching, catering and positively changing lives.

She appears on TV and radio and is featured regularly by many publications including *Vegetarian Living* and *Juno* Natural Parenting Magazine.

Anna is founder of *Wholefood Harmony*, the Cookery School which inspires health through delicious natural cuisine.

She lives in London, England with her husband Scott and daughter, Jemima. For further details please visit www.wholefoodharmony.com or email welcome@wholefoodharmony.com.

A UNIQUE SYNTHESIS OF BABY DEVELOPMENT AND NATURAL FOOD WISDOM FOR PREGNANCY AND THE FIRST YEAR.

Nourish your baby over the critical, early period and secure a healthy start for life.

Pure Baby presents key ways to endorse long term health for both the new mother and her child.

Macrobiotic expert Anna Freedman weaves healthy food and Eastern medicine, gentle parenting and loving sleep solutions together with key insight on baby growth and an invaluable cookbook of whole food recipes.

Pure Baby is a beautiful and imperative read for everyone nurturing the vitality of our next generation.

Over three pregnancy trimesters and twelve monthly chapters, receive:

- Baby development diaries
- Vital natural food and health wisdom for you and baby
- A pure food weaning programme
- 24 essential plant-based recipes to nourish pregnancy, entry to motherhood and baby's first year

'Read this charming and practical book to nourish yourself and your baby' Kitty Hagenbach co-founder of Babies Know with Dr Yehudi Gordon

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