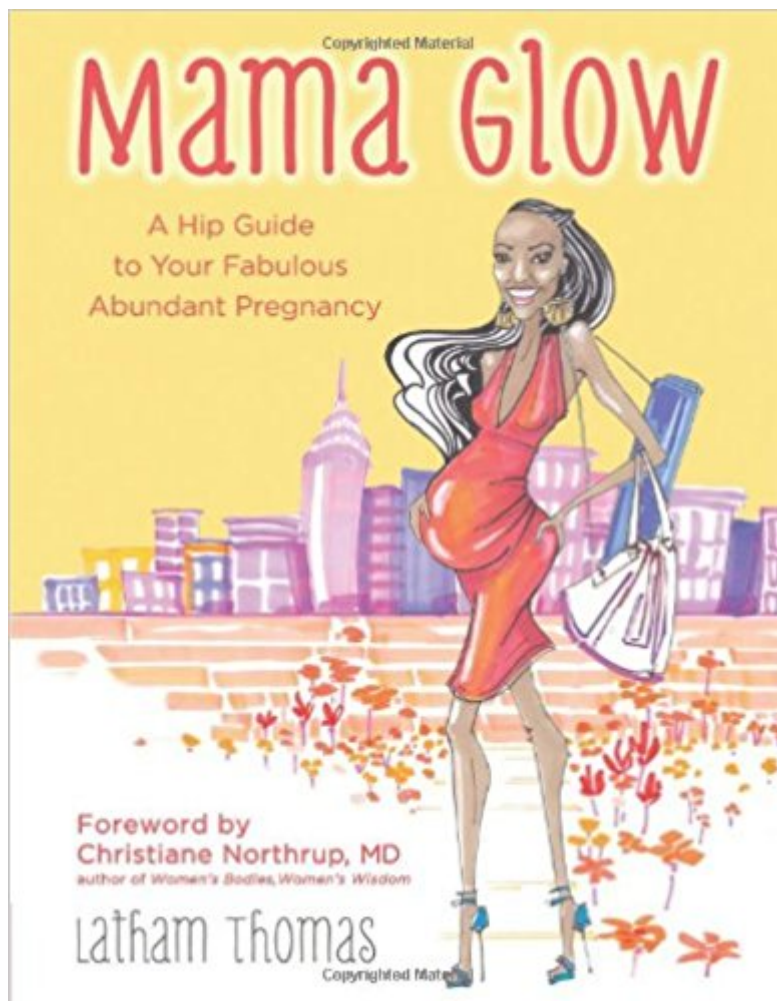




The book was found

Mama Glow: A Hip Guide To Your Fabulous Abundant Pregnancy



Synopsis

In *Mama Glow*, maternity lifestyle maven Latham Thomas shares the tips and techniques to support a blissful journey to motherhood. She shows you how to make room for your pregnancy, assess your current diet, banish toxic habits, and incorporate yoga to keep your mind, body, and spirit in balance. Throughout, you'll get tips to help reduce stress; alleviate common discomforts; demystify birth plans, labor coaches, and midwives; whip up pampering treats like homemade shea butter and coffee sugar scrub; and indulge in over 50 delicious, nutrient-rich recipes to nourish both you and your "bun." *Mama Glow* also features a postpartum wellness plan to guide you back to your prebaby body, troubleshoot breastfeeding problems, and embrace your abundant new life. *Mama Glow* includes:

- Illustrated exercises for a fit, fabulous, and comfortable pregnancy
- Fleshed-out cleansing programs to boost fertility
- A simple formula for deconstructing those crazy cravings
- Yoga sequences designed for prepregnancy, each trimester, and postpartum
- Checklists for your prenatal pantry, finding a birth coach, and packing your birth bag
- Glow foods to help you snap back to your fab prebaby body

As your certified glow pilot, Latham will guide you through every stage of your pregnancy, giving you practical advice to make your journey a joyful and vibrant one.

Book Information

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Customer Reviews

"Latham Thomas is a fitness & nutrition powerhouse" • Dr. Mehmet Oz

"Latham Thomas wants what I want: for every mother to have an empowering birth experience. *Mama Glow* reminds us that pregnancy is a time when a woman can and should feel

her most powerful and capable, and childbirth can and should be joyful. By reading *Mama Glow* we are beautifully reminded of our maternal potential and connection to others in this universal experience of motherhood.

