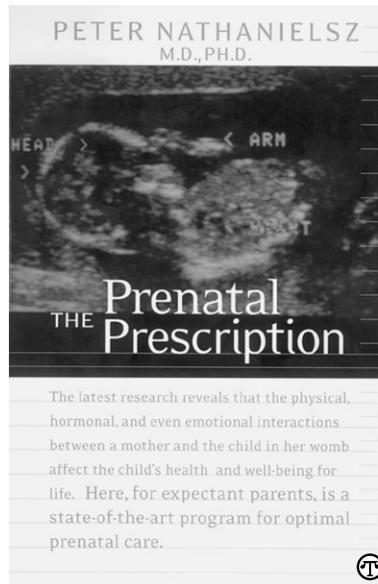


## The Prenatal Prescription

(NAPSA)—Did you know that eating well before conception is almost as important as eating well during pregnancy? Or that mothers who exercise appropriately during pregnancy tend to have easier births and more relaxed babies?



**A new book shows how the environment created in the womb affects a person throughout his or her life.**

A remarkable new book reports that the latest research reveals that the physical, hormonal and even emotional interactions between a mother and the child in her womb affect the child's health and well being.

In his book, *The Prenatal Prescription* (HarperCollins, \$25), Peter Nathanielsz, M.D., Ph.D., says that prenatal programming is the single most important story in healthcare today. His book not only revolutionizes the way we think about pregnancy, but provides expectant mothers with state-of-the-art information for optimal prenatal care.

Contrary to the common theories that our genes alone determine our health, the information Dr. Nathanielsz presents shows that the environment created in the womb affects a person throughout life, especially in the areas of heart disease, obesity, stroke, cancer and mood disorders such as depression.