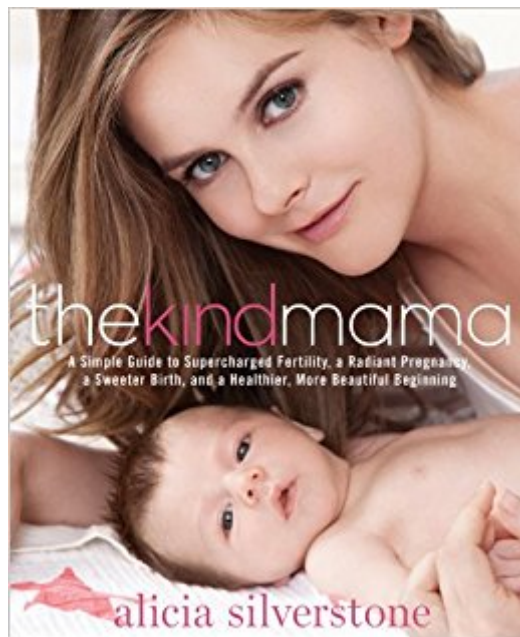


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# The Kind Mama: A Simple Guide To Supercharged Fertility, A Radiant Pregnancy, A Sweeter Birth, And A Healthier, More Beautiful Beginning



## Synopsis

When did making babies get to be so hard? Infertility is on the rise globally, affecting as many as one in six couples. But instead of considering diet and lifestyle factors, doctors pump their patients full of expensive and invasive fertility treatments. Once pregnant, women just accept that carrying a baby will be the gassy, swollen, irritable, sleepless nightmare that has become the new normal—and then assume that new motherhood will be just as challenging, from breastfeeding woes to screaming fits. It doesn't have to be that way. In *The Kind Mama*, Alicia Silverstone has created a comprehensive and practical guide empowering women to take charge of their fertility, pregnancy, and first 6 months with baby. Drawing on her own experience, as well as that of obstetricians, midwives, nutritionists, holistic health counselors, and others, Silverstone offers advice on getting one's "baby house" in order through nutrient-rocking foods that heal and nourish, and, once pregnant, gentle ways to boost comfort, energy, and health during each trimester. She helps readers navigate everything from prenatal testing and birth plans to successful breastfeeding and creating a supportive "baby nest." The result is an authoritative, one-stop guide that empowers women to trust their instincts during this vital milestone, while helping them embark on a healthy and more vibrant path to motherhood.

## Book Information

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## Customer Reviews

Alicia Silverstone has generated a lot of online buzz: with her earlier books (*The Kind Life* and *The Kind Diet*) and her interviews on nutrition and parenting. (Her interview discussing chewing her food

and feeding it to her baby went viral: I know a lot of moms who do that, they just won't admit it!) Her goal in *The Kind Mama* is quite simple: to share her healthy, natural and gentle beliefs and practices on getting pregnant, experiencing pregnancy and childbirth, and raising your newborn. This pregnancy book is anything but traditional: it looks at many traditional practices and beliefs that young women challenge, and provides an alternative. Women who are searching for a healthier lifestyle for their families, and instructions on how to achieve that lifestyle, are going to welcome this book. So what's the controversy? - Meat, dairy and sugar are nasty foods that cause disease, may harm your baby and should not be eaten (p18) - Silverstone is against drugs during delivery: Just Say No (p93) - Honoring your placenta by eating it is natural in many cultures and provides many nutrition benefits (p138) - Lying-in is a once-in-a-lifetime opportunities for new moms to bond with their baby and get back in shape (p175) - And of course: vaccinations. Silverstone is generally against most - but not all - vaccines but does advise where to get your baby vaccinated. Silverstone clearly is not afraid to take a stand: these are her opinions, but she's found many credible professionals to support her opinions. She provides explicit instructions on how to be a Kind Mama and to follow her philosophies through all stages from trying to conceive through baby's first 6 months.

Overall I very much enjoyed this book. It provided lots of great information for mothers to have a healthy, natural pregnancy, birth, and beyond (as well as resources for further reading on the subject). You may or may not agree with everything suggested, but it's nice to be given information and options that differ from the status quo. Alicia also made it clear throughout the book that each family should do what feels right for them, even if that may ultimately differ from her methods. There are a few minor dietary things I don't agree with - Alicia seems very hesitant regarding fruit due to its sugar content, which I disagree with as fruit is the most "kind" food there is (it benefits both us and the plants to eat it), is packed with nutrients and provides great energy. She also uses oil in most recipes, which I like to avoid since it is not a whole food. Ultimately these are minor disagreements, and we can't expect to agree with everyone on everything. I'm not yet pregnant nor do I have any children, so I can't really speak to her parenting methods (although most of what she advocates for in that department, I agree with). The reason I docked a star is because of Alicia's manner of speech. She constantly uses words like "gooey," "yummy" and "delicious" to describe things other than food. Things like your pregnant stomach or your relationship with your baby. She also referred to body parts using silly words like "chichi" and "hoo ha" and "boobies." It made her sound very immature, as if she were speaking to a child instead of a bunch of women of

childbearing age. Had she used a more mature manner of speech, her ideas could have sounded more relatable to those who might otherwise have been on the fence.

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