



Beautiful Babies: Nutrition for Fertility, Pregnancy, Breast-feeding, and Baby's First Foods

By Kristen Michaelis

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Beautiful Babies: Nutrition for Fertility, Pregnancy, Breast-feeding, and Baby's First Foods By Kristen Michaelis

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.

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Beautiful Babies: Nutrition for Fertility, Pregnancy, Breast-feeding, and Baby's First Foods By Kristen Michaelis Bibliography

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Editorial Review

Review

"Kristen Michaelis can help rescue your child from the quagmire of unhealthy baby formulas, cereals, and jarred foods while implementing a nourishing lifestyle that is your child's best immunization against illness. I see many happy babies growing up on these kinds of real foods, and I would like to see more."—Dr. Cate Shanahan, MD, author of *Deep Nutrition: Why Your Genes Need Traditional Food*

"Before civilization, humans once had an innate intelligence about what was edible in their environment and how to prepare it in order to extract the most nutrition from it. Kristen Michaelis walks you through the minefield of conventional nutrition babble to the safety of what thousands of years of cultural traditions have shown: that vibrant health comes from eating what our ancestors ate—unprocessed foods from animals raised as they are supposed to live. This is correct nutrition that needs to be taught in every household and school and handed down from parents to children. This book should be required reading for all parents and those contemplating parenthood."—Jill Tieman, MA, DC, CCN, DACBN, editor of www.RealFoodForager.com

"At the end of October 2012, I found myself lethargic, uninterested in most things, and frustrated with my weight. Most of all, I was disappointed that my husband and I had not conceived, even though we had been trying for over six months. Tracking my ovulation didn't seem to help. When I ran across Kristen's website, Food Renegade, a week later, I immediately signed up for her free e-mail course on Beautiful Babies. Who doesn't want a beautiful baby? I made little changes at first, then bigger ones as I found reliable sources for real, traditional food. My energy went up, my digestive issues stopped, and it felt like my brain worked again for the first time in years. Best of all, a few days after Christmas, the home pregnancy test I took showed positive. I am eight weeks into my pregnancy with no nausea, enough energy to keep up with my three kids and two dogs, almost no mood swings, and the joy of anticipating a healthy pregnancy for myself and my baby."—Robin Fuentes, Beautiful Babies student

"I want to thank you a hundred times over for the 'Beautiful Babies' e-course. I followed the recommendations that you made and I had a healthy, complication-free pregnancy and birth. I didn't get any stretch marks, varicose veins, no swelling, no pre-eclampsia, etc. I had a water birth with no complications, and I didn't use any painkillers or any drugs! I left the 'birthing center' the same day. I couldn't be happier! Just 1.5 weeks after giving birth and I can fit into my pre-pregnancy clothes."—Keri Hessel, Beautiful Babies student

About the Author

Kristen Michaelis is a passionate advocate for Real Food—food that's not industrially processed or refined, genetically-modified or laden with synthetic chemicals. She educates others on the ancestral diets of healthy, successful, traditional cultures around the world. She runs the wildly popular website, www.FoodRenegade.com.

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Theresa Gordon:

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Barbara Goodman:

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