



# Healthy Parents, Healthy Baby: A Guide to Conception & Pregnancy

*Jan Roberts*

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# Healthy Parents, Healthy Baby: A Guide to Conception & Pregnancy

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**Healthy Parents, Healthy Baby: A Guide to Conception & Pregnancy** Jan Roberts

**A simple, straightforward guide to assisting conception and enjoying a healthy pregnancy, from an author with more than 40 years' experience in healthcare**

Explaining the ways in which physical and mental health of children depend upon the parents' efforts before conception, this guide offers a preconception program to maximize fertility, as well as essential information for a natural, uncomplicated, full-term pregnancy. Readers will find easy tips to improve diet, lifestyle, and environment; the truth about toxins in the home and workplace, and quick, nutritious recipes for prospective parents and mothers-to-be. There are also tips on reducing stress, choosing an exercise program, quitting unhealthy habits, and deciding whether to consult a professional for help in conceiving. Includes metric measures.

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