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## Food for Fertility (Hardback)

By Katherine Burke

Anness Publishing, United Kingdom, 2016. Hardback. Condition: New. Language: English . Brand New Book. This book features 50 nutrient-packed recipes for pre-conception, pregnancy and breastfeeding. It offers practical advice for anyone thinking about starting a family, including tips on improving general health and achieving optimum fertility for both partners. You can learn about the essential nutrients needed for pre-conception, pregnancy and breastfeeding. It features over 50 tempting recipes specially chosen to boost fertility, increase your sex drive and improve your changes of a healthy pregnancy. Each recipe is photographed, with easy-to-follow instructions to help you achieve the best results. Deciding to start a new family can be an exciting time, but with so much information thrown at you it can also feel quite daunting. This authoritative book has been written with first-time parents in mind and starts with an introduction that will help you to understand your nutritional needs when trying for a baby, during pregnancy and after birth. The recipe section that follows includes over 50 nutrition-packed dishes. You can choose from fertility-boosting Spicy Crab Cakes, calcium-rich Miso Broth with Beancurd or high-fibre Date and Apple Muffins. Illustrated throughout, this book will be invaluable for anyone trying for a baby...



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