

The 9 Month Club

Pregnancy Health & Fitness with No Brain Power Required!



6 Sacred Steps for Safe & Effective Pregnancy Health Through Food

**...and how to stay fit, firm and
yummy and keep your pre-baby
body!**

Nisha Obaidullah

www.the9monthclub.com

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- 2 “health foods” that will complicate labour
- The best (and worst) sources of calcium
- Superfoods for a super yummy mummy tummy!
- The most important diet staples for healthy baby development
- **TOP SECRET WEAPON** for sickness/fatigue/heartburn!

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- **Pregnancy Nutrition**

- Oestrogen increases your capacity to store fat - 50% of energy goes towards fat storage
- Too much/little fat can lead to serious complications – (miscarriage, complications)
- Your baby is what you eat! Nutrients in = Development out!

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- 2 health foods that are really unhealthy!
 - Wheat
 - Milk/cheese/processed dairy

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- Wheat
- Denatured grain
- Unrecognisable to human body
- Treated as a toxin
- Pollutes and congests tissues
- Known for fluid retention in tissues – major cause of slow and difficult labour

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- Milk / cheese / pasturised dairy
- Pasteurisation – total absence of enzymes
- Homogenisation – toxinous
- Leads to water retention, dehydration at cellular level

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- Calcium deficiency
- Milk has high levels of phosphorus
- Calcium is not bio-available
- Vitamin D essential for calcium uptake
- Better sources – green leafy veg, figs, almonds, brazils, oily fish – salmon, sardines

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- Superfoods
- Rainbow fruit and vegetables
- Quinoa
- Organic meat
- Wild fish
- Water – Evian / Volvic / Reverse Osmosis

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Bonus 1 - Limited Time Offer!

50% OFF All Pregnancy Coaching Products!

[1st Trimester Coaching](#)

[2nd Trimester Coaching](#)

[3rd Trimester Coaching](#)

Personal Pregnancy Health Coaching for 54 pence per day!

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Bonus 2

**FREE Top 20 Videos for
Safe and Effective Pregnancy Fitness**

<http://www.12daysoffitness.com>

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Contact

support@the9monthclub.com

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