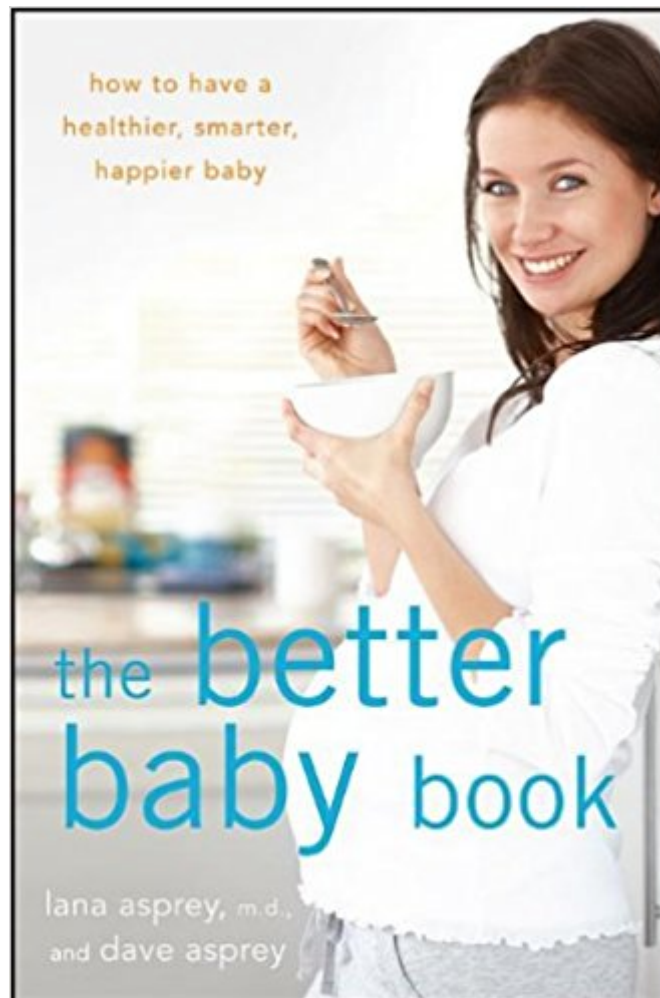




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# The Better Baby Book: How To Have A Healthier, Smarter, Happier Baby



## Synopsis

How to create a healthier, happier, smarter baby; the breakthrough pregnancy diet and lifestyle plan based on cutting-edge genetic science Whether you're planning for pregnancy or are already pregnant, this essential prenatal guide draws on the latest genetic research to give you a complete program of specific nutrition and environmental lifestyle changes that can help you have a better baby. The book is based on the emerging science of epigenetics and shows how the environment interacts with your genes, affecting which genes are expressed or "turned on". It shows you the important steps you can take to improve preconception nutrition and reduce toxins in your home and body to consciously help your child be healthy, smart, and strong. Leverages the latest epigenetics research to help you produce a healthier, smarter, and happier baby with a lower risk of allergies, asthma, and developmental issues Shares a specific prescriptive program based on four principles: eating the right foods; taking the right supplements; detoxifying before, during, and after pregnancy; and minimizing stress Shows how a woman's health and her environment during pregnancy may have a much bigger impact on her child than was previously thought Includes the authors' compelling personal story of developing the Better Baby Plan shared in the book as they had their own better babies

## Book Information

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## Customer Reviews

Discover the breakthrough fertility and pregnancy diet and lifestyle plan based on brand-new genetic science Whether you're planning for pregnancy or are already expecting, this essential prenatal guide draws on the latest genetic research to give you a complete program of specific

nutrition and environmental lifestyle changes to help you have a better baby. Written for parents everywhere, it contains a program created by two parents—a fertility-oriented physician and a nutrition expert—to reactivate their own fertility after age forty. The book is based on the emerging science of epigenetics, showing how you can change the way your environment interacts with your genes and affect which genes are expressed or "turned on." The Better Baby Book shares important steps you can take to improve preconception nutrition and reduce toxins in your home and your body to consciously get pregnant and help your baby be healthier, smarter, and stronger. This groundbreaking guide: Builds on the latest epigenetics research to help you produce a healthier, smarter, and happier baby with genes for lower risk of allergies, asthma, and developmental issues Shares a specific prescriptive program based on four principles: eating the right foods; taking the right supplements; detoxifying before, during, and after pregnancy; and using new techniques to consciously control maternal stress Demonstrates how a woman's health and her environment during pregnancy may have a much bigger lifelong impact on her child than was previously thought Includes the authors' compelling story of developing the Better Baby Plan as they had their own better babies

