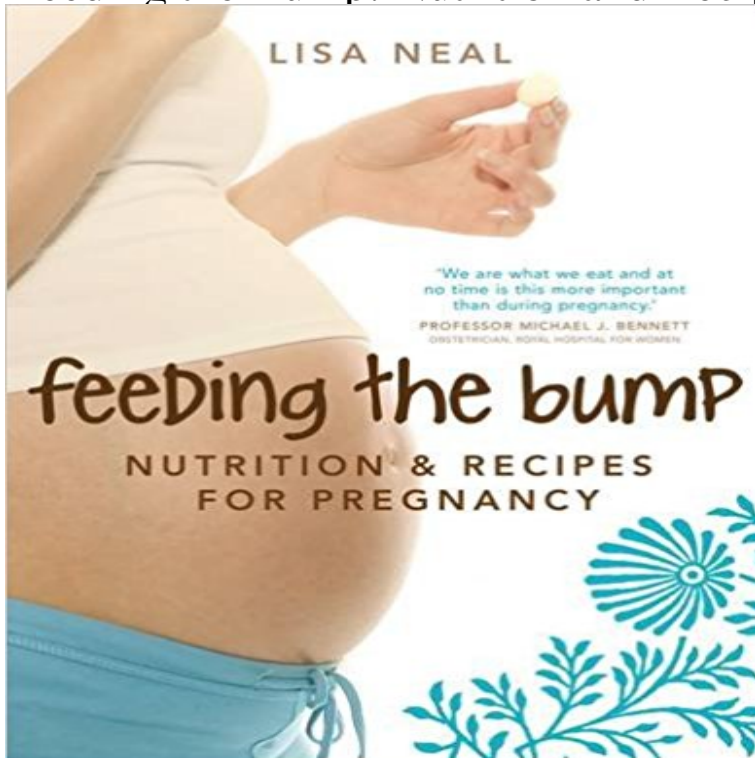


## Feeding the Bump: Nutrition and Recipes for Pregnancy



Divided chronologically into pre-conception, first, second, and third trimesters and post-partum/breast feeding, Feeding the Bump provides women with all the information they need about their own and their unborn child's nutritional requirements and the best way to fulfill them. It is packed with useful information and nutrition tips, including tried and true remedies for common complaints such as morning sickness and heartburn, along with more than 100 easy-to-follow and absolutely delicious recipes. This is a must-have resource for all women wanting to maximize their unborn child's health, and their own, through what they eat.

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