—Christy Turlington Burns, author of *Living Yoga: Creating a Life Practice* and founder of *Every Mother Counts*

—Latham Thomas is a wise and delicious new voice for the health-conscious stiletto Goddess interested in experiencing an empowered pregnancy.

—Kris Carr, best-selling author of *Crazy Sexy Diet*

—“This book is a gift to all mothers, but more importantly, a gift to all the children of our collective future. A woman’s body is the soil in which a new life grows and flourishes. Cleansing, nourishing, supporting, and healing that soil is what *Mama Glow* is all about—before, during, and after—so that our next generation of children will be bright, focused, fit, and engaged. If you want to have a baby, or know anyone about to have a baby, this book will save two lives—mother and baby!”

—Mark Hyman, M.D., author of the #1 New York Times bestseller *The Blood Sugar Solution*

—“*Mama Glow* reveals the extraordinary power of natural, plant-based living during pregnancy. It is a must-have guide for healthy mothers and their babies.

—Neal Barnard, M.D., best-selling author of *Food for Life* and Dr. Neal Barnard’s Program for Reversing Diabetes

—“In *Mama Glow*, Latham Thomas delivers an empowering promise of what women would actually like to expect while expecting: a glowing, energetic, and healthy experience that doesn’t bring life to a screeching halt. Latham shows us how to feel great and look fantastic, all the while easing our wonky fears about motherhood.

—Tara Stiles, founder of *Strala Yoga*, best-selling author of *Yoga Cures* and *Slim Calm Sexy Yoga*

—“*Mama Glow* takes the guesswork out of having a happy pregnancy. It offers a fantastic program for mothers to achieve vitality and ease. I highly recommend it!”

—Frank Lipman, M.D., founder and director of *Eleven Eleven Wellness Center* and author of *Revive: Stop Feeling Spent and Start Living Again*

—“I feel blessed to have Latham Thomas on my speed dial. The moment I get pregnant, Latham will be the first call I make. Her holistic approach to pregnancy guides women through the process with joy and confidence. Every woman deserves the miracle of *Mama Glow*.”

—Gabrielle Bernstein, author of *May Cause Miracles*

—“Latham is an incredible doula. She helped to guide me on the most important journey of my life—welcoming my son into the world. She empowers you so that you are free to focus on welcoming your baby into the world. This book is Latham’s gift to women who want to feel that natural glow power.”

—Rebecca Minkoff, fashion designer

—“*Mama Glow* is the essential handbook for expectant mothers who want

to create a peaceful life for themselves and their babies. Latham's passion for helping women become mothers in the most holistic way possible is deeply inspiring.

Joshua Rosenthal, Founder and Director of the Institute for Integrative

Nutrition

"Latham Thomas is convinced that pregnancy is the time for a woman to shine more than ever. In Mama Glow, she shows every willing mom-to-be how to grow into her most luminous self, before the baby comes and forever after.

Victoria Moran, author of Main Street Vegan

"In Mama Glow, Latham Thomas will show you how becoming a mother can be a catalyst for transformation, allowing you to look, feel, and be healthier and happier, and more integrated and whole than you've ever imagined. Look out,

world

motherhood just got a makeover!

Lissa Rankin, M.D., OB/GYN, author, and founder of OwningPink.com

"Latham holds space for mamas to seek, shine, reach, love, and be loved. It's truly a new world for pregnancy and motherhood: where mamas are intelligent, listening, curious, conscious, loving, GLOWING beings, giving birth and raising incredible humans. May Mama Glow resonate to all women

everywhere.

Elena Brower, founder of Virayoga and author of Art of Attention

"Latham Thomas brings pregnancy books into the 21st century, providing modern moms-to-be and their partners with a holistic guide that is practical, thorough, and inspiring. Having read half a dozen books on pregnancy in preparation for my daughter's birth, I have to say that Mama Glow is the most original and accessible guide for someone hoping to support his or her partner in maintaining a healthful pregnancy.

Bryant Terry, author of The Inspired Vegan

"Latham is creating a new paradigm for the world of holistic maternal and prenatal care, and setting a standard for what a healthy, vibrant pregnancy really encompasses. Mama Glow is a prerequisite for anyone who is pregnant or planning on being pregnant.

Richard Ash, M.D., founder of the Ash Center for Comprehensive Medicine

"Latham has translated her hands-on approach to helping women explore their best pregnancy and birth experience in this easy-to-read and witty book. Whether or not you achieve your ideal pregnancy and birth is not always in your control, but with Latham's

guidance, you have a much better chance of success!

