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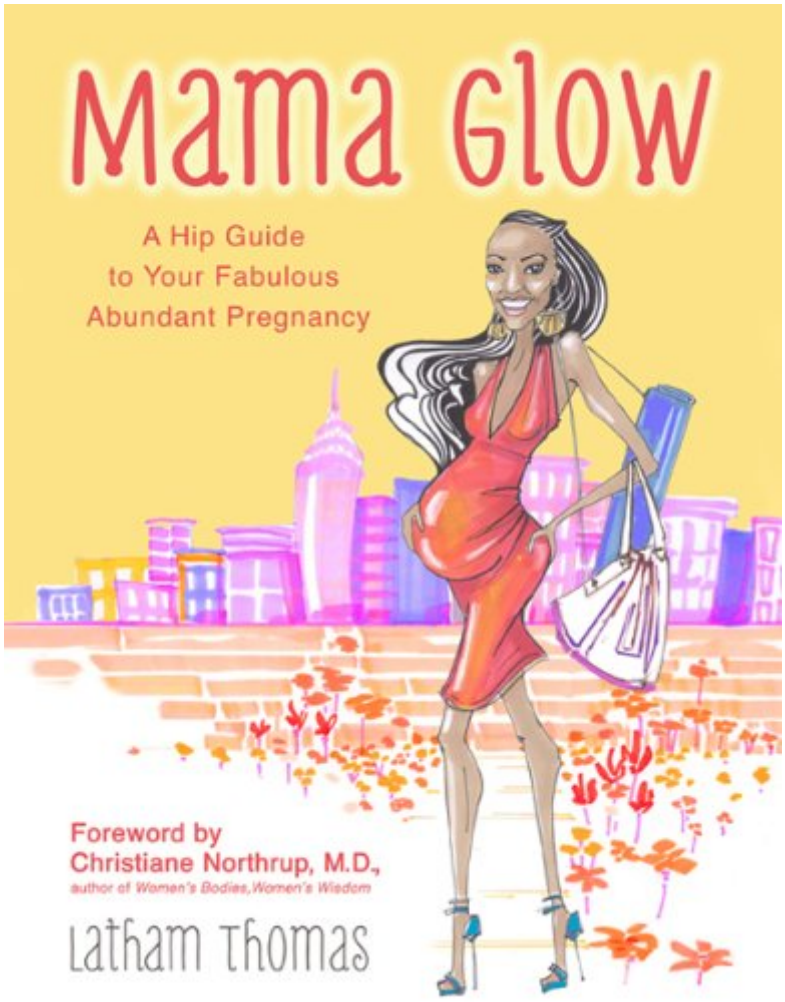
Mama Glow: A Hip Lifestyle Guide To Your Fabulous Abundant Pregnancy



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Synopsis

In Mama Glow, maternity lifestyle maven Latham Thomas shares the tips and techniques to support a blissful journey to motherhood. She shows you how to make room for your pregnancy, assess your current diet, banish toxic habits, and incorporate yoga to keep your mind, body, and spirit in balance. Throughout, youâ ™ll get tips to help reduce stress; alleviate common discomforts; demystify birth plans, labor coaches, and midwives; whip up pampering treats like homemade shea butter and coffee sugar scrub; and indulge in over 50 delicious, nutrient-rich recipes to nourish both you and your â œbun.â • Mama Glow also features a postpartum wellness plan to guide you back to your prebaby body, troubleshoot breastfeeding problems, and embrace your abundant new life. Mama Glow includes: Illustrated exercises for a fit, fabulous, and comfortable pregnancy Fleshed-out cleansing programs to boost fertility A simple formula for deconstructing those crazy cravings Yoga sequences designed for prepregnancy, each trimester, and postpartum Checklists for your prenatal pantry, finding a birth coach, and packing your birth bag Glow foods to help you snap back to your fab prebaby body As your certified glow pilot, Latham will guide you through every stage of your pregnancy, giving you practical advice to make your journey a joyful and vibrant one.

