

NOW THAT YOU'RE PREGNANT: Maximize your baby's health!

9 Month program (6 Sessions)

Congratulations! Never before have babies had a better chance of being born alive and well. We know more today about having a healthy baby and a smooth pregnancy than ever before.

A pregnant woman who eats high-sugar-content-snacks, soda, candy and cake risks delivering a baby whose health may be compromised in many ways; from something as benign as allergies to more severe disorders such as developmental delays.

By nourishing your baby (in-utero) properly, you are predisposing your growing child's future to one of health instead of disease. Recent research shows that **the developing baby is more sensitive to the mother's diet than previously believed** and some health consequences don't show up until later in life.

Poor intake of essential nutrients during an organ's development can alter the structure or function of that organ for life. You have the power the effect the future of your baby's physical and mental health!

This program is designed for:

- Mothers who want to ensure optimal nutrition at each stage of baby's growth. **Attention to detail now saves your child from mild to severe health care issues in the future.**
- A mother who was underweight at birth herself (thus at risk of a low birth weight baby)
- Mothers at risk of excess weight gain (susceptibility to gestational diabetes)
- Obese mothers who need to limit pregnancy weight gain (susceptibility to pre-eclampsia and eclampsia; gestational diabetes)
- Diabetic mothers (for proper nourishment, and glucose control)
- Multiple pregnancies, ensure all your babies are well nourished and normal weight
- Underweight mothers (at risk of nutritional deficit and low birth weight)

The Program

Your comprehensive evaluation will determine your current nutritional status. You will have six sessions during your pregnancy along with email support to ensure optimal support. During your participation in this fabulous, life-changing program, you will...

- Learn which foods tone your uterine musculature
- Learn strategies for proper weight gain and which foods significantly benefit your growing baby
- Learn how to treat morning sickness, fatigue, heartburn and constipation
- Learn to avoid nutrient deficiencies with appropriate supplementation
- Learn how to make healthful choices while dining at your favorite restaurants
- Learn to address lifestyle factors that can negatively affect your developing baby

Comprehensive Evaluation: \$200.00
Program Fee: \$795.00
Total: \$995.00