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An estimated 11 million couples in the U S are currently trying to conceive and medical groups now recommend that all hopeful parents plan for baby making at least three months before they begin trying And who better to guide wanna be moms and dads step by step through the preconception and conception process than Heidi Murkoff It s all here Everything couples need to know before sperm and egg meet up Packed with the same kind of reassuring empathetic and practical information and advice and tips that readers have come to expect from What to Expect only sooner Which baby friendly foods to order up say yes to yams and which fertility busters to avoid see you later saturated fat lifestyle adjustments that you ll want to make cut back on cocktails and caffeine and those you can probably skip that switch to boxers How to pinpoint ovulation time lovemaking keep on demand sex sexy and separate conception fact it takes the average couple up to 12 months to make a baby from myth position matters Plus when to seek help and the latest on fertility treatments from Clomid and IVF to surrogacy and more Complete with a fill in fertility journal to keep track of the babymaking adventure and special tips throughout for hopeful dads Next step What to Expect When You re Expecting of course *Discovering Raw Alkaline Cuisine* Salomon Montezinos,Judith Ann Castille,2012-09-19 Discovering Raw Alkaline Cuisine is One of a Kind Delicious Raw Alkaline Recipes There is no other book that combines both raw and alkaline diet regimens There are a number of recipe books on the market that are either raw OR alkaline With Chef Sal Montezinos Discovering Raw Alkaline Cuisine you get recipes for both raw and alkaline foods combined into 126 delicious energizing recipes Recipes include dishes for Appetizers Entrees Beverages Desserts Dips Dressings Salads Sauces Snacks and Soups From Zucchini Fettuccine Alfredo to Almond Brittle Crunch to Pineapple Cucumber Gazpacho to Pumpkin Mousse to Sunny Island Aperitif to Krunchy Krispy Kale Kraklins to Rawsage Pizza on Herbed Salba Pizza Crust and so much more An award winning chef restaurateur Chef Sal has brought his 50 plus years of culinary expertise to the raw vegan table using alkaline based foods prepared with a delicious flair Inside the book you will also find chapters on items you will need to stock a raw kitchen lists of alkaline based vegetables fruits nuts and seeds where to find odd duck produce and grocery items and keeping yourself fit and healthy His book offers information on why it is important to eat a raw and alkaline diet for optimum health The Importance Of Eating Raw Eating raw will deliver many of the same benefits as going alkaline such as a higher energy level and improved health conditions Eating raw also delivers another jolt of life force to your food The dominant thought behind raw foods is that they are living foods as opposed to dead foods which have had the nutrition cooked out of them Cooked foods can lose up to 85% of the nutrients you otherwise would have received The Importance Of Eating Alkaline Based Foods According to the Science of Dr Robert Young author of The pH Miracle the pH level of the body must be higher alkaline to ensure optimal health Studies show that an alkaline body can help to prevent serious health problems such as Obesity Diabetes Asthma High Blood Pressure Arthritis Heart Disease and more Chef Sal shares his philosophy of staying energized and keeping young through a lifestyle of healthy living through exercise diet and a positive outlook Sunday School Times ,1888 **EBOOK:**

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