

Bjarne Stigsby  
Charlotte Hartvig  
Maria Falck Stigsby

# Spis dig gravid



GADS FORLAG

# Spis Dig Gravid

**M Mosston**



## Spis Dig Gravid:

*Spis dig fra diabetes* Maria Falck Stigsby, Bjarne Stigsby, 2015-04-24 Denne bog henvender sig til dig der gerne vil slippe af med din type 2 diabetes og til dig med type 1 diabetes der gerne vil s nke forbruget af insulin for at mindske risikoen for f lgesygdomme og endelig til dig der gerne vil forebygge sukkersyge Der er rigtig meget du selv kan g re ogs selvom du allerede har f et konstateret diabetes Indtil i dag har man fokuseret p at opn et normalt blodsukker men det har vist sig at det er insulin og ikke blodsukkeret der ger risikoen for diabetes f lgesygdomme Den nyeste videnskabelige forskning viser at de hidtidige anbefalede kostr d til diabetikere er uhensigtsm ssige og risikerer at fastholde folk i sygdommen I denne bog indf res du i KISS kost der er videnskabeligt funderet og virker medicinsk ved at s nke insulinbehovet KISS kost st r for Klinisk InSulin S nkende kost Spis dig fra diabetes forklarer hvad diabetes er hvordan det p virker din krop hvad du selv kan g re med ndret livsstil og hvad der er den optimale kost I bogen f r du videnskabelige fakta p hvordan KISS kost og motion kan bedre eller ligefrem helbrede diabetes 2 og s nke dit forbrug af insulin hvis du har diabetes type 1 Du f r information gode r d og en KISS kost plan med masser af opskrifter p morgenmad frokost aftensmad og mellemm ltider der kan sammens ttes p mere end 1000 m der der alle er optimale at spise hvis du har diabetes Har du f et konstateret diabetes og kunne du t nke dig selv at g re noget ved det s er denne bog noget for dig PCO-venlige opskrifter - din genvej til nem og naturlig

hverdagsmad Line Hviid, 2017-05-24 K mper du med PCOS eller insulinresistens Ved du at kosten kan g re en forskel E bogen her er din genvej til at f nem og PCO venlig mad integreret i hverdagen Kvinder med hormonforstyrrelsen PCOS kan mindske deres symptomer og ge deres velv re hvis de spiser en s kaldt PCO venlig kost Kosten afviger p flere punkter fra den almindelige danskers kost Den har f rre kulhydrater og slet ingen af de hurtige som man finder i fx hvedemel kartofler og s de frugter Som bekendt kan alt der afviger fra normalen virke uoverskueligt midt i hverdagens g ngse kaos Alligevel beh ver det ikke v re sv rt at spise PCO venligt i hvert fald ikke hvis man f rst har f et skruet hovedet ind i den rigtige tankegang Udfordringen er selvf lgelig at f hovedet d rhen Den digitale kokebog PCO venlige opskrifter din genvej til nem og naturlig hverdagsmad er et bud p f rstehj lp til at komme i gang med en nem og PCO venlig hverdag Du f r Mere end 50 PCO venlige madopskrifter Tips til sammens tning af hele m ltider fra morgenmad til aftensmad En bunke PCO venlige kager og desserter Bonus tips til indk b brunch og fest Forfatterens personlige beretning om vejen til PCO venlig kost Alle bogens opskrifter er baseret p s naturlige og s lidt forarbejdede ingredienser som muligt Grundprincipperne er en blanding af insulins nkende kost paleo og LCHF s her er fx ingen mel eller kunstige s destoffer Opskrifterne er af samme rsag ogs velegnede for diabetikere og glutenallergikere Mange af opskrifterne er desuden laktosefri eller fattige **Spis dig fra**

**overgangsalderen** Mette Bender, Mikael Bitsch, Søren Lange, 2016-03-15 Kan du spise dig fra overgangsalderen Ja du kan spise dig fra hedeture s vnbesv r og mange af de andre gener som f lger med Maden i denne bog er designet til kvinder midt i livet Med bogen i h nden kan du slippe for hormonterapi og i stedet l re at skrue p en r kke elementer i kosten s du spiser dig

