



Going Green Before You Conceive: Revitalize Fertility, Radiate During Pregnancy, Birth and Beyond (Paperback)

By Wendie Aston

Balboa Press, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. -I have long advocated the notion that the time to start eating well for a healthy baby is several years before your child is born! Going Green Before You Conceive will show you exactly how to do this well!- --Christiane Northrup, M.D. ob/gyn physician and author of the New York Times bestsellers: Women s Bodies, Women s Wisdom and The Wisdom of Menopause Choosing to GO GREEN and limit toxins in your daily life will improve fertility and the overall health of you and your family. It takes approximately 72 days for sperm and 3 months for eggs to mature. Create the healthiest sperm and eggs possible for conception by the choices you make in diet, beauty and cleaning products, home furnishings and by limiting your daily exposure to environmental toxins. Learn what to avoid to protect your health and even uncover conditions your doctor may miss! Going Green Before You Conceive is a guide for you and your partner on how to begin living a healthy, toxin free, GREEN lifestyle at any stage of your journey to conception, through pregnancy and into...



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