

The Whole 9 Months: A Week-By-Week Pregnancy Nutrition Guide with Recipes for a Healthy Start

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"I'm thrilled that Dr. Lang has put her valuable knowledge into these pages. With this book in your hand, you are on your way to putting your health first and setting your baby up for lifelong wellness."

-JESSICA ALBA, co-founder of The Honest Company

Good for baby, good for you: Every mom-to-be knows how important it is to pick the right foods when you're eating for two-but the information overload on pre-natal nutrition can be stressful and time-consuming. The Whole Nine Months is your all-in-one pregnancy book with simple nutritional guidelines, up-to-date pregnancy research, and real mom-to-mom advice. Through reading The Whole Nine Months you'll discover how easy it can be to make good food choices for your body while growing a healthy, happy baby.

An invaluable reference and cookbook during pregnancy, The Whole Nine Months contains:

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Nutritional Information:

covering everything you need to know on essential baby-building nutrients, daily consumption needs, and where to find them in foods

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Over 100 Quick and Easy Recipes:

including vegetarian, vegan, and gluten-free options-with helpful hints on how to customize each recipe to suit your cravings

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Handy Tricks:

helping you to handle nausea, cravings, and anything else that comes your way
As an OB-GYN, activist, and mother herself, Dr. Lang knows how hard it can be to absorb the available information on pre-natal nutrition while tackling cravings and nausea.

"Eating for two" is the single most important thing that you'll ever do-and The Whole Nine Months is the only pregnancy book you'll need to get it right.

Jennifer Lang, MD,

is an OB/GYN and gynecologic oncologist. During her years in private practice, she specialized in integrative and preventative medicine, and natural birth options. She co-founded an international medical non-profit delivering cervical cancer prevention services to women in resource-poor countries around the world. Jennifer has served as a medical advisor to television scripts (medical dramas) and has been featured as an expert advisor on talk shows and reality shows. She lives in Los Angeles with her husband and three kids.

Excerpt from the Foreword by Jessica Alba:

Dr. Jennifer Lang and I have very similar health rules for moms: Know exactly what's going into and on your body. Creating a safe environment for your baby begins the day your baby begins to grow in the womb. As you'll learn in *The Whole 9 Months*, the food choices you make can have lasting effects on the long-term health of your children, including their brain and organ development, and even their future food preferences. Plus, how you eat during pregnancy can lay the foundation for good eating habits for life. Just think: if you develop their penchant for veggies early on, you probably won't have to create a kids' meal and an adult meal-you will all be eating the same thing!

It can be daunting to sift through the claims on food packaging and to try to figure out what will nourish your family and what's just a gimmick developed to make you believe that a processed, additive-laden food is a smart choice. That's where this book comes in. Dr. Lang focuses on what you can and should eat-she's done all the hard work of research and makes choosing healthy food for yourself and your baby so very easy. It's the book I wish I'd had with my pregnancies with Honor and Haven.

As moms and health activists, Dr. Lang and I are crusaders for healthy eating and safer non-toxic home products. We both know the joys and anxieties of pregnancy firsthand, and I'm thrilled that Dr. Lang has put her valuable knowledge into these pages. This book provides fact-based advice that you can trust from a doctor who is also a mom. With this book in your hand, you are on your way to putting your health first and setting your baby up for lifelong wellness.

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