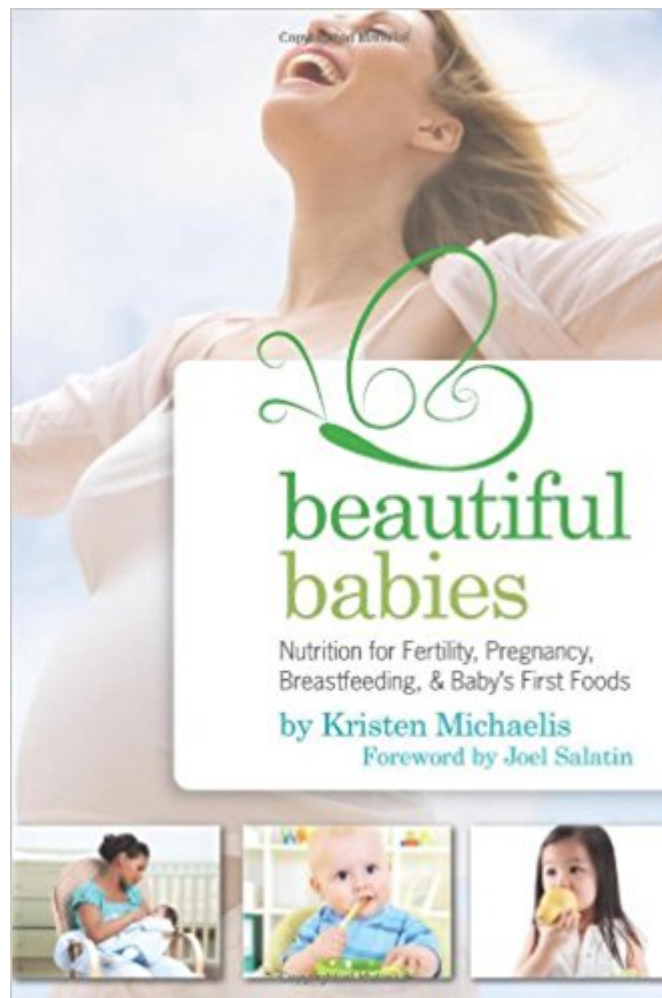




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# Beautiful Babies: Nutrition For Fertility, Pregnancy, Breast-feeding, And Baby's First Foods



## 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

Paperback: 256 pages

Publisher: Victory Belt Publishing; 1 edition (March 19, 2013)

Language: English

ISBN-10: 1936608650

ISBN-13: 978-1936608652

Product Dimensions: 6 x 0.7 x 9 inches

Shipping Weight: 13.4 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 117 customer reviews

Best Sellers Rank: #295,479 in Books (See Top 100 in Books) #80 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Infertility #496 in Books > Health, Fitness & Dieting > Women's Health > Pregnancy & Childbirth #2015 in Books > Health, Fitness & Dieting > Nutrition

## Customer Reviews

"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](http://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

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](http://www.FoodRenegade.com).

This book changed my life. I originally purchased this book for my cousin and sister-in-law after reading a review that the author had shared on her Facebook page from a woman who had written about how she was able to get pregnant after struggling for years with infertility through all manner

of treatments by medical professionals and how she was finally successful after reading this book and changing her diet. I was impressed and intrigued, as I felt so sorry watching my cousin and sister-in-law both getting older and older and still not being able to bear any children. So I purchased the book and read it myself to see what it was about before I recommended it to them and I couldn't believe how much I learned and just how much I didn't know about the world of "food" particularly in America and just how ineffectively the standard American diet is actually able to nourish us and keep us healthy and flourishing. And I changed EVERYTHING. I am now proud to call myself an organic foodie and I have a vegetable garden of my own and I am now pregnant with my own first child well over a year after purchasing this book and I am so happy to now have the peace of mind knowing that I am properly nourishing my growing baby unlike so many women in this country who simply don't know any better. Thank you for writing this wonderful book! I will recommend it to any woman who is looking to get pregnant at any point in her life! It is never too soon to be aware and do what is best for your health regardless of whether or not you may be trying to get pregnant now or in years to come! You will be thankful that you read this book!

I'm not a foodie. I love processed foods. Orange cheese, McDonalds, tube cookie dough... what the heck is this book on my recommendations page? Why would I even order it? I'm not a Weston Price person or any of those organizations. (15 days ago I had NEVER heard of Weston Price.) Heck, I didn't even know what coconut oil was or what the difference between corn and canola oil was two weeks ago. Why would you want beef that was raised on grass when corn-fed beef doesn't have that kind-of weird taste? And yes, chicken skin is so good, but it's really bad. Now, I eat and sleep and breathe this stuff. I mean it. somehow figured I might like this. Probably when I was buying a yogurt maker or a Montessori teaching book. I buy nothing else with Organic, Slow Food, Grass-Fed, or the like in the title. It's a little frightening how they could predict. Well, it arrived. I ordered it sort-of irresponsibly because I always feel a little guilty that I can't breast feed. I opened it sitting on the stairs. My kids were yelling for things, but I was glued. Two weeks later we get eggs from a "speak-easy" shed where you leave money for a farmer in town (yes, me, those of you who know me!). The yolks are neon yellow and I feed them to my 5 mo old. We get pasture-raised butter and cream from Whole Foods (best we can do for now) and I have tons of frozen grass-raised meats in my freezer. My life has literally changed. I can never eat the same way again. (And again, readers, I am NOT one of those Prius-driving, Farmer's Market-loving types, really!!!) I think so much of this is true and so much matters. It was an easy read and a brilliant introduction into what is no doubt the most important thing I can do for my children and family -- feed them well. And it's not

hard at all.

This book changed not only my perspective on nutrition for babies and fertility, but it changed my life. It's an incredible resource for anyone, male or female, trying to conceive or not, for how to take care of our bodies. It's not just informative for mothers or future mothers. Everyone should know this information. She explains it in such an easy to understand way. It turns the traditional food model on its head without being burdensome. You'll walk away from reading this book feeling like it's easy to turn your health around, not just for yourself, but for your future family. She shows how our eating habits can affect the health of our future generations. It's absolutely fascinating and I recommend this book to everyone. I reread parts of it all the time.

This book comes at a great time for me, as my husband and I are starting our family. I am already familiar w/ Weston A Price for the most part. But I love this new book! Kristen writes in a way that is easy to understand, and provides lots of references. I discovered Food Renegade via Pinterest, as I do a lot of traditional cooking and I LOVE Kristen's recipes that she posts. I was delighted to learn that she lives just 1/2 hr from me (Austin, TX). I, like Kristen, have this strong motherly instinct to protect my kids. I feel that what I feed my body while pregnant and breastfeeding, as well as what I put into my kids is critical for their well-being. A must-read!

I liked this book when I first read it. But changing my diet, which was not terrible to begin with, really wreaked havoc on my body, and eventually my mind. I lost my appetite and lost weight (which I needed to lose), but my body was not happy with me, and I lost hair and almost lost my period too. Ironical that I was following nutrition for fertility but I probably stopped ovulating while trying to eat this way. It also made me neurotic about food, which is stressful, and stress is not good for fertility. Diet is an incredibly personal thing and is not one-size-fits-all. Please be careful when making significant changes to your diet.

I picked up this book so I could read it as well as my 2 daughters. My youngest is expecting her first and even though she was there every step of the way with her big sister when she was pregnant it is different when you are the one carrying the baby. This book has lots of info for not only momma to be but daddy and as well as grandma too. Good book great info

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

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