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The Prenatal Prescription

Peter Nathanielsz, Christopher Vaughan

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Did you know that your actions during pregnancy impact your child's health after birth and into adulthood? That what you eat, how much you exercise, your stress level, and your immediate environment are all key factors in determining your baby's predisposition to such conditions as heart disease, obesity, diabetes, stroke, cancer, even depression? Based on more than thirty years of rigorous scientific research, Dr. Nathanielsz's *The Prenatal Prescription* explains why this is so and what you can do about it.
Focusing on the main factors that directly affect the unborn child -- nutrition, stress, toxins, and exercise -- Dr. Nathanielsz lays out a clear and easy-to-follow program for "prenatal programming." He explains the science behind the fetal origins of adult disease, and offers tools that you can use to make your prenatal interaction with your baby memorable and beneficial.
Starting before conception, this simple prescription will change forever the way you think about preparing yourself for pregnancy. All parents want a long and healthy life for their child. *The Prenatal Prescription* explains how to make this a reality.

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