



Post Pregnancy Diet: : The Secret Recipes for New Mom

By Amy Tan

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.If you are a new mom and want to restore your health, energy, mind and beauty in 30 days then this Amazon Bestseller s Post Pregnancy Diet is for you, .Giving birth and being a new mother is the most exhausting experience for most women.Following the trauma and pain of delivery, the immediate new responsibility of taking care of the baby leaves little time for the mother to rest and recover. A new mother s body is like a sponge at this time and absorbs whatever nutrients it can get. There could be many complications after giving birth if the new mother does not take care of herself. Postpartum haemorrhage, postpartum depression and fatigue are just a few common problems. . Going on a diet too soon to lose weight could increase the chance of having complications and weaken the body s constitution further, which could result in serious health problems for the woman in her later years. It is time that the woman s body goes through enormous changes. The body is at its...



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