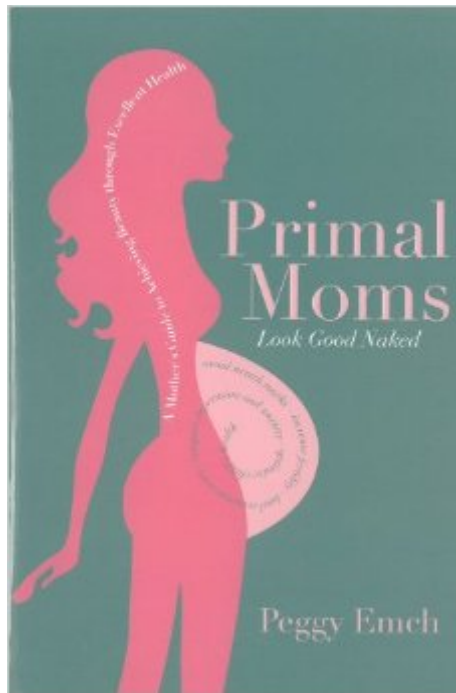


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# Primal Moms Look Good Naked: A Mother's Guide To Achieving Beauty Through Excellent Health



## Synopsis

In *Primal Moms Look Good Naked*, Peggy Emch challenges conventional pregnancy wisdom - that the fate of pregnant women and new mothers is ugly and undesirable - and explains how nutrition and fitness can reduce or even eliminate most of the embarrassing signs new mothers go to extremes to cover up. Supported by scientific research, observational accounts of traditional peoples, and her own journey into vibrant health, Emch explains how a beautiful pregnant body is a reflection of the mother's and baby's good health. Each chapter focuses on a different common pregnancy complaint, identifies causes, and details ways to prevent and repair them. Some of the topics include: Fertility Stretch Marks Cellulite Varicose and Spider Veins Diastasis Recti Flabby Belly Skin Problems Emch incorporates her years of experience and nutrition related research into a practical plan for achieving and maintaining excellent physical health and, consequently, good looks throughout pregnancy. In *Primal Moms Look Good Naked*, Emch reveals: How traditional foods and specific nutrients can improve fertility How good nutrition and balanced hormones diet can heal skin tone, color, and texture How pregnancy cravings and trips to the snack isle in the middle of the night are not normal symptoms of pregnancy How stretch marks and cellulite might be signs of dietary insufficiencies How the junk we eat and the healthy food we don't affects not only our bodies, but also the bodies and brains of our babies How just a little bit of weight bearing exercise each week can transform our aging bodies into beautiful, youthful ones *Primal Moms Look Good Naked* is a complete guide for women seeking a healthy pregnancy, baby, and postpartum recovery. It includes information on fertility, ancestral nutrition, specific foods for specific problems, and an exercise program suitable for women of all athletic abilities.

## Book Information

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## Customer Reviews

I'm a nurse and a voracious nutrition reader, but I confess I had no real interest in the paleo diet. Disclaimer, this is the first (and only) paleo book I've read. As with all nutrition books, it can't be treated like an absolute resource. Vegan and vegetarian diets have been studied extensively for decades and produce excellent health results, but are the health results because vegans and vegetarians have lower than average BMI, low smoking and drinking rates, and higher than normal exercise rates? The fascinating thing about diet is that there is always so much going on it's hard to find the causal relationship. There is no doubt that being overweight is unhealthy and especially unhealthy when pregnant and this book has a lot of sound advice on preparing for and staying healthy during pregnancy. Things I liked: 1. I was really drawn to this author's voice. You can tell she wants to be healthy and wants to encourage others to be healthy. My favorite thing was her narrative style. I liked her so much I was compelled to find her website and find her on facebook. 2. Her encouragement of exercise (and the precautions to take) is spot on. Great advice to feel great! 3. Her recommended pregnancy foods include avocado (for folate) and eggs (for DHA) - this matches up with the Dr. Sear's book which has been a trusted reference for decades and these are so important to get dietary sources of during pregnancy. 4. Her acknowledgement of necessary carbohydrate consumption and promotion of the sweet potato! Fantastic advice! 5. Her promotion of grass fed/grass finished meat and organics because baby can't process toxins. My number 1 complaint about this book is that while she recommends food, there is no sample meal plan!

Useful for those already following a primal lifestyle, and extremely informative for those who are new to paleo. Women would be so healthy and empowered if they followed her recommendations, though I fear that for many people it might seem too extreme. Do not be deterred! This is a well organized and well researched book that should give you the motivation to follow through. I have followed a primal diet for over 3 years, and currently have a 7 month old son. While Peggy provided me with some new nuggets of information, I had already been following a majority of it as part of my primal lifestyle. I can attest to the good health that her recommendations bring: I had a relatively easy pregnancy with minimal nausea and no vomiting, only minimal swelling of my feet that started at around 35 weeks, NO weight to lose after the birth of my son, no stretch marks, no varicose veins, great milk supply, good mood. Two weeks after my son was born, it didn't even look like I had

had a baby. During the pregnancy, I did have difficulty with insomnia, fatigue, and occasional anxiety, but I relate these to adrenal fatigue and some digestion and hormone problems- very few of us are perfect. I give it 4 stars instead of 5 because as a health nerd, I could have used even more information. For example, on page 59 when Peggy quotes Dr. Price saying that traditional Arctic peoples would eat the thyroids of the moose coming down the mountain at the end of summer, she gives no further information. I heard the same story from another source, where he explains that these people needed to eat the moose thyroid because of their own low thyroid hormone, owing to a very low carbohydrate diet. This strategy improved their own fertility, and resulted in most babies being born in June.

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