

PREGNANCY AFTER LOSS NUTRITION

WHEN IT COMES TO WHAT DIET TO EAT, IT'S THE MEDITERRANEAN DIET TAKES THE CROWN AND WITH GOOD REASON. IT REALLY COMES INTO ITS OWN WHEN WE'RE FEELING EMOTIONALLY FRAGILE.

IN FACT, A STUDY PUBLISHED IN 2017 SHOWED SIGNIFICANT REDUCTION IN DEPRESSIVE SYMPTOMS AFTER 12 WEEKS ON A MEDITERRANEAN DIET! SO IT MAKES SENSE TO NOURISH OUR BODIES TO BOOST OUR MOOD AND BUILD OUR RESILIENCE BACK UP.

...LET ALONE ALL THE DATA THAT SUPPORTS A MEDITERRANEAN DIET FOR FOETAL DEVELOPMENT!