Gigi Lee Chang, CEO of Healthy Child Healthy World

"Latham Thomas empowers women as strong mothers and vessels for change. Mama Glow is a must-have manual for women to discover their best care inside and out, to take charge of their health, and to celebrate the phenomenal gift of pregnancy.

Tonya Lewis Lee, author of Please, Baby, Please and Giant Steps to Change the World, and Founder of HealthyYouNow.com

"Mama Glow is a book for

a woman who truly wants to create the pregnancy, birth, and delivery she desires. I know

Latham Thomas's work will inspire mothers to be healthy in the Mama Glow lifestyle.

Here's to a healthy pregnancy for the thriving child! • Erica Reid, author of

The Thriving Child "Latham Thomas is a true inspiration • an abundant wealth of knowledge, encouragement, and energy. I am blessed to have Latham and her book,

Mama Glow, in my life! • Pippa Vosper, Fashion Editor, Harper's Bazaar UK and founder of MaternallyChic.com

A graduate of Columbia University and the Institute for Integrative Nutrition, Latham Thomas is the founder of Mama Glow • a holistic lifestyle hub for women to explore their creative edge through well-being. She is co-founder of the Mama Glow Film Festival • a platform for maternal advocacy through film and philanthropy. A sought-after nutrition and lifestyle expert, her television appearances include The Dr. Oz Show, Fox News LIVE, CBS News, NBC-LX TV, and Inside Edition. She has been featured in the New York Daily News, New York Post, Time Out New York, New York Family, Vogue.com, Fit Pregnancy, and Whole Living, and on the cover of Experience Life. She lives in New York City with her son, Fulano, and their turtle, Climby. Website: www.mamaglow.com

I loved the tone in this book! It meets a mother where she is and gives the tools to help her glow through pregnancy into motherhood. I just delivered my baby girl and I use parts of the book as reference. It's too awesome for words really!

Pregnancy tends to be the time in a woman's life when she is most healthy because she becomes more aware of the food she eats, the exercise she gets and the state of mind she keeps. This book is a great guide on balancing these 3 key areas. Latham also offers some fantastic recipes which help us rethink our food choices for the better! A must have for a pregnant mama or one interested in keeping the mama glow we don't want to lose after pregnancy! Sharen Medrano, Lactation Consultant(...)nycbreastfeeding.com

Compared to other pregnancy books out there, this one is so much more empowering & positive. It doesn't scare you out of having a baby, it makes you want to treat your body with respect & admiration, and really makes you get into the right mindset. Preparing your body & mind to really embrace your pregnancy with as much energy & love as possible.

Educational and insightful! Great read for first time mothers! Easy to understand and very uplifting before, during, and after pregnancy!

This book is a delight! Latham is a font of knowledge regarding pregnancy and women's lifestyle in general, so it's wonderful to be able to give her wisdom as a gift in book form to expectant friends. Since discovering my own pregnancy I have reread the book again and again, going back over nutrient guidelines and recipes as I read. A great guide all around!

Great info! I recommend purchasing before you are pregnant. I didn't get it until the end of my first trimester, and I wish I had it sooner!

I met Latham Thomas at an event in New York and bought her book after hearing her speak. She comes at pregnancy with such a logical, natural, positive approach that I was excited to go through each chapter at a time and soak it all in. I read the book a little ahead of where I was in my pregnancy to prepare for what was to come. My attempt at some of the recipes was successful and most of the health advice is information I've continued to refer back to even after my baby was born. I felt better being pregnant than I did before I was pregnant! Never experienced morning sickness and any other "issues" I had were dealt with naturally, for the most part, and very effectively. It was such a great feeling knowing I was taking active steps to bettering myself everyday and seeing results. My only complaint is that it can read quite corny, but I just overlooked that part and paid attention to the information being given. If there were any sections that didn't pertain to me as much, I just skimmed over them and went on the next chapter. I'm a huge reader and researcher, but I've found many popular books a bit outdated with modern discoveries and the approaches they often offer come from an unnatural angle, which is odd to me. This is the book I give to anyone pregnant for the first time who is looking to embrace their pregnancy experience and cause as little harm to their baby as possible. So many bits of advice (especially that from many doctors) can cause harm to the fetus. I wanted to protect our little one by any means I could and this book helped direct me in many ways. Everyone has to make the best decisions for themselves, but this book provides some great health tips for any woman.

Bought this as a gift for my pregnant daughter. It was a quick read and she loved it.

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