

**How To Eat An Elephant: Simple Solutions For Lifelong Energy And
Vitality By Dr. Brett Hill .pdf**

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I can't wait to see what new adventures this next year will give us! Love

You jump on him, head-butt him, and tackle him every chance you get.

It's my hope as a parent that I can encourage that side of you while discouraging the hitting and kicking.

You have a very logical mind.

You don't like getting messy, but you love to color and do projects where you can use tools, like paintbrushes for example.

Thankfully, I know you're growing because you keep outgrowing shoes and clothes - but I'm sure this is only because of the supplements and formula you take.

Currently, every car ride is exciting because you cheer me on when I drive through a green light.

And you did even better than I had hoped.

Your fine motor skills are awesome! You seem to especially like to write with pens, and you often "help" me with my grocery lists by scribbling all over the paper.

But we'll save that for the next, "Dear Caleb" blog post.

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Author of *How To Eat An Elephant: simple solutions for lifelong energy and vitality* (O Books) Dr Hill is a Doctor of Katherine Maslen at the Real Food Revolution.

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Brett hill (author of how to eat an elephant) -

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wellness expert and health podcaster Dr. Brett Hill is our How To Eat An Elephant: Simple solutions for lifelong energy and vitality. Dr. Hill realized

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this week I have been reading an awesome book by Dr Brett Hill called How to Eat an Elephant . His solution for lifelong energy and vitality from Dr Hill

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