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Is a paleo pregnancy an easy pregnancy?

Is a Paleo Diet the Key to a Trouble-Free Pregnancy? Not necessarily. I saw a forum thread recently on the subject of pregnancy while Paleo. It s filled with posts
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Is a Paleo Pregnancy Safe? July 28, 2012 By Suz 3 Comments. Many of the emails I get concern pregnancy, babies and children. events and stories on everything paleo.
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Guest post: paleo pregnancy, the first trimester

Thanks for this post! I am 9.5 weeks pregnant. During my first pregnancy, I was gluten and mostly dairy free, but not always. Paleo is much harder.

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