



Diet Secrets Uncovered: Women Post Pregnancy (Volume 8)

Fiona Kirk

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Post pregnancy weight loss can be difficult to achieve and frustratingly hard to focus on. The secret, whether you choose breast or bottle is to ensure that every snack and meal is rich in foods that pack a nutritional punch and keep you energised, satisfied and perhaps most importantly, positive. Whether it is your first baby or your fourth, low mood and fatigue can easily invade the joy of welcoming a new life into the household and when you are determined to lose post baby weight but it doesn't happen, it can hurl you into a very negative place - not so fast! There are loads of quick and easy ways to get you back into those skinny jeans!

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