

Eat Right 4 Your Baby: The Individualized Guide to Fertility and Maximum Health During Pregnancy, Nursing and Your Baby's First Year

Dr. Peter J. D'Adamo, Catherine Whitney



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Eat Right 4 Your Baby: The Individualized Guide to Fertility and Maximum Health During Pregnancy, Nursing and Your Baby's First Year Dr. Peter J. D'Adamo, Catherine Whitney This guide provides blood-type specific diets, exercises and supplement prescriptions for fertility, prenatal care, pregnancy, nursing, postpartum and the vital first year of a child's life.

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