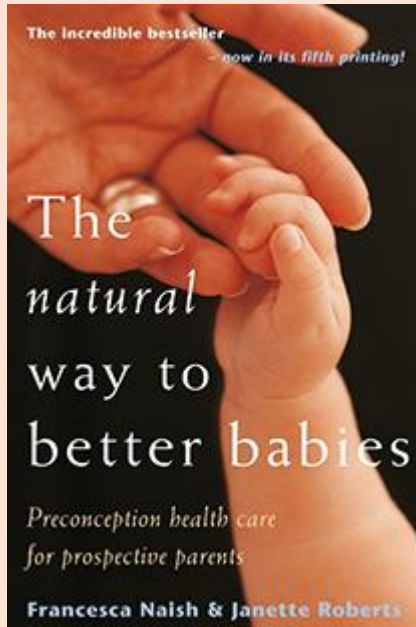


“The Natural Way to Better Babies” by *Francesca Naish & Janette Roberts*



Did you know that the food you eat, the environment you live in and the lifestyle you lead in the months before you conceive a child can have a profound effect on the wellbeing of your baby? That if you are having problems conceiving you might help to resolve them if you improve your diet? And that preconception health care, as outlined in this book, can prevent miscarriage, premature and stillbirths, congenital abnormalities and has a better than 80 per cent rate in the treatment of fertility.

Did you know that by following its simple principles, you can actively help to ensure your baby will be content and alert, won't suffer from colic, feeding problems or other common ailments, and will be less likely to suffer from allergies, asthma or behavioural problems?

Welcome to the wonderful world of *Better Babies*, the complete, easy-to-follow guide to preconception healthy for *both* prospective parents.

Naturopath, herbalist, hypnotherapist and bestselling author of *Natural Fertility*, **Francesca Naish** runs Australia's only clinic dedicated to helping people conceive happy, healthy babies naturally. **Janette Roberts** is a pharmacist and clinical nutritionist who specialises in preconception health care at one of Australia's first wellness centres. She is the Australian representative of Foresight, the British Association of the Promotion of Preconceptual Care. Together they are the authors of *The Natural Way to a Better Pregnancy* and *The Natural Way to Better Birth and Bonding*.