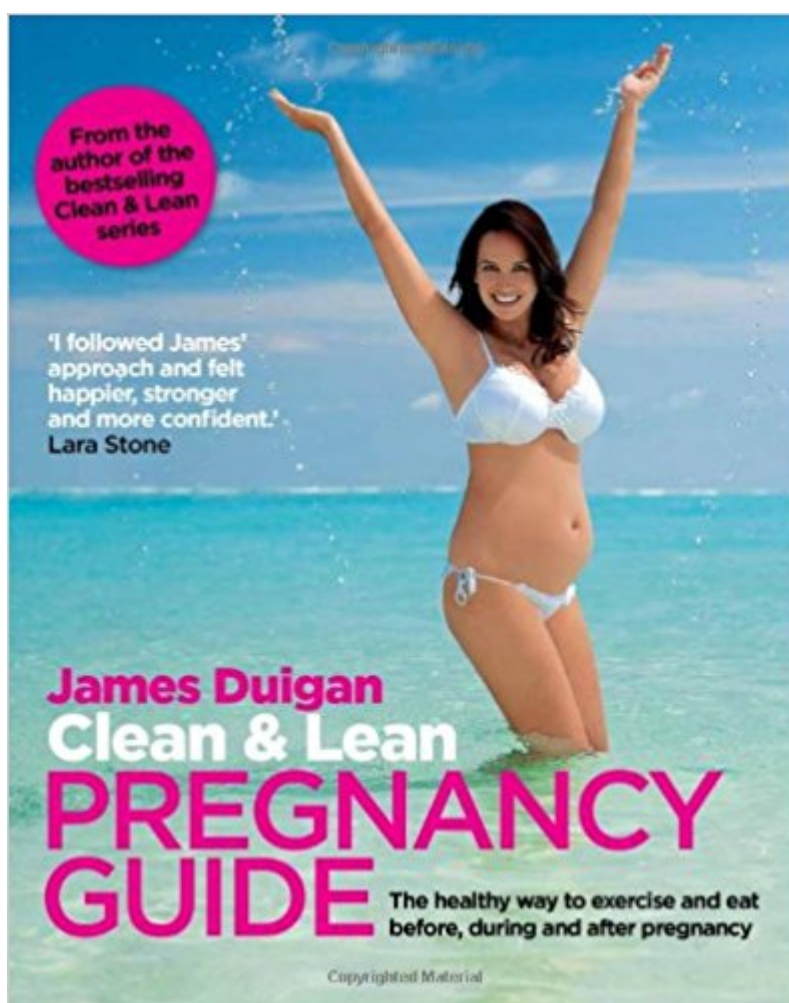


The book was found

# Clean & Lean Pregnancy Guide: The Healthy Way To Exercise And Eat Before, During And After Pregnancy



## Synopsis

Whether you want to boost your fertility, ensure your body is in the best possible shape before birth, or get it back afterwards, staying active and eating healthily is more important than ever. James Duigan's Clean & Lean philosophy has encouraged thousands to improve their diet and lifestyle and here he turns his attention to helping you achieve optimum health for you and your baby. The proud father of one-year-old Charlotte, Clean & Lean Pregnancy Guide is based on first-hand experience and covers:

- \* Gentle, safe exercises, illustrated with step-by-step photographs, for every stage of your pregnancy, including post-birth exercises designed to get rid of your 'mum tum'
- \* Healthy eating dos and don'ts, plus advice on dealing with morning sickness and cravings, and simple, delicious recipes that deliver all the nutrition you need
- \* Advice on life post-baby, including getting enough sleep, recovering lost energy and how, gently, to get yourself back in shape

## Book Information

Paperback: 160 pages

Publisher: Kyle Books (May 8, 2014)

Language: English

ISBN-10: 0857831054

ISBN-13: 978-0857831057

Product Dimensions: 7.4 x 0.4 x 9.2 inches

Shipping Weight: 1.4 pounds

Average Customer Review: 5.0 out of 5 stars 1 customer review

Best Sellers Rank: #882,218 in Books (See Top 100 in Books) #73 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Pregnancy](#) #1345 in [Books > Health, Fitness & Dieting > Women's Health > Pregnancy & Childbirth](#) #1798 in [Books > Parenting & Relationships > Parenting > Early Childhood](#)

## Customer Reviews

James Duigan was born in England but grew up in Australia. His clients include Elle Macpherson, Holly Valance and Lara Stone, all of whom turned to him for advice during their pregnancies, as well as Rosie Huntington-Whiteley.

