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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

Paperback: 288 pages

Publisher: Wiley; 1 edition (January 1, 2013)

Language: English

ISBN-10: 1118137132

ISBN-13: 978-1118137130

Product Dimensions: 6.1 x 0.8 x 9.2 inches

Shipping Weight: 12.8 ounces (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 stars [See all reviews](#) (129 customer reviews)

Best Sellers Rank: #37,773 in Books (See Top 100 in Books) #110 in [Books > Health, Fitness & Dieting > Women's Health > Pregnancy & Childbirth](#) #2194 in [Books > Parenting & Relationships](#)

Customer Reviews

I bought this book out of general health interest and less for an immediate baby interest. It is 'quite extreme' for the casual person interested in health improvement. If you are chronically ill or dealing with health problems you are more likely to accept the extremes (and they'll potentially have a bigger impact on your quality of life). There is a lot of information in this book and if you follow Dave

Asprey's blog there are some good additional details here and there that you won't have already heard or seen in his posts. In particular in the areas of toxins and detoxification you'll find more details (or to a degree different information) than that found on his blog or podcast. I finished this book in a couple of days as a result, and took down some good notes on areas to investigate further and potential actions to take to improve my health. If you follow Dave's blog I imagine you'd find it similarly useful. Some of the new parts to me were: 1. Some additional information on mycotoxins 2. Information on supporting the body's detoxification process 3. Some chemicals and materials in common household products that can be toxic 4. Details on cooking methods to reduce damage to proteins and oxidation 5. Issues with water

The problem with this book is that it lacks credibility. Dave Asprey has commented several times that he put a lot of effort into crosschecking references for this book (in fact he mentioned that he hired someone to do this). So I was disappointed when there were no citations in the book. There are many bold claims throughout the book and in many cases it references science and research without the actual references or citations. Very disappointing.

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