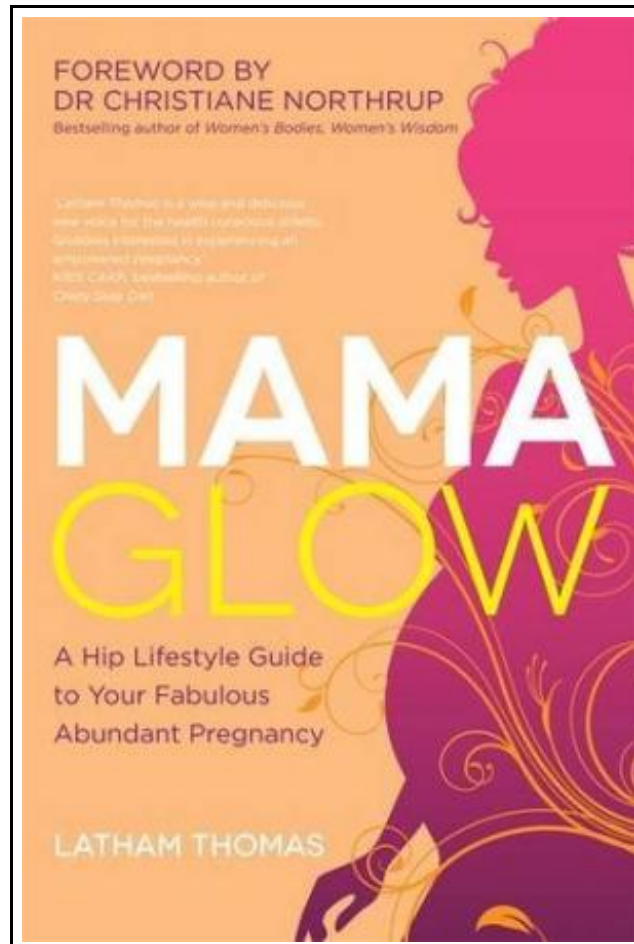


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(Mrs. Lyda Wilkinson Sr.)

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Hay House UK Ltd. Paperback. Book Condition: new. BRAND NEW, Mama Glow: A Hip Guide to Your Fabulous Abundant Pregnancy, Latham Thomas, So you're ready to have a baby? Congratulations, girlfriend! Drop that blood orange cosmo and triple soy latte, it's Glow Time! Giving up your daily dose of caffeine and five o'clock cocktail doesn't have to make you miserable. A healthy, balanced, plant-based diet can ensure that for the next nine months - and beyond - you'll look and feel radiant! In "Mama Glow", maternity lifestyle maven, Latham Thomas shares the tips and techniques to support a blissful journey to motherhood. As your certified 'glow pilot', she'll guide you through every stage of your pregnancy, giving you practical advice to make your journey a joyful and vibrant one. Latham shows you how to make room for your pregnancy; assess your current diet, banish toxic habits and incorporate yoga, to keep your mind, body and spirit in balance. Throughout, you'll get tips to help reduce stress; alleviate common discomforts, demystify birth plans, labour coaches and midwives. Whip up pampering treats like homemade shea butter and coffee sugar scrub; and indulge in over 50 delicious, nutrient-rich recipes to nourish both you and your 'bun'. "Mama Glow" also features a post-natal wellness plan, to guide you back to your pre-baby body, troubleshoot breastfeeding problems, and embrace your abundant new life. "Mama Glow" features: illustrated exercises for a fit, fabulous, & comfortable pregnancy; fleshed out cleansing programs to boost fertility; simple formula for deconstructing those crazy cravings; yoga sequences designed for pre-pregnancy, each trimester and postpartum; checklists for your pantry on the go, finding a birth coach & your packing your birth bag; and, "glow foods" to help you snap back to your fab pre-baby body.

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