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Part 2 contains 80 mouth-watering recipes, all designed to be easily incorporated into a busy life. Try Indonesian Chicken with Buckwheat Noodles, Chilli-Glazed Salmon with Cucumber Lime Salad or Molasses Ginger Cookies. All the recipes in Eat Yourself Pregnant are delicious and all go a long way to help you to realise your dream of having a baby.

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The recipes are easy to follow. The recipes are tasty - a big effort has been made to inject flavour into this food. Great granola recipe. Great veggie burger recipe. Lovely, moist, almond bread. So, some recipes I will be making as part of my normal diet. The negative points: Eating like a Hollywood star (the book is endorsed by one) is quite ...

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Beans, brown rice and lentils can aid ovulation, while spicy foods will increase blood flow to the reproductive organs, says Zita West, fertility expert and author of 'Eat Yourself Pregnant'. Home...

How to eat yourself pregnant: Chilli, full-fat milk ...

And for those of us who can't afford her pricey private fees, the good news is that her new cookbook, Eat Yourself Pregnant, provides a snapshot of her philosophies as well as a comprehensive look at what you should eat - and avoid - to boost your fertility."-Metro (September 2, 2014) --This text refers to an alternate kindle_edition edition.

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Get this from a library! Eat yourself pregnant : essential recipes to boost your fertility naturally. [Zita West; Christine Bailey] -- Zita West, midwife to Cate Blanchett, Stella McCartney and Kate Winslet, shares her expertise in nutrition to help you and your baby stay healthy naturally throughout your pregnancy. It is crucial to ...

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Interest in natural ways to improve fertility is soaring. For many people, it feels time to take control of their health to give themselves the best chance to get their body baby-ready and increase their chances of getting pregnant. Zita West, midwife to the stars, knows that nutrition can make a hu...

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About Eat Yourself Pregnant. Zita West, midwife to Cate Blanchett, Stella McCartney and Kate Winslet, shares her expertise in nutrition to help you and your baby stay healthy naturally throughout your pregnancy. It is crucial to eat an optimum diet during pregnancy. Your levels of nutrients need to be high in order to support you through the process of pregnancy, and the baby that you 're ...

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