

Healthy Expectations : Preparing a Healthy Body for a Healthy Baby



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Dear Mother-to-be,
New life has been created
inside you, and you have
been given a special
privilege--the joy of
nurturing your baby until
birth! Eating well is a way
to express your love for your

baby right from the very start. Every aspect of your baby's life" will be affected by nutrition that starts long before birth, and no matter what stage of pregnancy you may be in, applying the principles in Healthy Expectations will immediately have big payor. No maternal instinct draws you to a good diet and keeps you from what is harmful, but the reward of a healthy baby and child is far worth the effort. My desire is that this book may lead you through your pregnancy with more than health, but also with grace, joy, and laughter.

作者介绍:

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