



## The Most Important 60 Days of Your Pregnancy: Prevent Your Child from Developing Diabetes and Obesity Later in Life (Paperback)

By Dr Pierre Dukan

Ulysses Press, 2017. Paperback. Condition: New. Language: English . Brand New Book. A LIFETIME OF HEALTH STARTS NOW A healthy diet is important every day of pregnancy. However, new research shows that what you eat during months four and five is most critical. Making smart food choices during that 60-day window, when your baby's organs are at a vital stage of development, will help protect his or her long-term health. In this groundbreaking book, Dr. Pierre Dukan uses the latest discoveries in epigenetics and embryology to create a diet and lifestyle plan that will improve your personal health while helping your child avoid obesity and diabetes later in life. The easy-to-follow program includes: - 60-day action plan - 5-step daily diet - 24 delicious foods to eat freely - 8 foods that must be eliminated.

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