



Joanne Lozman

SLEEP CONSULTING

**PREVENTING & TREATING
COLIC**

WELCOME!



I am Joanne

*a certified sleep consultant and
mother of two wonderful boys, Oscar and Isaac.
As I have been a sleep deprived parent
with my first son, I really want to help others
by sharing my passion, experience and knowledge
of children's development and learning.*

IN THIS GUIDE I SHARE WITH YOU
THE **ANTI-COLIC DIET**,
OR WHAT FOOD TO AVOID
IN ORDER TO PREVENT, OR EVENTUALLY TREAT COLIC
FOR YOUR LITTLE ONE.

Let's get started!

The Bad

COFFEE
ALCOHOL
CHOCOLATE
CAFFEINATED TEA
BREWERS YEAST
RAW ONIONS
BROCCOLI
CAULIFLOWER
CUCUMBER
PEAS
CITRUS
BERRIES
MELONS
GARLIC
BRUSSEL SPROUTS
LENTILS
LETTUCE
GRAPES
CABBAGE
RADISH
TURNIPS

The Good

AVOCADO
CELERY
CARROTS
ZUCCHINI
SWEET POTATOES
EGGPLANTS
BEETROOT
PEARS
EGGS
MEAT
FISH
CORN
APPLES
PAPAYA
CARDAMON TEA
ASPARAGUS
SPROUTS
FENNEL TEA
MUSHROOM
PUMPKIIN
ROOT VEGETABLES

*It's simple and intuitive,
right?*

Thank you so much for downloading

Joanne Lozman's

PREVENTING AND TREATING COLIC Guide

If you would like to talk
a little bit more and
make a plan for your baby?

Please book a free
15 minute call here:

[BOOK A FREE
15 MIN CALL](#)

Is it easier for you
to **share your thoughts
and concerns in person?**

Let's meet at one of my events:

[UPCOMING EVENTS](#)

Are you looking for
more support and help
to **improve your
baby's sleep?**

[PACKAGES](#)

Want to learn more
about newborn, baby, toddler sleep,
and know what to expect?

Check out the **latest article** on my

[BLOG](#)

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