



The Prenatal Prescription

By Peter Nathanielsz, Christopher Vaughan

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Did you know that your actions during pregnancy impact your child's health after birth and into adulthood? That what you eat, how much you exercise, your stress level, and your immediate environment are all key factors in determining your baby's predisposition to such conditions as heart disease, obesity, diabetes, stroke, cancer, even depression? Based on more than thirty years of rigorous scientific research, Dr. Nathanielsz's *The Prenatal Prescription* explains why this is so and what you can do about it.

Focusing on the main factors that directly affect the unborn child -- nutrition, stress, toxins, and exercise -- Dr. Nathanielsz lays out a clear and easy-to-follow program for "prenatal programming." He explains the science behind the fetal origins of adult disease, and offers tools that you can use to make your prenatal interaction with your baby memorable and beneficial.

Starting before conception, this simple prescription will change forever the way you think about preparing yourself for pregnancy. All parents want a long and healthy life for their child. *The Prenatal Prescription* explains how to make this a reality.

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Editorial Review

Review

“Definitely a book for the new millennium.” (Newsday)

About the Author

Peter Nathanielsz, M.D., Ph.D., Sc.D., is director of the Laboratory for Pregnancy and Newborn Research at Cornell University. He is the author of *Life Before Birth* and *Life in the Womb*, and lives in Ithaca, New York.

Christopher Vaughan has been writing about health and science for fifteen years. The author of *How Life Begins* and the coauthor of *The Promise of Sleep*, he lives in Menlo Park, California.

Users Review

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The knowledge that you get from The Prenatal Prescription is the more deep you digging the information that hide into the words the more you get considering reading it. It doesn't mean that this book is hard to understand but The Prenatal Prescription giving you excitement feeling of reading. The article author conveys their point in a number of way that can be understood simply by anyone who read the item because the author of this reserve is well-known enough. That book also makes your personal vocabulary increase well. Making it easy to understand then can go to you, both in printed or e-book style are available. We recommend you for having this kind of The Prenatal Prescription instantly.

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