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Learning Curve: The Birth Of A Selective Eater

By Teresa Kolvek

When I was pregnant with Amelia, I had big plans for her nutrition. She wasn't going to be one of those kids eating sweet, processed cereal bars for breakfast, or hot dogs and French fries for dinner. Oh, no. She was going to eat only fresh or minimally processed, whole grain, organic foods. She was going to eat a rainbow of fruits and vegetables each and every day. Her diet was going to be naturally vitamin-rich and full of variety, to include everything from cantaloupe to quinoa.

And then she arrived, strong-willed and sure of her likes and dislikes. We started her out on rice cereal at four months, as recommended by her pediatrician, and had just begun to add fruits and vegetables when the rebellion began. For months she refused solid foods. She just didn't like pureed baby food at all, period. Not sweet potatoes, not peas, not pears or apples. Nothing. Well, okay, she occasionally would eat pureed bananas, but only the jarred kind – never fresh. (Go figure.) I had even purchased a cool little baby-food-making kit, which I used exactly once. It was only when we began giving her finger foods that she started to change her mind a bit. Maybe she liked having some control over the food.

Now she was eating, but only a few limited things, and tiny amounts. Macaroni and cheese, rice, occasionally some diced pears. Most other things she wouldn't touch. I tried everything; I even resorted to trying to offer ice cream and cookies in a desperate attempt to get her to eat. (She wouldn't touch the ice cream... liked the cookies, though.) She refused to try the cake at her first birthday party, much to the disappointment of family and friends. I read all the tips and tricks I could find online; most didn't work. I had what could officially be classified as a "picky eater."

Now seventeen months old, she is still extremely selective and cautious when it comes to food. For example, she won't touch anything red, be it strawberries, popsicles (I tried the natural fruit kind, hoping to sneak in some kind of fruit), spaghetti, or ketchup. She refuses pizza and most breads, although she will eat muffins as long as they don't have any kind of crumb topping on them. She will drink only milk or water. This means I can't give her fruit juices or smoothies, which rules out what would have been a fairly easy method of getting fruit into her. The only green thing she will eat now is peas, which leads me to hope that all nutrition to be had from veggies is contained in those little green globes. And yes, she does eat French fries.

Amelia is an enigma to me, because she is so different from me. She is an amazing kid, and definitely her own person. She has taught me so much, not least of which is not to judge other moms by what their kids eat!

Teresa Kolvek and her husband, Tony, are the proud parents of a beautiful and spirited toddler named Amelia. Visit Teresa's website at

<http://www.toddlerdish.com>

for great information, tips, and recipes for

toddlers.

Three Steps To Cheat Your Way Through The Learning Curve

By Kristy Pass

By now, you've probably learned that everyone has a bit of advice and the amount of information available from which to learn is exponential. But do you know how you learn and how you can learn more quickly? With three basic forms of learning, your first step in cheating your way through the learning curve is to determine what way you learn best. Do you learn by seeing? If so, you're a visual learner. Do you prefer hearing material to learn it? In that case, you are an auditory learner. Or maybe you learn things most easily by actually doing them which would be a kinesthetic learner. Some people will have a combination of two of the learning styles while others have an equal balance between all three. Whatever your learning style, knowing which comes easiest to you will speed your learning cycle along greatly.

Next, find experts in your field from which to learn. Look for someone that teaches using the techniques best suited to your learning style. If you're a visual learner, seek out experts that do online presentations and video training. For the auditory learner, find the mentor with audio training and live phone training sessions. And if you're a kinesthetic learner, you'll want to find a leader that focuses on taking action in each lesson. You'll also want to ensure that the expert has experience mentoring people already and can communicate difficult concepts to others in a way that is easy to understand. The last thing you'll want to find is someone who is determined and committed to continually learning, developing ways to improve performance and gets results.

Once you have determined your learning style and chosen the experts in your field, it's time to take your final step toward beating the learning curve. Determine to use every mode of learning to enhance your learning experience. No matter what style you use to learn, though, you have to use a kinesthetic approach and take action every single day. Your mentor is going to give you all kinds of good ideas. Take a few moments each day to learn the concept your mentor is teaching and then use your newly acquired knowledge. Don't worry if you don't manage to do everything right the first time. The key to beating the learning curve is taking action consistently.

Lastly, remember that your motivation and interest levels will either keep you going or put an end to

your dreams so take time to take care of yourself and enjoy cheating the learning curve each and every day!

Kristy Pass is a marketing mentor dedicated to helping marketers achieve success with a step by step approach to business. To contact her, sign up for the free report at

<http://gkpass.payitforward4profit.com>



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