



Pregnancy Nutrition (Paperback)

By Samantha Joe Smith

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Congratulations and welcome to parenthood. Your body has gone through a lot these past nine months and it still has a while to go before it is back to normal. The next few months are going to give you and your body a whole new set of challenges especially if you are a first time parent. Recovering from childbirth is exhausting and when you throw a new baby who has no concept of time into the mix and you might find your head spinning. Eating well during this time is almost as important as eating well during your pregnancy. Your body has just been through a traumatic ordeal. If you gave birth vaginally, you mind find yourself recovering from tears and what not. If you gave birth via c-section, you are recovering from major surgery. The first thing most hospitals and doctors like to make sure is that your plumbing and waste systems are working. Eating high fiber food and drinking lots of water after your delivery will help make that first bowel movement a lot less painful. This can be a...



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