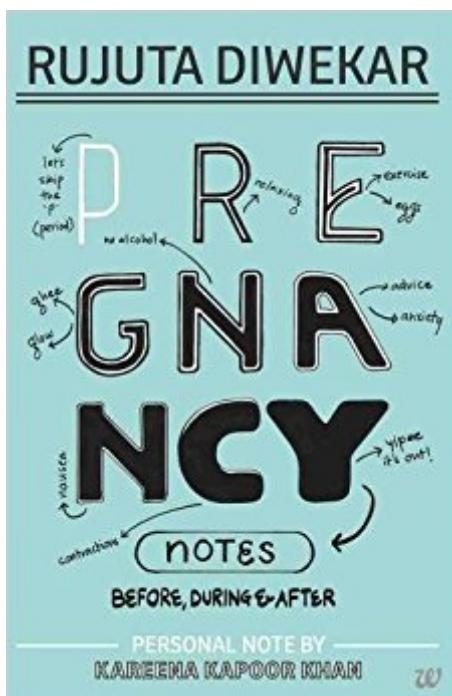


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# Pregnancy Notes: Before, During & After



## **Synopsis**

If you are preparing for pregnancy, are pregnant or have just delivered, Pregnancy Notes has got you covered. Rujuta Diwekar takes you through the journey, with tips for even before you get pregnant, till after you deliver your bundle of joy. Each stage includes notes on food, exercise and recovery. Also included are heritage recipes from across the country, so you can mine the wisdom of our grandmothers. This is a must-have guide for every woman.

## **Book Information**

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## **Customer Reviews**

One of the best books on nutrition and lifestyle. TTC can be stressful but this makes it easy.

Pregnancy is not a disease but a normal experience which a women's body starts preparing in teens. Thankyou Rujuta for writing this book.

This is the best book by Rujuta so far. She has put in tremendous efforts and her heart in collecting and putting together valuable information for all mom's , mom's to be and any woman in general. It makes me proud to know the scientific reasoning behind every tradition followed in India.

Local recipes - with inherent wisdom ! Practical guide for the smart woman ! Thank you so much Rujuta !

ITS OK . I WAS EXPECTING MUCH MORE.

Excellent book a must read for every woman

Rujuta has done a great job again with her unique conversational style. Positive points-1. Topics are well organized with just adequate information on each phase of pregnancy-do's-&-don'ts2. Native fruits and veggies of prominent parts of India are covered.3. Number of native recipes have been included. Negative points-1. The book is true to its title- "Notes". It could have been made more elaborate.2. The emphasis on yoga asanas is less compared to that on strength training. For people who just do asanas and no other form of exercise this book has left many questions unanswered. Although, the author has mentioned to refer to Iyengar Handbook for Motherhood or look up to one's yoga instructor. Overall, I would recommend this book.

Being a fan of Rujuta's basic mantra - eat a wholesome healthy diet while staying active, I was obviously curious about her thoughts on pregnancy diets, since I am in my third trimester. I love how Rujuta reinforces the importance of age old traditions from our mothers and grandmothers, but in a logical and scientific way. This was the most important take away for me and in general, the modern working women. I feel better about my food decisions now too, to choose laddoos and chakli over chocolate and icecream. To not feel guilty eating ghee based foods, but to control on processed biscuits and chips. It shows that one can indulge to their hearts content, but in the right way. We don't have to overthink our diet, our Indian heritage has taken care of this science for us, we should use it! After reading this book, I will very happily eat all of the post pregnancy foods that my mothers and aunts are going to make for me. Thanks Rujuta!

Though I had my baby 20 months back I still got this book. Loved it and finished reading it right away. Rujuta explains every stage of pre-during pregnancy-post pregnancy so well. Now I understand why though I was so fit before&during pregnancy (Which helped me conceive and deliver easily) the post pregnancy has been a uphill battle. I have been constantly fatigued and mood swings cos I really did not care about taking care of myself. Now I am going to follow your advice. Thanks Rujuta.

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