LANA ASPREY, M.D., is a mother of two shockingly healthy children and a Karolinska-trained physician who runs an international natural fertility and healthy pregnancy consulting practice. She helps couples recover fertility and have healthier pregnancies and better babies using the natural techniques that she helped to pioneer in order to have her own healthy children later in life. Her techniques are now outlined in The Better Baby Book, and she has been interviewed in Vogue. She is the former medical director of a medical testing company evaluating neurological immunity to environmental factors, and practiced medicine in Stockholm, Sweden. She speaks internationally on topics of nutrition and early childhood to create healthy children, healthy parents, and healthy families. DAVE ASPREY, MBA, is a well-known blogger and media figure on health and human performance because of his "Bulletproof Executive" work behind Bulletproof Coffee and the Bulletproof Diet. He's been featured on ABC's Nightline, CNN, and in Vogue and Men's Health. Dave is a sought-after public speaker, having presented to thousands of top investors and entrepreneurs globally on upgrading cognitive performance. He spent 15 years and \$250,000 to hack his own biology, upgrading his brain by 20 IQ points, lowering his biological age, and losing 100 lbs without using calories or exercise. Then he turned his focus to creating the ultimate plan to gift his children with the best lifelong health possible. The Financial Times calls him a "bio-hacker who takes self-quantification to the extreme of self-experimentation." His writing has

been published by the New York Times and Fortune, and he's presented at Wharton, the University of California, and Singularity University. For nearly a decade, he's run the Silicon Valley Health Institute, an anti-aging nonprofit education group.

I've been following Dave Asprey for years, and this is a great book for someone looking to conceive and prepare for a healthy pregnancy, or honestly, anyone in general! I'm really glad to have read this book before even thinking about getting pregnant! Some of the poor reviews are due to lack of sources, but all of the sources, as mentioned in the beginning, are on the website! :)

I love this book. Extreme, yes. Take it with a grain of salt but I learned a TON.

The Better Baby Book: How to Have a Healthier, Smarter, Happier Baby by Lana Asprey, MD and David Asprey (of Bulletproof Executive) is interesting and thought-provoking, take what makes sense to you and leave the rest. The book revolves around these basic principles: -Eat the right foods. -Take the right supplements. -Detoxify your body before, during, and after pregnancy. -Minimize stress. These things are done based on science showing us that our genes aren't destiny, but rather an interplay of the environment and genes. "Countless factors can cause any of a baby's genes to turn on or off during the time in the womb. Even a mother's thoughts and feelings during pregnancy can play a significant role in determining what personality traits, characteristics, and behaviors her child may inherit. The three most common things that affect gene expression are the mother's diet and nutrition, her environment, and her emotions. Having a healthy father also has a big effect on a baby's genes, much more than many people realize." While I didn't necessarily agree with everything in The Better Baby Book, it did give me a lot of food for thought (and for the record, no, I am not currently pregnant nor planning on getting pregnant in the near future). In addition, I would've liked to have seen references in the book itself, but they can be found online on their website.

There was plenty of research to support the use of the supplements recommended along with general lifestyle changes that can cross over to just living a healthy lifestyle. They were reasonable, knowing that some of the items they recommend are highly priced, but then came back to note that if you can't, then go with option B. All for the greater good of a healthy mom and baby. Much appreciate this info from someone over 35 with a few hormonal imbalances that may be helped by some of these recommendations along with a holistic health practitioner. Thank you!!

This is a great resource with which to start. However, the website should be updated.

I've been following Dave asprey for awhile now and was pleased to see I have been doing a lot of the things listed already. But reading this for the future has determined me to continue on the better baby path before I even decide to have a baby!

We've followed the bulletproof principles and as much as we found in this book and the rest of Dave Asprey and Dr Lana's work, and we've found them to be excellent guides.

What a wonderful guide on eating the right foods to grow a healthy baby, and have a healthy pregnancy! I didn't apply everything but used what worked for our family and found myself much healthier this pregnancy then my last.

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