

Growing a healthy baby

Nutrition for conception, pregnancy and breastfeeding

3-HOUR SEMINAR

Sunday, February 13th from 1:00pm - 4:00pm

@ Location TBD in Berkeley, CA

\$50 PER PERSON • \$75 PER COUPLE

PRE-REGISTRATION REQUIRED • REGISTRATION CLOSSES **SUNDAY, FEBRUARY 6TH**

VISIT [HTTP://HEALTHYBABY.EVENTBRITE.COM](http://HEALTHYBABY.EVENTBRITE.COM) TO REGISTER



EVERY PARENT wants their children to be as healthy as possible. Good maternal nutrition promotes robust, lifelong health and protects children from diabetes, stroke, heart disease, kidney disease and cognitive and behavioral problems as they age.

Traditional cultures around the world provide special pre-conception and pregnancy diets to mothers-to-be, and in some cases, even fathers-to-be. For example, the Masai in Africa only allowed men and women to marry after spending several months consuming nutrient dense foods known to be essential to a healthy pregnancy.

Modern research has identified the essential nutrients in foods emphasized by traditional cultures and expanded on their role in both maternal and fetal health. Fat soluble vitamins, like A, D, K2 & E, are necessary for proper growth and development. The omega-3 fatty acid DHA is crucial for the brain, especially visual acuity and cognitive function. Folate boosts growth and decreases the risk of birth defects; choline causes a lifelong increase in memory and attention; and glycine, an amino acid, is needed for growth.

Unfortunately, many mothers are confused about what to eat before, during and after pregnancy. In the age of the internet, conflicting information abounds. This 3-hour seminar draws on both traditional wisdom and modern research to cut through the confusion and bring you clear and proven nutritional guidelines that will help you conceive, birth and nourish a healthy baby.

By the end of the seminar, you will know:

- The most important nutrients for fertility & conception
- Essential nutrients for maternal and fetal health during pregnancy
- Which supplements you need, how much, and why
- The ideal ratio of protein, carbohydrate and fat
- Which foods should be emphasized
- Which foods should be avoided or minimized

*Chris Kresser M.S., L.Ac is a licensed acupuncturist and practitioner of integrative medicine in Berkeley, CA. He is also the author of **The Healthy Skeptic**, a popular blog dedicated to challenging mainstream myths about nutrition, health and disease. For more information, visit chriskresser.com and thehealthyskeptic.org.*

