



Program Your Baby's Health: The Pregnancy Diet for Your Child's Lifelong Well-Being (Paperback)

By Barbara Luke, Tamara Eberlein

Random House USA Inc, India, 2001. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. The most important period of your child's health is the nine months before birth. Cutting edge research in a new field known as metabolic programming reveals a startling new fact: what a mother eats during pregnancy has a far greater effect on her child's future development, overall health, and resistance to disease than was previously thought. In fact, adult chronic illnesses long blamed on an unhealthy lifestyle or genetic influences are now believed to be a direct result of the uterine environment during pregnancy. Now, thanks to this pioneering new book, you can program your baby's future health by eating right, gaining the appropriate amount of weight, and avoiding toxins--starting even before conceiving. Dr. Barbara Luke, a nationally recognized expert in the field of public-health nutrition, provides a complete, practical nutrition and lifestyle program that covers your entire pregnancy, month by month--and the first two years of your baby's life. Here is everything you need to know to raise the healthiest baby possible, including: - What to eat when you're trying to conceive and when...



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