

# The Baby Fat Diet By Monica Bearden RD; Shara Aaron MS RD

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Shara Aaron, MS, RD, and Monica Bearden, RD, are the owners of (Prometheus Books) and The Baby Fat Diet (Alpha). They also each maintain a private counseling practice [ak47: the complete kalashnikov family of assault rifles.pdf](#)

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Monica Bearden, R.D. , has written for the Journal of the American Dietetic Association, the American Journal of Medicine and Sports, Today s Dietitian , and more

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Registered dietician Monica Bearden is an expert in weight management, health goals & lifestyle changes, advocating nutritious and healthier food options.

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The Baby Fat Diet The Baby Fat Diet Monica Bearden and Shara Aaron are the founders of NutCom, More about Shara Aaron, MS, RD More about Monica Bearden,

### **Shara aaron, ms, rd, and monica bearden, rd ::**

Communications and the authors of Chocolate A Healthy Passion (Prometheus Books) and The Baby Fat Diet Shara Aaron, MS, RD, and Monica Bearden, RD,

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(9781591026532) av Shara Aaron, Monica Bearden Shara Aaron, MS, RD She has worked as a nutrition scientist for a major chocolate manufacturer. Bearden

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