



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

By Kristen Michaelis

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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](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

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

### Users Review

#### From reader reviews:

**Mary Alexander:**

Information is provisions for people to get better life, information currently can get by anyone with everywhere. The information can be a know-how or any news even an issue. What people must be consider while those information which is within the former life are difficult to be find than now could be taking seriously which one would work to believe or which one the particular resource are convinced. If you have the unstable resource then you obtain it as your main information there will be huge disadvantage for you. All of those possibilities will not happen throughout you if you take Beautiful Babies: Nutrition for Fertility, Pregnancy, Breast-feeding, and Baby's First Foods as your daily resource information.

**Patricia Vasquez:**

Exactly why? Because this Beautiful Babies: Nutrition for Fertility, Pregnancy, Breast-feeding, and Baby's First Foods is an unordinary book that the inside of the e-book waiting for you to snap the item but latter it will jolt you with the secret the idea inside. Reading this book close to it was fantastic author who write the book in such remarkable way makes the content on the inside easier to understand, entertaining approach but still convey the meaning entirely. So , it is good for you because of not hesitating having this any longer or you going to regret it. This phenomenal book will give you a lot of gains than the other book include such as help improving your talent and your critical thinking method. So , still want to delay having that book? If I were you I will go to the publication store hurriedly.

**Jamie Wallace:**

Reading can called mind hangout, why? Because when you are reading a book mainly book entitled Beautiful Babies: Nutrition for Fertility, Pregnancy, Breast-feeding, and Baby's First Foods your thoughts will drift away trough every dimension, wandering in every aspect that maybe unfamiliar for but surely can become your mind friends. Imaging every word written in a guide then become one type conclusion and explanation this maybe you never get before. The Beautiful Babies: Nutrition for Fertility, Pregnancy, Breast-feeding, and Baby's First Foods giving you one more experience more than blown away your thoughts but also giving you useful facts for your better life on this era. So now let us explain to you the relaxing pattern is your body and mind will be pleased when you are finished reading it, like winning a casino game. Do you want to try this extraordinary investing spare time activity?

**Rochelle Barrick:**

Do you have something that you prefer such as book? The reserve lovers usually prefer to decide on book like comic, small story and the biggest you are novel. Now, why not attempting Beautiful Babies: Nutrition for Fertility, Pregnancy, Breast-feeding, and Baby's First Foods that give your entertainment preference will be satisfied by simply reading this book. Reading addiction all over the world can be said as the opportunity for people to know world considerably better then how they react in the direction of the world. It can't be said constantly that reading behavior only for the geeky person but for all of you who wants to be success person. So , for every you who want to start looking at as your good habit, you may pick Beautiful Babies: Nutrition for Fertility, Pregnancy, Breast-feeding, and Baby's First Foods become your own starter.

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