



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

Steven Pratt

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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 and yourself—starting before conception and taking you through the critical first months of your baby's life.

- Identifies the 25 SuperFoods you need to eat for optimal health before, during, and after pregnancy
- Shares 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 about the SuperNutrients that help to lower your risk of complications during pregnancy and your baby's risk for many chronic diseases later in life
- Makes it clear that the nutrition and lifestyle choices women make during this time will significantly affect their health and longevity after they reach menopause

Dr. Steven Pratt's *New York Times* bestsellers, *SuperFoodsRx* and *SuperFoods Healthstyle* introduced legions of people to the scientific evidence that eating specific foods can help us live longer, healthier lives. Now he goes one step further, applying his vast knowledge of nutrition and lifestyle choices to the many ways that moms- and dads-to-be can affect their babies' lifelong health even before they are born.

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Alison McGowan:

In this 21st millennium, people become competitive in each and every way. By being competitive at this point, people have to do something to make them survive, being in the middle of typically the crowded place and notice by surrounding. One thing that oftentimes many people have underestimated that for a while is reading. Yes, by reading a guide your ability to survive rises then having a chance to remain than other is high. For you who want to start reading a book, we give you this SuperFoodsRx for Pregnancy: The Right Choices for a Healthy, Smart, Super Baby book as a beginning and daily reading reserve. Why, because this book is usually more than just a book.

Maria Casillas:

Reading a guide tends to be a new life style within this era of globalization. With examining you can get a lot of information that could give you benefit in your life. Having a book everyone in this world can share their idea. Books can also inspire a lot of people. A lot of authors can inspire their own reader with their story or maybe their experience. Not only the storyline that share in the publications. But also they write about the information about something that you need instance. How to get the good score toefl, or how to teach your sons or daughters, there are many kinds of book which exist now. The authors on this planet always try to improve their proficiency in writing, they also do some study before they write on their book. One of them is this SuperFoodsRx for Pregnancy: The Right Choices for a Healthy, Smart, Super Baby.

Cynthia Gomez:

A lot of people always spent their free time to vacation or even go to the outside with their family or their friend. Are you aware? Many a lot of people spent their free time just watching TV, or playing video games all day long. If you would like to try to find a new activity honestly, that is look different you can read any book. It is really fun to suit your needs. If you enjoy the book that you just read you can spend all day long to reading a publication. The book SuperFoodsRx for Pregnancy: The Right Choices for a Healthy, Smart, Super Baby it is quite good to read. There are a lot of those who recommended this book. These people were enjoying reading this book. In case you did not have enough space to create this book you can buy the e-book. You can more quickly to read this book from the smart phone. The price is not too costly but this book offers high quality.

Barbara Saddler:

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