



planBaby: Wenn Paare Eltern werden wollen - gesund zum Wunschkind (German Edition)

Klaus Frieze, Joachim W. Dudenhausen, Renate Kirschner, Wolf Kirschner

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Das Vorsorgeprogramm, das bereits vor der Schwangerschaft ansetzt!

Schnell und sicher schwanger werden, eine komplikationsfreie Schwangerschaft erleben und ein gesundes Kind termingerecht auf die Welt bringen – dafür können Sie selbst etwas tun. Denn eine gelungene Schwangerschaft wird auch von der Gesundheit und der bewussten Ernährung beider Eltern mitbestimmt. Aus diesem Grund wurde das präkonzeptionelle Programm „planBaby“ entwickelt: ein kompetenter Ratgeber, damit Ihr Kinderwunsch in Erfüllung geht. Wissenschaftlich gesicherte Informationen zu allem, was Sie vor einer und für eine Schwangerschaft bedenken sollten.

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