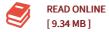


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SuperFoodsRx for Pregnancy: The Right Choices for a Healthy, Smart, Super Baby

By Steven Pratt

Turner Publishing Company, United States, 2013. Paperback. Book Condition: New. 234 x 155 mm. Language: English . Brand New Book. The ultimate nutrition and lifestyle guide for a healthy baby and mom--new from the lead author of the New York Times bestselling SuperFoodsRx Every woman knows that the nutritional and lifestyle choices she makes during pregnancy can significantly impact her own health and that of her child. But did you know that those same choices can also affect your ability to conceive and continue to affect your own health as well as the health and wellbeing of your baby after birth? In SuperFoodsRx for Pregnancy, New York Times bestselling author Dr. Steven Pratt uses the groundbreaking approach of SuperFoodsRx and draws on the latest scientific research to help you meet the nutritional, environmental, and lifestyle needs of your baby a life. Identifies the 25 SuperFoods you need to eat for optimal health before, during, and after pregnancyShares surprising, scientifically validated discoveries about how to avoid environmental toxins that could have a negative impact on your baby s health in the womb Provides specific how-to information...



Reviews

An incredibly wonderful book with perfect and lucid explanations. It normally is not going to price a lot of. I am just very happy to tell you that this is the greatest pdf we have go through within my personal lifestyle and could be he finest book for at any time. -- Bart Lowe

This is basically the greatest pdf i actually have go through till now. It is definitely simplistic but surprises within the fifty percent in the ebook. I am easily will get a delight of studying a published ebook.

-- Hyman O'Conner III