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Customer Reviews

Ok so I am not a mom and I don’t want to be a mom, but I really love this book! I know that may sound strange, why someone who doesn’t want children would be reading a pregnancy guide. But Mama Glow is so much more then your average pregnancy guide.I actually bought this book for a friend who was thinking about having a baby. But once I started reading through it I decided to keep it and ordered a second copy. What I loved the most was the whole concept of making room in your life for your pregnancy. Cause really that can apply to anything, a new relationship, a career, etc... We are all giving birth to something and Mama Glow is a beautiful guide on how to create that space in your life both physically and mentally.I am also a huge nutrition buff, and this book is packed full of it! Every chapter has tons of nutrition tips. And she also includes a really great detox diet that would be good for everyone, not just mamas. Plus there are tons of recipes! I mean tons! I’ve already made a bunch of them and they are delicious. Her Goji Sunset smoothie is my personal favorite.This book is definitely meant for Mamas, and Mamas to be, but it doesn’t mean that a single woman still can’t get a lot out of it. Between the recipes, meditations, yoga, and nutrition, there is something for everyone.

Mama Glow- what can I say? Divine! Incredible! Inspiring! When Latham isn’t busy empowering you or enlightening you, she’s informing you and reassuring you. I gave it one read- and bought seven copies for all the beautiful prego mama-to-bes I know. I’m a new mommy and know that everything she utters imposes truth! Holistic but reflecting realism, with crucial wisdom delivered in a hip-girlfriend way, its the NEW birthing bible. Toss your antiquated "What to Expect..." nonsense and grab this gem. She’s a gifted writer, a wonderful storyteller, a compassionate and spiritual leader! If you miss this book, you’re missing out on aspects of your process that are so key to the mommying journey. I have absolute respect and adoration for this book and it’s talented, brilliant, empowering mama who birthed it, Latham Thomas!

Compared to other pregnancy books out there, this one is so much more empowering & positive. It doesn’t scare you out of having a baby, it makes you want to treat your body with respect & admiration, and really makes you get into the right mindset. Preparing your body & mind to really embrace your pregnancy with as much energy & love as possible.

I met Latham Thomas at en event in New York and bought her book after hearing her speak. She comes at pregnancy with such a logical, natural, positive approach that I was excited to go through each chapter at a time and soak it all in. I read the book a little ahead of where I was in my pregnancy to prepare for what was to come. My attempt at some of the recipes was successful and most of the health advice is information I've continued to refer back to even after my baby was born.I felt better being pregnant than I did before I was pregnant! Never experienced morning sickness and any other "issues" I had were dealt with naturally, for the most part, and very effectively. It was such a great feeling knowing I was taking active steps to bettering myself everyday and seeing results.My only complaint is that it can read quite corny, but I just overlooked that part and paid attention to the information being given. If there were any sections that didn't pertain to me as much, I just skimmed over them and went on the next chapter.I'm a huge reader and researcher, but I've found many popular books a bit outdated with modern discoveries and the approaches they often offer come from an unnatural angle, which is odd to me. This is the book I give to anyone pregnant for the first time who is looking to embrace their pregnancy experience and cause as little harm to their baby as possible. So many bits of advice (especially that from many doctors) can cause harm to the fetus. I wanted to protect our little one by any means I could and this book helped direct me in many ways. Everyone has to make the best decisions for themselves, but this book provides some great health tips for any woman.

Mama Glow has some interesting pointers and recipes, but its too short for the money. A lot of the author's advice is common sense and basic living. Unless you really want to radically change your lifestyle (not vegan/eat dairy products) this book is probably not for you.

I love that this guide inspires you to make good choices but doesn't use fear as a means to convince you. And, unlike so many mainstream pregnancy books, it doesn't strip you of your natural intuition but rather calls on you to tap into it. I'm a long-time vegetarian with an interest in raw foods, and this book is completely compatible with my diet and lifestyle philosophy. The author has done a good job researching nutrition and other issues - and she explains things in more depth than some other books, trusting that you are smart and interested enough to care. She mentions specific foods that may help with whatever pregnancy symptoms you may be having (watermelon for swelling works!), gives you some useful yoga poses for each trimester, and helps you create a birth plan.I found this to be a really empowering, positive book, and have recommended it to prego friends who

are interested in having a positive, natural pregnancy and birth experience.One last note - this is a great book to get if you are just trying to conceive, as she devotes a good part of the beginning of the book to optimizing your fertility and preparing for pregnancy.

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