

The Hassle Free Feeding Program

Eating, Feeding and Nutrition Assessments

- Growth
- Nutrition
- Development

Whole Foods Nutrition

- Get back to basics, reduce dependence on supplemental feedings
- End “short order cook syndrome”
- Create the optimal feeding environment for your child
- Learn to plot and interpret your child’s growth chart

Infant & Pediatric Massage and Reflexology

- Promotes deep relaxation and relieves stress
- Enhances immunity, removes body waste and increases circulation and energy.
- Reinforces the bond between child and caregiver



Caregivers learn reflexology and massage in our office. A few sessions provide the skills to help your child for years.