

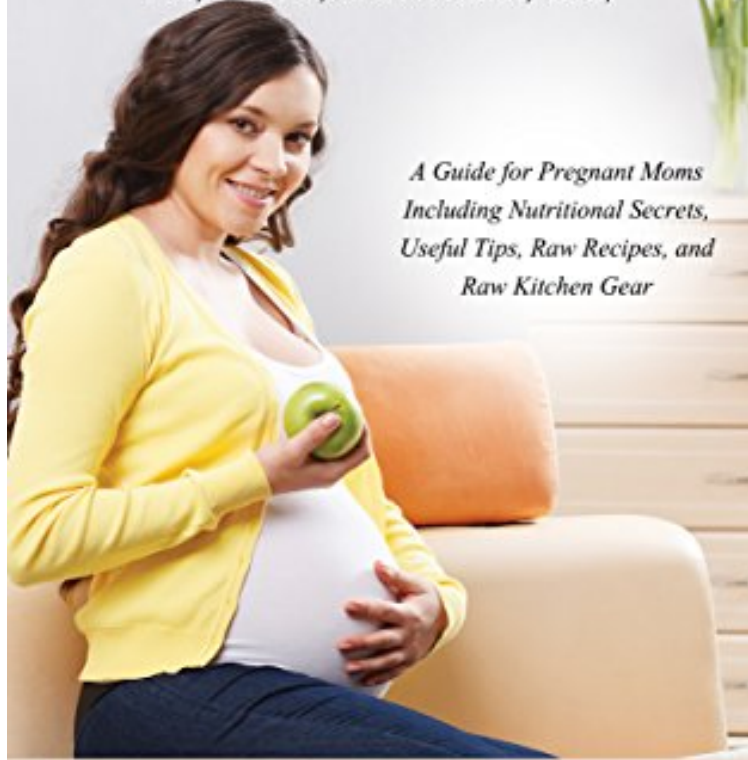
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**Raw Food in Pregnancy. For Easy Pregnancy,
Easy Delivery, A Healthy Baby: A Guide for
Pregnant Moms Including Nutritional Secrets,
Useful Tips, Raw Recipes ... (Raw Food for
You Book 2) (English Edition)**

RAW FOOD in PREGNANCY

The Proven Natural Solution for Easy Pregnancy,
Easy Delivery and A Healthy Baby

*A Guide for Pregnant Moms
Including Nutritional Secrets,
Useful Tips, Raw Recipes, and
Raw Kitchen Gear*



SERIES RAW FOOD FOR YOU VOLUME II

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Description :

Prsentation de l'diteurRaw Food For Pregnant Moms is the second book in the Raw Food For You Series.This is a highly practical, everything covered guide for the expecting mother.Whether you are a a raw-food newbie or for someone whos eaten clean and raw for years, now that you are pregnant there are important things you must consider.What mistakes do you need to avoid to keep your metabolism balanced for a healthy pregnancy and a healthy baby?Some highlights of the book are:Useful tips to overcome morning sickness, fatigue and heartburn Complete guidelines for both a fully raw and a partially raw dietOptimal daily proportions of vegetables vs fruits, nuts, and seedsEverything you need to know about juices and metabolic balanceWhat to consider with supplementsWhat you must know about the effects of ultrasound scans on the fetusNo one should have to sacrifice time, money, or flavor to enjoy the astounding health advantages of going raw.You will findhow to soak and sprout vegetables, seeds and nuts to increase the nutritional valuewhat types of kitchen tools are best for preparing raw foodfoods to have on-hand for use in raw recipesdozens of recipes for creative saladsrecipes for breakfastsimple fast lunches and satisfying main dishesalso desserts, and beveragescomplete directions for many raw grain cerealsdelicious fruit mealssatisfying sprouted grains and legumesRaw Food For Pregnant Mons presents the best and most

proven alternative diet and lifestyle for easy pregnancy and the easy delivery of healthier, happier babies! *Raw Food For Pregnant Moms* is the second book in the *Raw Food For You Series*. This is a highly practical, everything covered guide for the expecting mother. Whether you are a raw-food newbie or for someone who's eaten clean and raw for years, now that you are pregnant there are important things you must consider. What mistakes do you need to avoid to keep your metabolism balanced for a healthy pregnancy and a healthy baby? Some highlights of the book are: Useful tips to overcome morning sickness, fatigue and heartburn Complete guidelines for both a fully raw and a partially raw diet Optimal daily proportions of vegetables vs fruits, nuts, and seeds Everything you need to know about juices and metabolic balance What to consider with supplements What you must know about the effects of ultrasound scans on the fetus No one should have to sacrifice time, money, or flavor to enjoy the astounding health advantages of going raw. You will find how to soak and sprout vegetables, seeds and nuts to increase the nutritional value what types of kitchen tools are best for preparing raw food foods to have on-hand for use in raw recipes dozens of recipes for creative salads recipes for breakfasts simple fast lunches and satisfying main dishes also desserts, and beverages complete directions for many raw grain cereals delicious fruit meals satisfying sprouted grains and legumes *Raw Food For Pregnant Moms* presents the best and most proven alternative diet and lifestyle for easy pregnancy and the easy delivery of healthier, happier babies!