

Eat Right 4 Your Baby: The Individualized Guide to Fertility and Maximum Health During Pregnancy, Nursing and Your Baby's First Year

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Abstrak

Dr. Peter J. D'Adamo applies his bestselling blood type diet plan to expectant parents and infants. Here you'll find blood-type-specific diet, exercise, and supplement prescriptions for fertility, prenatal care, pregnancy, nursing, portpartum, and the vital first year of a child's life.

Includes meal plans and recipes for mom at every stage of pregnancy, and formula and baby food recipes.