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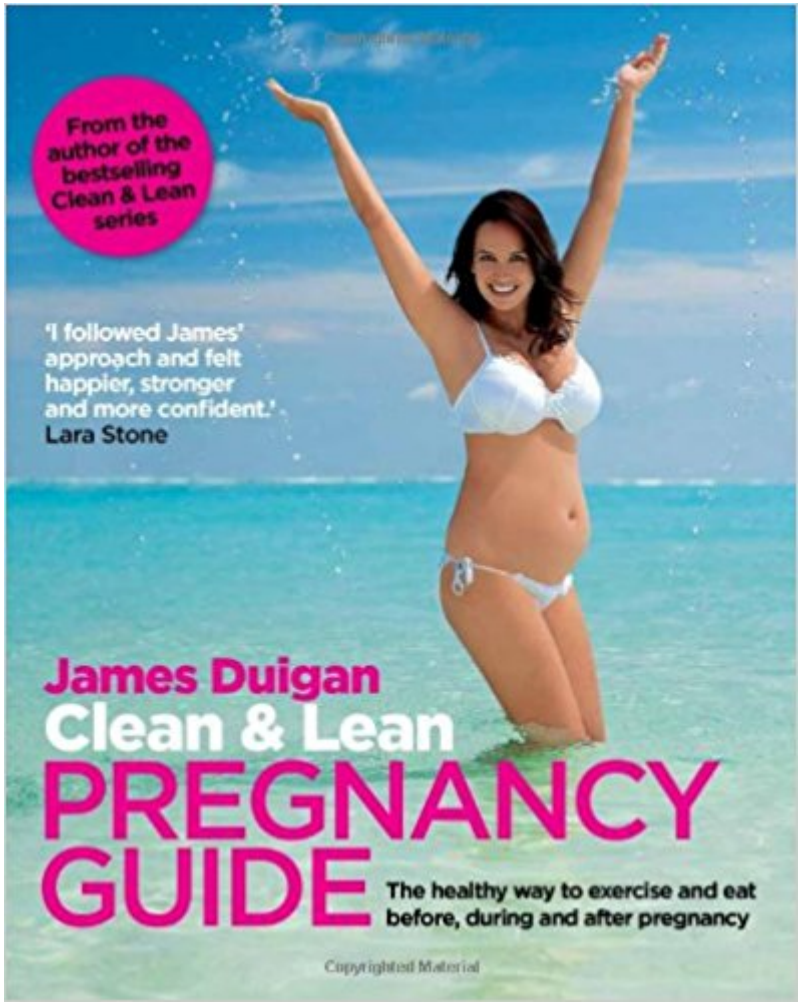
Clean & Lean Pregnancy Guide: The Healthy Way To Exercise And Eat Before, During And After Pregnany



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Synopsis

Whether you want to boost your fertility, ensure your body is in the best possible shape before birth, or get it back afterwards, staying active and eating healthily is more important than ever. James Duigan's Clean & Lean philosophy has encouraged thousands to improve their diet and lifestyle and here he turns his attention to helping you achieve optimum health for you and your baby. The proud father of one-year-old Charlotte, Clean & Lean Pregnancy Guide is based on first-hand experience and covers: * Gentle, safe exercises, illustrated with step-by-step photographs, for every stage of your pregnancy, including post-birth exercises designed to get rid of your 'mum tum' * Healthy eating dos and don'ts, plus advice on dealing with morning sickness and cravings, and simple, delicious recipes that deliver all the nutrition you need * Advice on life post-baby, including getting enough sleep, recovering lost energy and how, gently, to get yourself back in shape

Book Information

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Customer Reviews

James Duigan was born in England but grew up in Australia. His clients include Elle Macpherson, Holly Valance and Lara Stone, all of whom turned to him for advice during their pregnancies, as well as Rosie Huntington-Whiteley.

The book was all that I hoped it would be! James does a great job with describing nutrition & exercises that will benefit you in each stage of pregnancy (including pre-pregnancy health and the 4th trimester). He gives numerous examples of ways to cope with specific pregnancy stages such

as morning sickness, exhaustion, etc. He not only gives you ideas on how to stay healthy while coping, but always supports you in listening to your body and doing what is best for YOU! I'm so glad I got this!

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