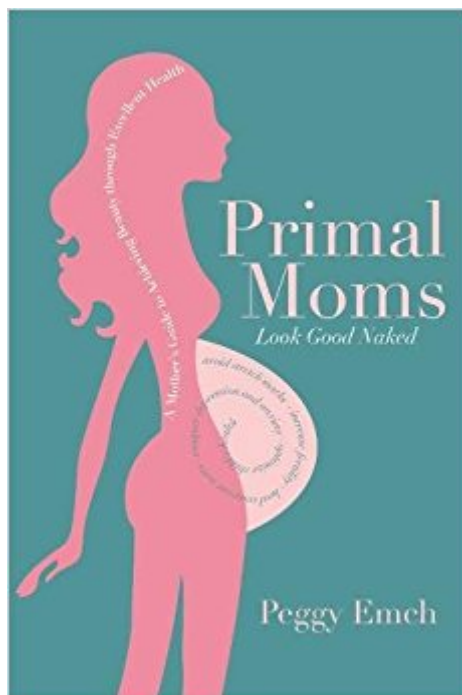




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# Primal Moms Look Good Naked: A Mother's Guide To Achieving Beauty Through Excellent Health



## 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

Peggy Emch is a Denver based health writer. After her own struggle with fertility and other health issues, she began researching nutrition and healing. With the help of traditional foods and an active lifestyle she successfully resolved her health problems, got pregnant, and is now raising two healthy Primal girls. She shares her research and experience with others at the popular nutrition and lifestyle blog, The Primal Parent. Her family enjoys bike riding, snowboarding, playing music together, and just about anything fun.

I bought this book for my wife, who is pregnant (7 mos) with our third child. We have been paleo/primal, for the most part, for about three years. After my wife started reading the book, I would get daily updates about the things we need to fine tune in our primal lifestyle. Since following the recommendations in the book, our whole family has been more in tune with our diet and lifestyle. Even though pregnant, my wifes energy and blood sugar have improved. My wife has gestational diabetes. Since getting into the book, she has been able to stabilize her fasting blood sugar and reduce the amount of insulin that she was injecting. This in itself is FANTASTIC!!! Peggy has put a lot of research into the information found in these pages. I would also recommend her blog, The Primal Parent. Very up to date and informative. Thank you Peggy for helping out the Primal community with this offering. \m/(-\_-)\m/

I love that this book covers several subjects. It is not just for pregnant people, but for everyone. I like a book that will not lose value after the pregnancy is over. The scope is larger than just "what is your baby doing at week 35".... It more about how to produce the best offspring possible by giving it the best nutrients possible. In the process you nurture yourself as well. Because beauty IS health. I have read countless books on health/nutrition and I have to say this was the easiest read to sum it all up. She has easy to understand explanations for why it all matters. I appreciate how it interests a reader new to the primal/paleo lifestyle without scaring them away with a list of rules and intricate recipes. It is basically an overview of a whole new way of living and how it can benefit you, especially when you are pregnant.

I stumbled across Peggy's blog (due to fructose malabsorption and gluten sensitivity issues) and

found it informative and enjoyable to read. When I saw that she was coming out with a book, I initially thought I might not be her target audience. I'm 27 and not pregnant though my fiancé and I definitely want children (just haven't decided on exactly when yet). I ordered it anyway because I figured it's never too early to start educating yourself on something as important as being able to nourish yourself and your baby properly. After reading it, I have to say I feel a lot more equipped to deal with pregnancy whenever the time comes. This book is an invaluable resource when it comes to figuring out how to implement a healthy, nutrient dense and what you can do to deal with a host of physical issues that women commonly face. Who doesn't want to know how to reduce or possibly diminish cellulite or really prevent stretch marks or get moods that are all over the place under control? Or how to repair your gut when you're still sick after trying countless elimination diets and reaching a point where you can only eat a handful of foods? And let's admit, physically we want things like beautiful skin, hair, nails, strong bodies.. These are not vain desires but a reflection of our health and how well we are (or aren't) taking care of ourselves. We want to believe the answer to physical issues is in a cream, in a contraption, in a supplement, etc. when we overlook the importance of eating a nutrient dense diet that works for us (it can vary from person to person due to things like intolerance, allergy, or even preference). I know I was definitely guilty of that in my youth. Sometimes, people keep failing to make the connection between eating a nutrient devoid diet and just how much they suffer for subjecting themselves to it. This book will no doubt help in undoing years of damage and neglect.. even if it's only the first step. Peggy is encouraging, enlightening, and educates in a way that is personable. I have only mentioned a few topics that she writes about in this review, but aside from physical problems, she touches upon other issues like exercise, dealing with stress.. it's really a well rounded guide to overall optimal health.

As a woman preparing for pregnancy and working her way into the paleo/primal lifestyle the past 2 years I found this book incredibly informative. I was particularly interested by the information on vitamin/nutrient intake, hormone balance, and bodily changes (I guess technically that's the whole book!) Some things I already knew, many I didn't, but I was particularly astounded by the change in recommendations for weight gain during pregnancy in our own country. Which also makes me feel a lot better about feeling weird about a 25-35lb recommendation. Like, where does it all go. Peggy's breakdown was incredibly informative and also brought light to much of the paranoia within the US while other countries have different standards and are thriving (and don't see the high occurrence of intolerance/allergies/developmental issues). I feel better prepared to go forward with a pregnancy in the fall and have a guidebook for experiences that may arise and know what nutrients my body

## NEEDS (the folate/folic acid question)

So many better books out there, I am pretty sure I have read them all since becoming pregnant (; She is just some random lady with opinions, no real credentials. All pregnancies are different, read as much as you can, but be cautious when reading books like this. Her research skills are no better than a sophomore college student's.

What's great about this book is that it will save you time. If you have been following an ancestral, primal, or paleo type diet then you already know the benefits. But you may not have read the works of Price, Pottenger, and Cordain. And even if you have, you may not have paid much attention to parts that focus on fertility and pregnancy. Now you don't have to. Peggy has done it for you and breaks everything down in an easy to understand format. Best of all, her tone is informative without being preachy. I love it! If you know someone struggling with infertility, someone who hopes to become pregnant soon, or is already pregnant, then this book would make a great gift.

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