



**WHAT TO EXPECT WHEN...: Nutrition in
Pregnancy and Lactation: Pregnancy Lifestyle -
The Happiest Baby on the Block! (Completely New
and Revised) (Pregnancy Books for First Time
Mom Book 2)**

Cathy Wilson

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is Book 2 of the *Pregnancy Books for First Time Moms* series! This introductory guide shows you how to create OPTIMAL eating HABITS for healthy weight gain, increased energy, fewer aches and pains, and a more comfortable pregnancy overall!

Wondering how much weight you should gain?

Is exercising safe?

How much sleep do you need?

Should you take a prenatal vitamin?

Is coffee safe?

Can you have a beer while breastfeeding

Is your baby going to be okay through your morning sickness?

Is it better to have eggs or a bagel for a snack?

If these are questions running through your head...

This book is for you!

*Download **What to Expect When...** TODAY! An introductory pregnancy guide that helps you eat optimally and energize your growing body to support a healthy joyous pregnancy!*

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