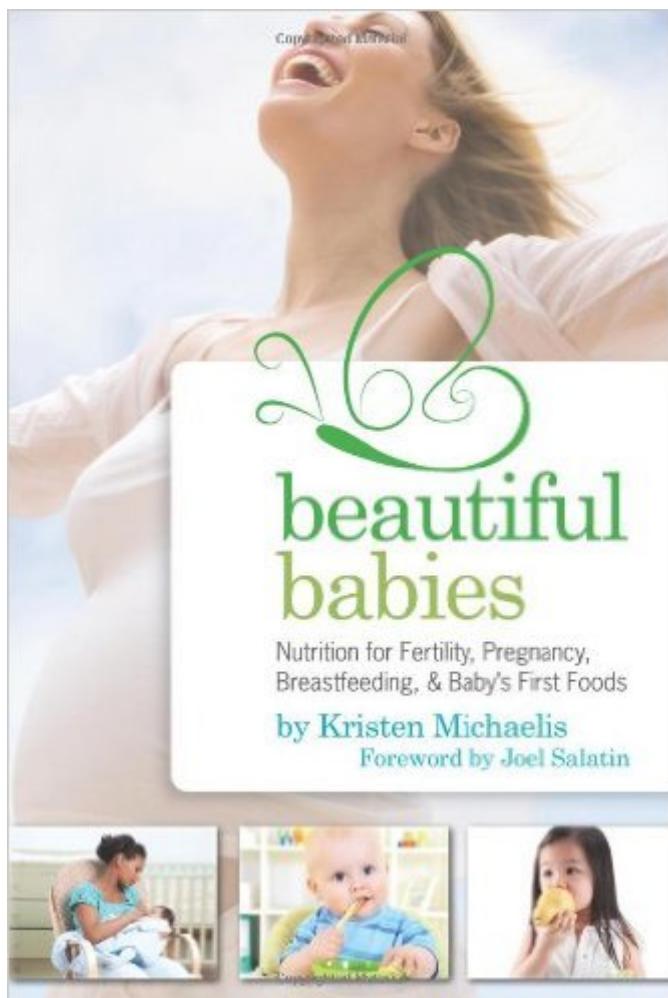


The book was found

Beautiful Babies: Nutrition For Fertility, Pregnancy, Breast-feeding, And Baby's First Foods



Synopsis

Did you know that simple changes in your diet could increase your fertility by 60 percent? That what you eat when you're pregnant could affect whether your child will need to wear glasses or braces? That increasing your intake of certain nutrients before you become pregnant could radically decrease your chances of suffering from morning sickness? In *Beautiful Babies*, nutrition educator Kristen Michaelis reveals the truth about diet and pregnancy. Based on her research of the nutrient-rich diets of healthy and fertile populations around the world, she lays out exactly what you should and shouldn't eat when trying to conceive, during pregnancy, and while breast-feeding. In the first half of the book she explains the ways industrialized foods can prevent pregnancy, how a low-fat diet can increase your likelihood of infertility by 85 percent, what to do if breast-feeding doesn't work for you, why babies can't digest cereal, and gives step-by-step instructions on how and when to introduce your baby's first foods. In the second half of the book she equips you with more than 50 recipes for incorporating traditional fertility-boosting foods into your diet. *Beautiful Babies* provides you with everything you need to know about having a healthy pregnancy and nourishing your growing baby.

Book Information

Paperback: 256 pages

Publisher: Victory Belt Publishing; 1 edition (March 19, 2013)

Language: English

ISBN-10: 1936608650

ISBN-13: 978-1936608652

Product Dimensions: 6 x 0.7 x 9 inches

Shipping Weight: 13.4 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 starsÂ See all reviewsÂ (107 customer reviews)

Best Sellers Rank: #92,096 in Books (See Top 100 in Books) #38 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Infertility #232 inÂ Books > Health, Fitness & Dieting > Women's Health > Pregnancy & Childbirth #945 inÂ Books > Health, Fitness & Dieting > Nutrition

Customer Reviews

After miscarrying my first pregnancy I was told I had a hormonal imbalance that was possibly PCOS (though I don't fit the standard profile) and it would be necessary for me to use fertility drugs to have a "strong" ovulation. After 8 months of following the recommended low-fat, calorie counting diet that many physicians adhere to, 3 rounds of fertility drugs and 2 failed IUIs, my husband and I were

feeling hopeless and helpless (not to mention broke as we had spent some of our house savings for fertility treatments). At the end of February I pre-ordered this book and took your online "Beautiful Babies" course. I started the course right away and made several immediate changes, most importantly adding in more good fats to my diet as I learned about the important role of cholesterol in hormone production. My TSH(thyroid) levels equalized after 5 months of being elevated and I felt much better. My other hormone levels began to equalize as well (all confirmed by blood test). I ovulated on cycle day 15, whereas I previously ovulated around day 21. My progesterone levels after ovulation on unmedicated cycles used to be around 7 (too low) and this time was 22! Today, April 7, I got a positive pregnancy test! And this was an unmedicated cycle as we had decided to take a break from fertility treatments. My husband and I are ecstatic and excited to continue making changes in our diet and lifestyle, because they are creating very positive changes! Though I am now pregnant, this book will continue to be important during the next 9 months and especially after baby arrives as there is valuable information on breastfeeding and baby's first foods. As a first time mom, I will definitely be needing some references for these next steps!