The book was all that I hoped it would be! James does a great job with describing nutrition & exercises that will benefit you in each stage of pregnancy (including pre-pregnancy health and the 4th trimester). He gives numerous examples of ways to cope with specific pregnancy stages such

as morning sickness, exhaustion, etc. He not only gives you ideas on how to stay healthy while coping, but always supports you in listening to your body and doing what is best for YOU! I'm so glad I got this!

[Download to continue reading...](#)

Clean & Lean Pregnancy Guide: The Healthy Way to Exercise and Eat Before, During and After Pregnancy Clean Eating: 365 Days of Clean Eating Recipes (Clean Eating, Clean Eating Cookbook, Clean Eating Recipes, Clean Eating Diet, Healthy Recipes, For Living Wellness and Weigh loss, Eat Clean Diet Book Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly) Expect the Best: Your Guide to Healthy Eating Before, During, and After Pregnancy Drugs During Pregnancy and Lactation, Third Edition: Treatment Options and Risk Assessment (Schaefer, Drugs During Pregnancy and Lactation) CLEAN EATING: The Detox Process And Clean Eating Recipes That Help you lose weight naturally (Clean eating cookbook, Weight Watchers, Sugar free detox, Healthy ... Eating Cookbook, Loss weight Fast, Eat thin) Intermittent Fasting: Everything You Need to Know About Intermittent Fasting For Beginner to Expert ãçâ ã œ Build Lean Muscle and Change Your Life (Lean Lifestyle, Lean Muscle, Lose Fat) The Pregnant Athlete: How to Stay in Your Best Shape Ever--Before, During, and After Pregnancy Pregnancy Notes: Before, During & After Pilates for Pregnancy: The Ultimate Exercise Guide to See You Through Pregnancy and Beyond Your Best Pregnancy: The Ultimate Guide to Easing the Aches, Pains, and Uncomfortable Side Effects During Each Stage of Your Pregnancy If It Fits Your Macros: The Ultimate Guide to IIFYM Flexible Diet: Burn Fat, Gain Energy and Build Muscle, While Eating the Foods You Love (Eat Your Way Lean & Healthy) Pregnancy Blues: What Every Woman Needs to Know about Depression During Pregnancy Beyond Bigger Leaner Stronger: The Advanced Guide to Building Muscle, Staying Lean, and Getting Strong (The Build Muscle, Get Lean, and Stay Healthy Series) Beyond Bigger Leaner Stronger: The Advanced Guide to Building Muscle, Staying Lean, and Getting Strong (The Build Muscle, Get Lean, and Stay Healthy Series Book 4) Lean in 15: 15-Minute Meals and Workouts to Keep You Lean and Healthy Carb Cycling: Unleash Your Bodyãçâ ã œs Maximal Potential to Burn Fat and Build Lean Muscle Mass While Staying Lean (Including Recipes, Carb Cycling Diet, Ketogenic ... Muscle While Burning Fat, Healthy Body) Intermittent Fasting: How To Lose Weight, Burn Fat & Build Lean Muscle The Easy Way (Intermittent Fasting, Burn Fat, Build Lean Muscle, Lose Weight) Low Calorie & Fat: Healthy Breakfast Recipes! Discover New Healthy Breakfast Ideas. Healthy Muffin Recipes, Healthy Smoothies, Healthy Egg Recipes and ... Only! (Low Calorie & Fat Recipes Book 1) Weight Loss:

INTERMITTENT FASTING: Eat Stop and Eat (lose Weight Eat to Live Healthy Diet Plans Fat Burning Success Weight Loss) (Beginner's Guide)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)