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Super Healthy Pregnancy: Supercharged

By Lisa Guy

Wilkinson Publishing. Paperback. Book Condition: new. BRAND NEW, Super Healthy Pregnancy: Supercharged, Lisa Guy, Your diet and health habits during pregnancy, and later when breastfeeding, have a direct impact on your baby's health, now and later in life. Super Healthy Pregnancy Supercharged contains everything expectant mums need to know about how best to nourish themselves and their growing babies, so as to have the best pregnancy and healthiest baby possible. Lisa Guy N.D. shows mums how to supercharge their diet with a variety of pregnancy super foods, optimising their health and that of their baby's. She also offers plenty of practical nutritional advice and tips for preventing common pregnancy ailments such as constipation, anemia and morning sickness while coaching you on how to boost your immunity and enjoy the journey!.



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