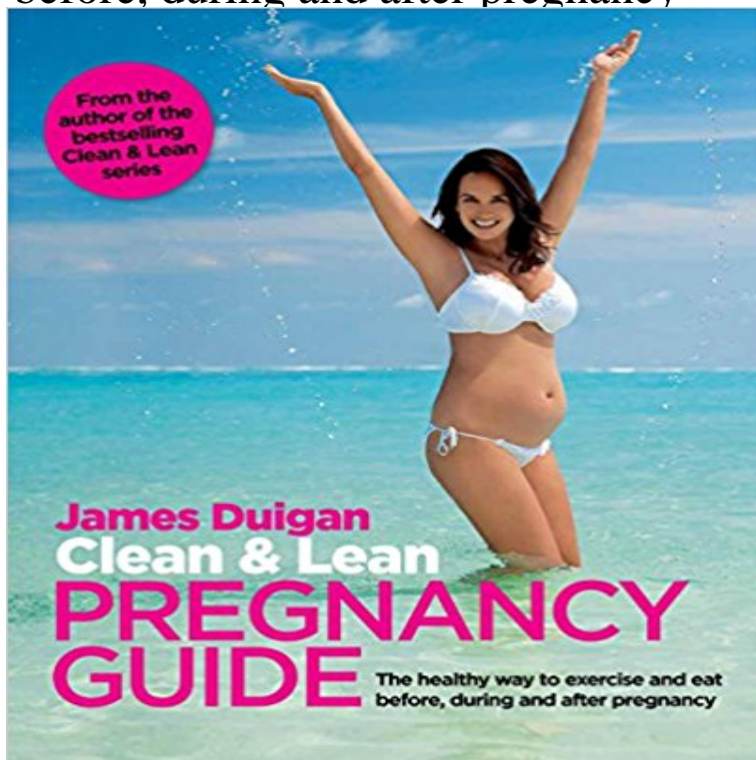


## Clean & Lean Pregnancy Guide: The healthy way to exercise and eat before, during and after pregnancy



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. James, the proud father of one-year-old Charlotte, shares first-hand experience of supporting his wife, Christiane, the Clean & Lean cover girl, and features all the great experts that advised them throughout, along with the experiences of his friends and clients, supermodel Lara Stone and actresses Holly Valance and Teresa Palmer. Clean & Lean Pregnancy Guide includes: Gentle, safe exercises, with step-by-step photographs for every stage of your pregnancy, including post-birth exercises designed to get rid of your post-baby pooch. 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. Whether you are in your first, second, or third trimester or a mom to a newborn with only so many hands and not enough time, James guides you to a healthy and beautiful body and helps you to sustain a nutritious eating habit and active lifestyle.

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