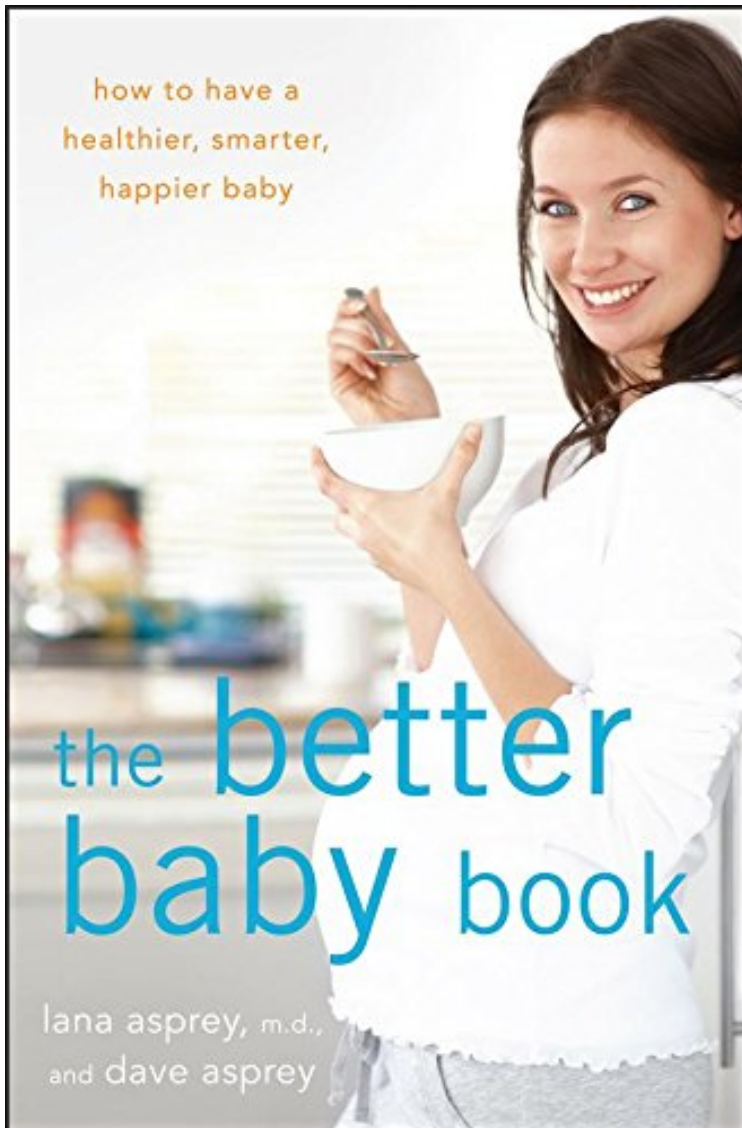


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The Better Baby Book: How to Have a Healthier, Smarter, Happier Baby



*Par Lana Asprey, David Asprey
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Better Baby Book: How to Have a
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Better Baby Book: How to Have a Healthier,
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Description :

Prsentation de l'diteurHow to create a healthier, happier, smarter babythe breakthrough pregnancy diet and lifestyle plan based on cutting-edge genetic scienceWhether you're planning for pregnancy or are already pregnant, this essential prenatal guide draws on the latest genetic research to give you a complete program of specific nutrition and environmental lifestyle changes that can help you have a better baby. The book is based on the emerging science of epigenetics and shows how the environment interacts with your genes, affecting which genes are expressed or "turned on". It shows you the important steps you can take to improve preconception nutrition and reduce toxins in your home and body to consciously help your child be

healthy, smart, and strong. Leverages the latest epigenetics research to help you produce a healthier, smarter, and happier baby with a lower risk of allergies, asthma, and developmental issues. Shares a specific prescriptive program based on four principles: eating the right foods; taking the right supplements; detoxifying before, during, and after pregnancy; and minimizing stress. Shows how a woman's health and her environment during pregnancy may have a much bigger impact on her child than was previously thought. Includes the authors' compelling personal story of developing the Better Baby Plan shared in the book as they had their own better babies.

Présentation de l'auteur How to create a healthier, happier, smarter baby: the breakthrough pregnancy diet and lifestyle plan based on cutting-edge genetic science. Whether you're planning for pregnancy or are already pregnant, this essential prenatal guide draws on the latest genetic research to give you a complete program of specific nutrition and environmental lifestyle changes that can help you have a better baby. The book is based on the emerging science of epigenetics and shows how the environment interacts with your genes, affecting which genes are expressed or "turned on". It shows you the important steps you can take to improve preconception nutrition and reduce toxins in your home and body to consciously help your child be healthy, smart, and strong. Leverages the latest epigenetics research to help you produce a healthier, smarter, and happier baby with a lower risk of allergies, asthma, and developmental issues. Shares a specific prescriptive program based on four principles: eating the right foods; taking the right supplements; detoxifying before, during, and after pregnancy; and minimizing stress. Shows how a woman's health and her environment during pregnancy may have a much bigger impact on her child than was previously thought. Includes the authors' compelling personal story of developing the Better Baby Plan shared in the book as they had their own better babies.

Quatrième de couverture Discover the breakthrough fertility and pregnancy diet and lifestyle plan based on brand-new genetic science. Whether you're planning for pregnancy or are already expecting, this essential prenatal guide draws on the latest genetic research to give you a complete program of specific nutrition and environmental lifestyle changes to help you have a better baby. Written for parents everywhere, it contains a program created by two parents: a fertility-oriented physician and a nutrition expert to reactivate their own fertility after age forty. The book is based on the emerging science of epigenetics, showing how you can change the way your environment interacts with your genes and affect which genes are expressed or "turned on." The Better Baby Book shares important steps you can take to improve preconception nutrition and reduce toxins in your home and your body to consciously get pregnant and help your baby be healthier, smarter, and stronger. This groundbreaking guide:

- Builds on the latest epigenetics research to help you produce a healthier, smarter, and happier baby with genes for lower risk of allergies, asthma, and developmental issues.
- Shares a specific prescriptive program based on four principles: eating the right foods; taking the right supplements; detoxifying before, during, and after pregnancy; and using new techniques to consciously control maternal stress.
- Demonstrates how a woman's health and her environment during pregnancy may have a much bigger lifelong impact on her child than was previously thought.

Includes the authors' compelling story of developing the Better Baby Plan as they had their own better babies.