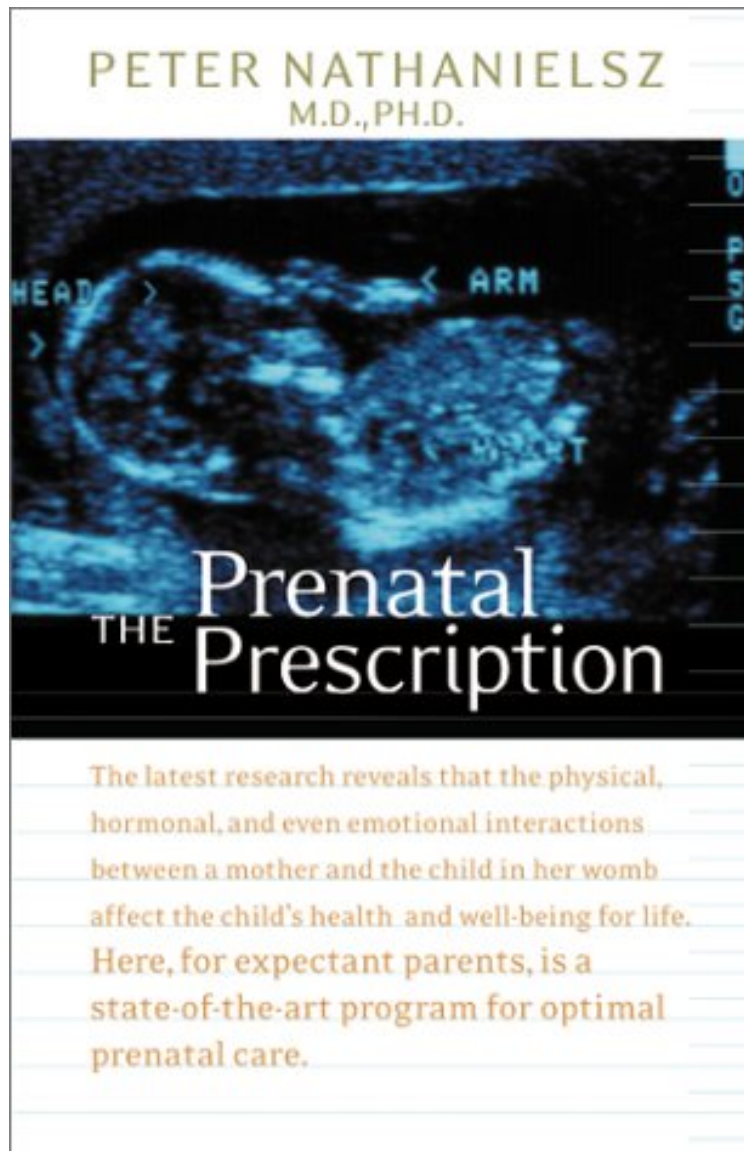


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The Prenatal Prescription

Peter Nathanielsz, Christopher Vaughan
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Peter Nathanielsz, Christopher Vaughan : The Prenatal Prescription before purchasing it in order to gage whether or not it would be worth my time, and all praised The Prenatal Prescription:

16 of 17 people found the following review helpful. Great information AND great writing By lindyjulie There aren't many books out there that address ways you can prepare BEFORE conception to promote the health of your child. The Prenatal Prescription carefully details the ways in which you can prepare your body, both before and after conception,

to provide a healthy environment for your developing baby. There are two things that set this book apart from other pregnancy prep books. The first is that Peter Nathanielsz has carefully surveyed the research literature to answer some of the questions that every parent wants to know during pregnancy (e.g. Can I exercise? Is caffeine okay?). He sifts through the evidence to evaluate the current thinking on prenatal development. It's very helpful to have access to this information in a pregnancy book. He also addresses topics that the reader may not even know are pertinent to pregnancy; the chapter on stress and its effects on fetal development is fascinating, and the chapter on exercise is worth the cost of the book alone. The second thing that sets this book apart is its tone. Nathanielsz writes with clarity and with great respect for the mother-to-be. He presents complex information in a way that is easy to process and absorb. This is a nice balance point between overly cutesy popular press and the too-technical-for-laypeople scientific literature. Finally, he manages to convey the need to provide a good prenatal environment without terrifying the reader, frequently putting the information back into the context of the 'big picture'. This is an excellent book for anyone just thinking about when to plan a family; some of the recommended changes may take time to put into place. 0 of 0 people found the following review helpful. Required Reading for Every Pregnant Woman By B. Chiko This is an excellent book for any couple to read well before they embark on the journey of pregnancy. When you realize that the nutritional and emotional environment has such a key roll in the life of the child for the rest of their lives - you take things a lot more seriously in preparing for a healthy pregnancy and working to adjust your life and habits accordingly. Don't get pregnant without reading this book! 0 of 0 people found the following review helpful. Made me worry. By Shamsie E. Reading this book made me very nervous about everything. After reading this you may worry that everything you do will hurt your baby or mess them up when they grow up. Pregnant women have enough to worry about. If I could turn back time, I wouldn't have purchased this.

Did you know that...eating well before conception is as important as eating well during pregnancy? the health of your placenta is a key factor in determining your child's life span? mothers who exercise appropriately during pregnancy tend to have easier births and more relaxed babies? Most mothers- and fathers-to-be are not aware that the environment the mother creates in her womb will have a permanent impact on their child's lifelong health -- including susceptibility to heart disease, obesity, diabetes, stroke, cancer, and mood disorders. Or that their baby passes more developmental milestones before birth than at any time of life. Peter Nathanielsz, M.D., Ph.D., has spent thirty years striving to understand the intriguing mysteries of life in the womb. As one of the principal researchers in the groundbreaking science of the womb, called "prenatal programming," or "the fetal origins of adult disease," he has written The Prenatal Prescription to explain in easy-to-follow language what pregnant mothers can do to optimize the health of their child. The prescription, which should begin before conception, is fairly simple to implement but requires a paradigm shift in the way we think about preparing the womb and taking care of our pregnancies. Mothers will learn to focus their prenatal care on the three main factors that affect fetal health: Nutrition. A child's predisposition to heart disease and high cholesterol in adulthood has much to do with the nutritional quality of the womb. Stress. Maternal stress during pregnancy has a profound effect on how well or how poorly a child functions psychologically throughout life. Toxins. If not successfully filtered by the mother's body, toxins can seriously affect a fetus's growing cells, tissues, and organs -- with lifelong consequences. Vibrant health and longevity are the greatest gifts we can bestow on our children. The Prenatal Prescription explains to expectant parents how to make this a reality.