fra dine symptomer Bogen er både en kogebog og en håndbog og viser hvordan du med forskellige ingredienser i te smoothies og madretter kan få det meget bedre Uden bivirkninger Råd og opskrifter fokuserer på at støtte og opbygge kroppen bedst muligt Vejen er sund og grøn mad spækket med plante strogen vitamin protein og andre sunde stoffer Plante strogene er forskellige stoffer som vikarierer for kroppens eget strogen og bringer ro til et hormonsystem i orden Der er opskrifter i lange baner og der er lister og planer for hvordan du kan nå dine kosten skridt for skridt Du finder selvfølgelig hjælp til at styre hedeturene for på svnen og styre vægten Der er også gode råd hvis du lider af dårligt humør dårlig hukommelse eller nedsat lyst til sex Derudover finder du forslag til gennem maden at forebygge osteoporose og andre sygdomme som lettere opstår fra nu af Maden er komponeret til kvinder fra 40 års alderen og op til mænd er også god og nærende for mænd og børn Familien kan sagtens spise med Velbekomme **I kan jo bare adoptere** Maija Noone Svendsen, 2020-11-11 I KAN JO BARE ADOPTERE er en personlig dagbog om kampen mod ufrivillig barnløsshed og et forløb i fertilitetsbehandling Bogen er skrevet til dig der rører eller har været i fertilitetsbehandling og til pårørende der gerne vil vide mere om hvordan det kan være at være ufrivilligt barnløs Dagbogen strækker sig over ca 45 år og dækker forløbet hele vejen fra p-piller til baby og indeholder desuden alle de tanker og følelser mange aldrig siger højt **Generation multiorgasme** Charlotte Heje Haase, 2011-01-25 En samling af sprudlende tankevekkende og kloge klummer der har været trykt i Urban og Femina og som samlet set udgør et portræt af en hel generation som

forfatteren selv er prototype på nemlig Generation Multiorgasme I 100 klummer korte og veloplagede mundgodter som frilseren til at reflektere over sit eget liv og egen samtid stiller Charlotte Heje Haase også kendt som den danske blog veteran Spacemermaid der er blevet et Trivial Pursuit spørgsmål skarpt på alt lige fra moderne medier til sex til forelskelse til karriere til mænd til alkohol til kunsten at være til i det her liv Teksterne kan nydes i sengen i toget i ventesaalen eller en hel søndag på sofaen Charlotte Heje Haase fra 1977 er en dansk forfatter redaktionschef og klummeskribent **Stop yoyo-vægten**

Charlotte Hartvig, 2014-01-15 Stop yoyo vægten giver dig koden til at få dine celler til at fungere optimalt så du kan tabe dig og holde vægten samtidig med at du spiser dig mæt Hovedårsagen til overvægt og specielt yoyo vægt skal findes i den slag skade på cellerne som kaldes insulinresistens Insulinresistens opstår når kroppen gennem længere tid har fået alt for meget skadeligt kulhydrat i form af sukker hvedemelssmaget pasta ris kartoffel morgenmadscerealier frugtsaft og lign Men denne insulinresistens er det heldigvis muligt at reparere ved at skruer ned for kulhydraterne og op for de gode fedtstoffer og protein i den mad du spiser Når det sker begynder kroppen at reparerer sig selv og du får din appetitregulering tilbage hvilket gør det til småt sag at forblive slank efter endt vægttab Så stå dig til bordet og nyd opskrifterne i bogen samtidig med at du taber dig

**Kinderwunsch - Wie Physiotherapie helfen kann** Anne Marie Jensen, 2019-04-03 Ob zur Vorbereitung einer Fertilitätsbehandlung in Ergnzung zu einer begonnenen Therapie oder als Alternative zu schulmedizinischen Behandlungen dieser Ratgeber informiert Frauen und Paare mit unerflltem Kinderwunsch darber wie physiotherapeutische Manahmen auf dem Weg zum Wunschkind helfen knnen Die vorgestellten Methoden und Eigenbungen erffnen in jeder Phase der Kinderwunsch

Behandlung schonende und kostengünstige ergnende Möglichkeiten um die Chancen auf eine Schwangerschaft zu erhöhen Die Autorin nimmt Sie mit auf eine Reise über mehrere Kontinente und zeigt wie Physiotherapie in Europa Japan und den USA seit den 1970er Jahren als unterstzende Methode bei Fertilitäts Einschränkungen angewendet wurde und wird Nutzen Sie die vielfältigen Möglichkeiten die die Physiotherapie Ihnen bietet **Spis dig gravid** Bjarne Stigsby,Charlotte Hartvig,2009

