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The abundant iron, calcium, magnesium, copper, and phosphorus levels in sesame seeds make them suitable for post-pregnancy diet. They help in replenishing your body system with essential minerals and regulating bowel movements. They can be added to chutneys, curries, and sweets. These are the superfoods that you can add to your post pregnancy diet.

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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 weakest and the woman can easily fall ill. Also during this vulnerable period, much care should be taken to replenish lost nutrients and repair wear. There are many books, which emphasize what a pregnant woman should or shouldn't do. But there are just not enough books with information about how a new mother should look after herself. In particular, little has been shared about what her nutritional needs are, what food to eat, how to prepare it, and how to strengthen her body after the child is born. . A good post pregnancy diet and nutrition plan during this period cannot be overemphasized. Every care has been taken to ensure the accuracy of the contents of this guide. Besides checking against published sources, the author took the effort to speak to or interview the gurus and experts in their respective fields and had them verify the information provided in this book. Here Is A Preview Of What You'll Learn... .. How the diet help to restore your health, energy, mind and beauty in 30 days What special ingredients to use which increase your immune system to fight against illnesses What are the secret tips to make the food more nutritious and delicious How to prepare the secret recipes to increase your milk production for breastfeeding moms And much, much more! This is a book for all recovering new mothers and the people who care for them. Want to know more? . Simply scroll up and download a copy of this guide right away! .

Short stories include explorations of characters such as a divorced couple on a cross-country trip, a middle-aged nurse, and a daughter trying to come to terms with her father

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America's pregnancy bible answers all your baby questions. When can I take home a pregnancy test? How can I eat for two if I'm too queasy to eat for one? Can I keep up my spinning classes? Is fish safe to eat? And what's this I hear about soft cheese? Can I work until I deliver? What are my rights on the job? I'm blotchy and broken out—where's the glow? Should we do a gender reveal? What about a 4-D ultrasound? Will I know labor when I feel it? Your pregnancy explained and your pregnant body demystified, head (what to do about those headaches) to feet (why they're so swollen), back (how to stop it from aching) to front (why you can't tell a baby by mom's bump). Filled with must-have information, practical advice, realistic insight, easy-to-use tips, and lots of reassurance, you'll also find the very latest on prenatal screenings, which medications are safe, and the most current birthing options—from water birth to gentle c-sections. Your pregnancy lifestyle gets equal attention, too: eating (including food trends) to coffee drinking, working out (and work) to sex, travel to beauty, skin care, and more. Have pregnancy symptoms? You will—and you'll find solutions for them all. Expecting multiples? There's a chapter for you. Expecting to become a dad? This book has you covered, too.

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