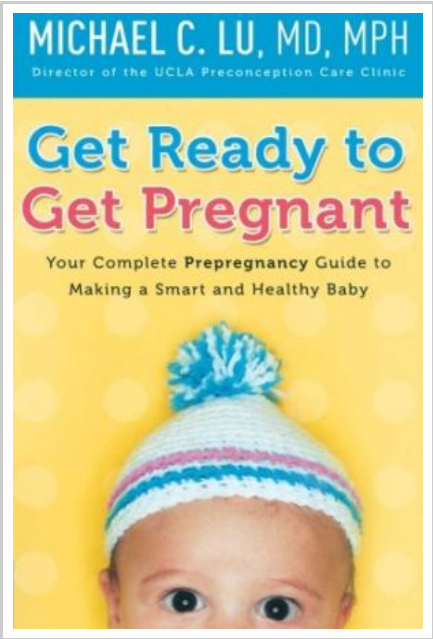


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Get Ready to Get Pregnant: Your Complete Pre-Pregnancy Guide to Making a Smart and Healthy Baby

By Michael C. Lu

HarperCollins Publishers Inc. Paperback. Book Condition: new. BRAND NEW, Get Ready to Get Pregnant: Your Complete Pre-Pregnancy Guide to Making a Smart and Healthy Baby, Michael C. Lu, Recent studies into how our genes are turned on and off have raised many questions about our lifestyle choices, but no market has more questions than women contemplating pregnancy. Very few doctors have the answers because the study of preconception is so new. Often doctors have as many questions as their patients. This book from a leading expert in the field is the first and only book that will answer them. It gives women a step-by-step plan that lays the groundwork not just for an easy pregnancy and a healthy baby, but for the child's health throughout the his/her entire life. As Dr. Lu shows us, the impact of being healthy and free of toxins at the time of conception can be huge both for the mother and for her baby. His plan shows us how we can help prevent life-threatening conditions like pregnancy-related high blood pressure (preeclampsia) and gestational diabetes, as well as how to minimize the likelihood of many childhood conditions from allergies to ADHD. It may even help prevent...

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