Conscious Choices, Blissful Birth

Module 4 - Conscious Choices Checklist

What about nutrition have I found to be empowering?

Our big thought in the section is that we are the contractor when it comes to construction of our beautiful baby. This is HUGE! Do you realize this means that you can set your baby up for incredible health? Do to the field of epigenetics we now know that you can even effect your baby's DNA by what you consume. Take charge mama! Finding the right foods to eat, the proper amount of water to drink and a good prenatal supplement are super important and will be a game changer in how you feel and how your baby develops.

What are my Conscious Choices?

Have you evaluated your current diet?_____

What are three things you could ADD to what you already eat to give your babe a few more nutrients? _____

What is the biggest thing you know you need to remove to make sure your baby's little body is safe?_____

Are you well hydrated?_____

What items would you add to make 4th phase water?_____

If nutrition feels overwhelming, who could you ask to help you either by meal planning, meal prepping or both to make this work for you now?_____

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