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Eat Yourself Pregnant Essential Recipes to Boosting your Fertility Naturally. Zita West. \$10.99; \$10.99; Publisher

Description. Zita West, midwife to Cate Blanchett, Stella McCartney and Kate Winslet, shares her expertise in nutrition to help you and your baby stay healthy naturally throughout your pregnancy. It is

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pricey private fees, the good news is that her new cookbook, *Eat Yourself Pregnant*, provides a snapshot of her philosophies as well as a comprehensive look at what you should eat - and avoid - to boost your fertility."-Metro (September 2, 2014)

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?Interest in natural ways to improve fertility is soaring. For many people, it feels time to take control of their health to give themselves the best chance to get their body baby-ready and increase their chances of getting pregnant. Zita West, midwife to the stars, knows that nutrition

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