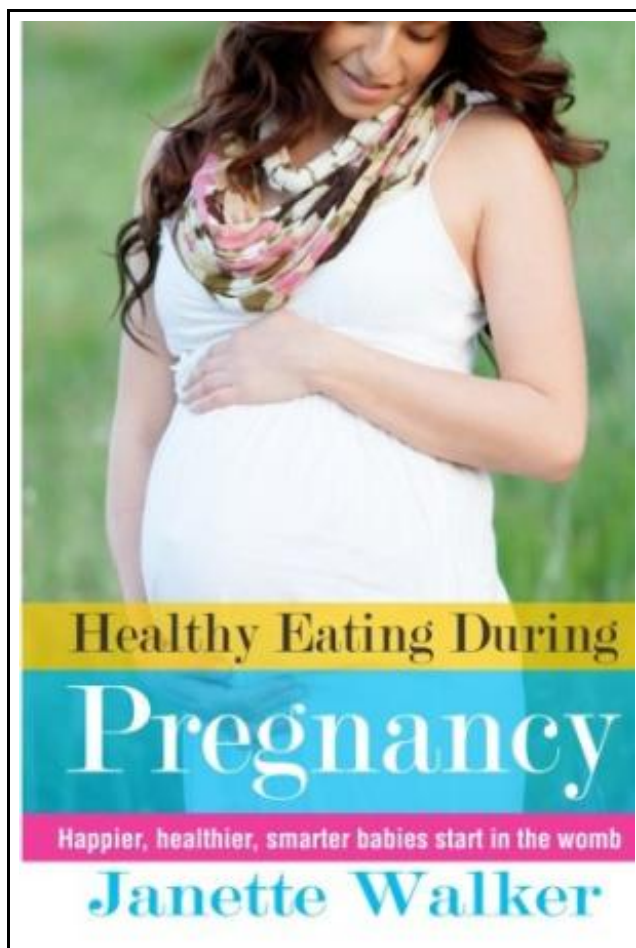


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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Healthy Eating During Pregnancy: Happier, healthier, smarter babies start in the womb.Pregnancy is an amazing time in any woman s life. It is the time when you give birth to a human child. From the day you find out you are pregnant to the day you hold your child for the first time in your hands, you will enjoy and treasure every moment of your beautiful journey.Some of your biggest concerns may be around the area of nutrition. Am I getting enough nutrition for my baby? Am I getting enough nutrition for myself? And more. These type of questions are exactly why I wrote this book. Because.Happier, healthier babies start with healthy eating during pregnancy!Your body (and your little one) now require more nutrition than ever.Whether you are thinking about getting pregnant or your already pregnant I want to show you and your new baby are getting optimal nutrition.Here is just a sample of what you will learn: Intro to healthy eating during pregnancyDiscover the specific nutrients you will need more ofLearn how much should you increase your calorie intakeFood no-no;s for mothersHow to maintain a healthy weightExercising for expecting mothersAnd much more.Don t let your questions go unanswered. Make sure you and your new child get the nutrition you need. Start today!.



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