I've been on the Weston A. Price Foundation (hereafter WAPF) bandwagon for quite some time now, though I always thought most of its constituents committed themselves to the diet blindly and over-zealously; so aside from reading the occasional post at blogs like Cheeseslave, I've stayed away from the "Real Food" movement (a term I take issue with, but I digress). Unfortunately, Kristen Michaelis' book confirmed a lot of what I'd been wary about in regards to WAPF followers. I tried to read this with an open mind, but it's quite possible I was too biased to give it a fair shake. Take my words with a grain of salt. First off, I will say that Michaelis includes very little that is not easily available online. I'm not talking about information that you have to dig around for or that's hard to compile. Almost everything in her book is easily accessible by searching "WAPF, pregnancy." Or "WAPF, fertility." The Weston A. Price foundation has a page of dietary guidelines for pregnant women, and many have made blog posts that contain the essentials. What makes this book unique--or what's supposed to make it unique--is the emphasis on a pre-conception diet. She discusses the eating habits of various traditional peoples, and how folks prepared for pregnancy for up to year by undertaking a specific eating regimen high in specific nutrition. That one, tiny slant is not enough to make this book hold up its weight, but all right, I guess. Another unique argument Michaelis offers (I would like to give credit where credit's due) is that food science and nutrition science is young and therefore we can only trust it so much. A fair point, in my opinion. In terms of food science timelines, we're like, pre Dalton atom model.

[Download to continue reading...](#)

Beautiful Babies: Nutrition for Fertility, Pregnancy, Breast-feeding, and Baby's First Foods Baby Names : Unusual and Surprising baby names with their meanings (FREE BONUS): Baby Names : Baby names 2016 (Baby names, baby names book, baby names ... names and meanings, baby names book free,) Pregnancy: Childbirth, Motherhood, and Nutrition - Everything You NEED to Know When Having A Baby (Breastfeeding, Newborn, Infant Care, Baby Names, Baby Food, First Time Mom, Baby's First Year) Feeding the Whole Family: Cooking with Whole Foods: More than 200 Recipes for Feeding Babies, Young Children, and Their Parents Fertility: How to Get Pregnant - Cure Infertility, Get Pregnant & Start Expecting a Baby! (Childbirth, Gynecology, Fatherhood, Natural Birth, PCOS, Ovulation, Fertility Foods Book 1) Fertility for Beginners: The Fertility Diet and Health Plan to Start Maximizing Your Fertility The Garden of Fertility: A Guide to Charting Your Fertility Signals to Prevent or Achieve Pregnancy--Naturally--and to Gauge Your Reproductive Health Introducing Solids & Making Your Own Organic Baby Food: A Step-by-Step Guide to Weaning Baby off Breast & Starting Solids. Delicious, Easy-to-Make, & Healthy Homemade Baby Food Recipes Included. Crochet For Babies: 12 Cute Crochet Projects for Babies: (Crochet Patterns For Babies, Cute and Easy Crochet) (crochet projects, crochet pattern books) Essential Oils For Babies: The Ultimate Guide On How To Use Essential Oils For Your Baby To Maximize His Health (Aromatherapy, Baby Health, Natural Remedies, Baby Care) Fertility, cycles & nutrition: How your diet affects your menstrual cycles & fertility Pregnancy:The BEST Pregnancy Handbook For First Time Moms And Dads: Pregnancy, Motherhood, Childbirth, Pregnant, Healthy Kids, Healthy Children, parenting, toddlers ... diet, Breastfeeding, Newborn, Infant Care) The Breast Cancer Patient's Survival Guide: Amazing Medical Strategies for Winning: A Natural Guide to Treatment of Cancer, Breast Cancer, Cancer and Nutrition, Beating Cancer and Fighting Cancer Homemade Baby Food: 17 Wholesome Baby Food Recipes for Easy, Nutritious, and Delicious Homemade Baby Food (How to Make Baby Food) Whole Food: The 30 Day Whole Food Challenge - Whole Foods Diet - Whole Foods Cookbook - Whole Foods Recipes (Whole Foods - Clean Eating) Pregnancy: First Time Moms- Getting Pregnant, Childbirth, and Newborn (first time mom, pregnancy, newborn, childbirth, obstetrics, parenting, motherhood) Super Nutrition for Babies: The Right Way to Feed Your Baby for Optimal Health How to Improve Your Sperm Count: Natural Ways to Increase Sperm Count to aid Conception and Boost Fertility (Fertility, infertility, conceive & Get Pregnant Book 1) Fertility Walk: A Fertility Nurse's Guide Along Your Journey Breast Cancer Prevention and Recovery: The Ultimate Guide to Healing, Recovery and Growth: prostate cancer, bone cancer, brain cancer, breast cancer, colorectal, ... cancer killers, cancer is not a disease,)

[Dmca](#)