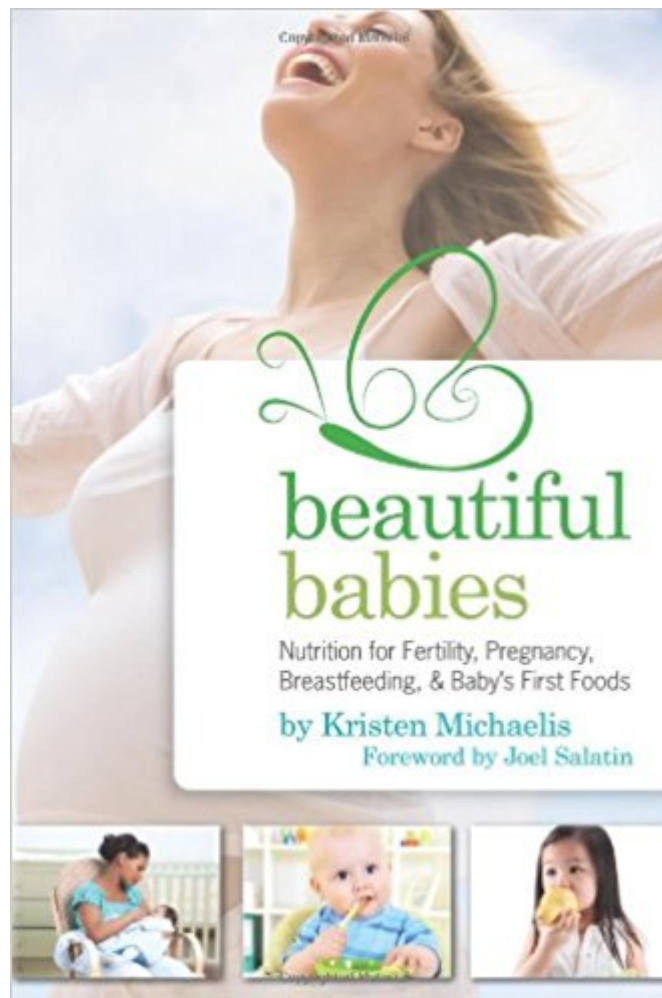




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# Beautiful Babies: Nutrition For Fertility, Pregnancy, Breast-feeding, And Baby's First Foods



## Synopsis

Did you know that simple changes in your diet could increase your fertility by 60 percent? That what you eat when you're pregnant could affect whether your child will need to wear glasses or braces? That increasing your intake of certain nutrients before you become pregnant could radically decrease your chances of suffering from morning sickness? In *Beautiful Babies*, nutrition educator Kristen Michaelis reveals the truth about diet and pregnancy. Based on her research of the nutrient-rich diets of healthy and fertile populations around the world, she lays out exactly what you should and shouldn't eat when trying to conceive, during pregnancy, and while breast-feeding. In the first half of the book she explains the ways industrialized foods can prevent pregnancy, how a low-fat diet can increase your likelihood of infertility by 85 percent, what to do if breast-feeding doesn't work for you, why babies can't digest cereal, and gives step-by-step instructions on how and when to introduce your baby's first foods. In the second half of the book she equips you with more than 50 recipes for incorporating traditional fertility-boosting foods into your diet. *Beautiful Babies* provides you with everything you need to know about having a healthy pregnancy and nourishing your growing baby.

## Book Information

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## Customer Reviews

After miscarrying my first pregnancy I was told I had a hormonal imbalance that was possibly PCOS (though I don't fit the standard profile) and it would be necessary for me to use fertility drugs to have a "strong" ovulation. After 8 months of following the recommended low-fat, calorie counting diet that many physicians adhere to, 3 rounds of fertility drugs and 2 failed IUIs, my husband and I were

feeling hopeless and helpless (not to mention broke as we had spent some of our house savings for fertility treatments). At the end of February I pre-ordered this book and took your online "Beautiful Babies" course. I started the course right away and made several immediate changes, most importantly adding in more good fats to my diet as I learned about the important role of cholesterol in hormone production. My TSH(thyroid) levels equalized after 5 months of being elevated and I felt much better. My other hormone levels began to equalize as well (all confirmed by blood test). I ovulated on cycle day 15, whereas I previously ovulated around day 21. My progesterone levels after ovulation on unmedicated cycles used to be around 7 (too low) and this time was 22! Today, April 7, I got a positive pregnancy test! And this was an unmedicated cycle as we had decided to take a break from fertility treatments. My husband and I are ecstatic and excited to continue making changes in our diet and lifestyle, because they are creating very positive changes! Though I am now pregnant, this book will continue to be important during the next 9 months and especially after baby arrives as there is valuable information on breastfeeding and baby's first foods. As a first time mom, I will definitely be needing some references for these next steps!

I've been on the Weston A. Price Foundation (hereafter WAPF) bandwagon for quite some time now, though I always thought most of its constituents committed themselves to the diet blindly and over-zealously; so aside from reading the occasional post at blogs like Cheeseslave, I've stayed away from the "Real Food" movement (a term I take issue with, but I digress). Unfortunately, Kristen Michaelis' book confirmed a lot of what I'd been wary about in regards to WAPF followers. I tried to read this with an open mind, but it's quite possible I was too biased to give it a fair shake. Take my words with a grain of salt. First off, I will say that Michaelis includes very little that is not easily available online. I'm not talking about information that you have to dig around for or that's hard to compile. Almost everything in her book is easily accessible by searching "WAPF, pregnancy." Or "WAPF, fertility." The Weston A. Price foundation has a page of dietary guidelines for pregnant women, and many have made blog posts that contain the essentials. What makes this book unique--or what's supposed to make it unique--is the emphasis on a pre-conception diet. She discusses the eating habits of various traditional peoples, and how folks prepared for pregnancy for up to year by undertaking a specific eating regimen high in specific nutrition. That one, tiny slant is not enough to make this book hold up its weight, but all right, I guess. Another unique argument Michaelis offers (I would like to give credit where credit's due) is that food science and nutrition science is young and therefore we can only trust it so much. A fair point, in my opinion. In terms of food science timelines, we're like, pre Dalton atom model.

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