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A COMPLETE GUIDE TO PRE-CONCEPTUAL CARE

PLANNING A BABY?



HOW TO PREPARE FOR A HEALTHY PREGNANCY AND GIVE YOUR BABY THE BEST POSSIBLE START

DR SARAH BREWER

Ebury Publishing, United Kingdom, 2004. Paperback. Book Condition: New. 2nd Revised ed.. 212 x 134 mm. Language: English . Brand New Book. Planning a Baby? is all about giving your baby the best possible start in life. By taking maximum care of your health in the six important months before your new child is even conceived, you can optimise the chances of having a healthy baby. The first few weeks of gestation are critical. Research has shown that undernourishment during...

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