



Just for the Health of It with Dr Ketch: A 3 in 1 Book on Pregnancy, Parenting, Diet More

By Dr Nkechi Olalere

Verbatim Communications Limited, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Just for the Health of it! is for everyone who ever listened to a doctor and wondered, what s he/she saying? An experience Dr Ketch can identify with even as a doctor listening to other doctors sometimes. This book is intended to start a series of conversations and discussions in simple English on issues that affect health and empower the reader with helpful information to enable him make the healthier choice, the easier choice. This book takes you through Dr Ketch s hilarious journey through pregnancy, parenthood and the continual struggle with keeping her weight AC (After Children) the way it was BC (Before Children). It provides the information you need during these periods and answers a lot of the questions that have been sent to her on her shows over time on these subjects. She hopes that by sharing with you some of the crazy stuff that she did you won t have to make the same mistakes.ever heard of moaning fashionably during labour !!! Be ready to be amused as you learn.

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