

# Ruth Yaron

## Author Bio



When Ruth Yaron's twin boys were born premature and very sick, she knew the most important thing she could do for them was to feed them the healthiest diet possible. Unhappy with the information that was available to her, Ruth decided to do her own exhaustive research on nutrition and health food. Although she was a whiz at programming satellites for NASA, Ruth was an inexperienced cook. She used dozens of natural cookbooks to learn her way around a kitchen, experimenting with tofu, carob and wheat germ, much to the surprise of friends and family.

A determined mother is a great motivator. She utilized her skills, developed writing technical manuals for the everyday reader, to diligently record her research of homemade, mostly organic, whole grain cereals, fruits, and home-cooked vegetables, as well as the best storing and freezing methods. The result was a remarkably easy and complete system of baby food preparation: ***Super Baby Food***. As day follows night, Ruth's fans begged for a full color cookbook to complement their cherished, ***Super Baby Food***. Ruth has answered with the ***Super Baby Food Cookbook***, set to release in November 2015.

Ruth is a nationally recognized authority and media veteran, having appeared on *The Martha Stewart Show* and *Good Morning America*. She has a fantastic online presence as well, contributing her expert advice in comprehensive articles for *DrGreene.com* and *iVillage.com*. Her ***Super Baby Food*** Facebook page is a place where thousands of fans ask questions daily and share their personal experience with organic baby and toddler food preparation. On her Instagram page (@SuperBabyFood), Ruth posts mini how-to videos to demonstrate some of her most famous tips.

Ruth says, "I have not done a statistically accurate medical study to prove it but I claim that it was the ***Super Baby Food Diet*** that made my sons so very healthy. Let some scientist prove me wrong!"

Ruth Yaron's fans agree with her. Over half a million copies of the first two editions of ***Super Baby Food*** have been sold. The book has gone international and will soon be published in China. Ruth's fans have dubbed the book their *baby food bible* and it has become the quintessential baby and toddler-feeding guide for hundreds of thousands of parents world-wide. The ***Super Baby Food Cookbook*** is sure to earn a special place in every parent's kitchen as well.

Ruth continues her research and to share ***Super Baby Food tips*** with her audience through her blog at [www.RuthYaron.com](http://www.RuthYaron.com), and her other social media: Facebook, Twitter (@Super\_Baby\_Food), Pinterest and Instagram. She loves to interact AND hear feedback from new parents and will answer any of the energetic, insightful questions they have.

Ruth Yaron graduated from East Stroudsburg University in Pennsylvania with degrees in Mathematics and Computer Science. She worked at the GE Space Division and programmed satellites for NASA before writing ***Super Baby Food***. She is the mother of three sons and lives with her husband in Scranton, PA.