**Type C - Spis dig slank efter Blodsukkerkuren** Arne Astrup,Christian Bitz,Mads Fiil Hjorth,2018-08-09 Tredje og sidste bog i Blodsukkerkurens ABC er en ny kostplan der for mennesker med forhøjet blodsukker og type 2 diabetes type C til at tage sig nemt og effektivt Stik mod de traditionelle anbefalinger skal de spise masser af fed mad viser den seneste forskning Avocado olivenolie nadder gode saftige bær og fede oste Slikker lyder genvejen til en slankere talje og et sundere liv hvis man lider af type 2 diabetes eller har svært at holde blodsukkeret under kontrol at man er tilbøjelig til at udvikle sygdomme Det lyder næsten for godt til at være sandt og absolut ikke som traditionel diabeteskost men sidste r viste banebrydende forskning baseret på mange internationale studier at det rent faktisk er afgørende for mennesker med diabetes blodsukker at skruer godt op for fedt mængderne og markant ned for kulhydraterne hvis de vil tage sig og få et mere normalt og sundt blodsukker Vigtig er et af de mest effektive værktøjer mod type 2 diabetes som omkring 350.000 danskere lider af Samme forskning viste at mennesker med normalt fasteblodsukker type A taber sig bedst ved at spare markant på fedtet mens dem med forhøjet blodsukker type B blot skal have masser af grove kostfibre Med andre ord Et lille prik i fingeren og en enkelt måling af sukkerindholdet i blodet inden morgenmaden kan afsløre hvad vi hver især skal spise for at opnå en sund vægt I efteråret 2017 udkom grundbogen Spis dig slank efter dit blodsukker og special kogebøgerne til type A og type B Nu fuldendes serien med Type C spis dig slank efter dit blodsukker hvor forfattertruppen Arne Astrup Christian Bitz og Mads Fiil Hjorth er blevet forstærket med stjernekokken Thomas Rode der med sin forkærlighed for palækost er en oplagt bidragsyder med opskrifter der er rige på protein og andre proteiner og indeholder meget lidt kulhydrat Type C bogen rummer masser af mættende hjælp til alle med diabetes lignende blodsukker Nyttige råvareguider med thedstips tallerkenmodel forslag til dagskost og ikke mindst 44 nemme opskrifter der tilgodeser type C menneskers behov helt perfekt **Spis tarmen sund og tab dig** Stine Junge Albrechtsen,2017-12-29 Spis tarmen sund og tab dig giver dig 50 ideer og nærsårbereggede opskrifter og en overskuelig plan for dit vægttab Reglerne er enkle spis fiberrigt og grønt suppleret med gode fedtstoffer og probiotiske fødevarer Det vil gøre din tarmflora sund og give dig til at tage dig og give dig en glad flad mave **Sund graviditet** Lotte Arndal,2018-09-25 Sund graviditet inspirerer og guider dig til alle aspekter af en sund graviditet så du kan få det bedste ud af din graviditet og mindre vægtøgning både under og efter din graviditet Trin for trin opnår du den fornødne viden så du føler dig sikker og forberedt til at være aktiv igennem din graviditet Og med velser skræddersyet for både kkenbund og mave sørger du for at holde din kkenbund i form så du hurtigt kan komme dig efter din fødsel Efter graviditetsprogrammet hjælper dig sikkert og effektivt med at opnå en flot mave runde baller og en stærk kkenbund og ryg Så du kan hoppe og løfte din baby ubesværet uden at få ondt i ryggen Og det ingen ser at sexlivet kan blive det

samme som for Bogen henvender sig til alle gravide Både til dig som allerede træner men er usikker på hvordan du kan fortsætte din træning Og til dig der ikke er vant til at træne men ønsker at gå i gang men er usikker på hvordan Og ikke mindst til dig der lige har født og hurtigt og effektivt ønsker at genvinde din form Sund graviditet er anbefalet af sundhedsforsker og professor Bente Klarlund og fysioterapeut uroterapeut og sexolog Birthe Bonde Graviditetskalenderen Camilla Gry Temmesen,2011

Børn Katerina Janouch,2007 Gode råd om alt fra amning søvn og bleskift til børnedødsdage mobning ferier og alkohol

*Spis ordentligt!* Andreas Lindqvist,2017-08-17 Er kologi altid bedst Er sprøjtede afgrøder farlige Er burgræs sønder som vi hører Findes der slet ikke klimavenligt kød Er frisk fisk egentlig frisk Og kan Danmarks økonomi overhovedet klare et opgør med det konventionelle landbrug Flere og flere danskere ender i disse spisevaner Vi gør det for at passe bedre på miljøet klimaet dyrene eller os selv og vores børn En madrevolution breder sig og industri interesseorganisationer eksperter og detailhandel kæmper for at styre dagsordenen Som forbruger er det svært at orientere sig Hvad er fup Hvad er fakta I *Spis ordentligt* En guide til den skeptiske forbruger skaber journalisterne Christian Nørgaard og Andreas Lindqvist igennem stilte af interview og unuancerede påstande og finder svar på spørgsmålene som vi som forbrugere kan træffe oplyste valg Bogens første halvdel gennemgår de nye forbrugertrends og går tæt på produktionen af kød fisk og planter i et dansk perspektiv Forfatterne binder de forskellige ender sammen og skaber den sammenhæng der hidtil har manglet Bogens anden halvdel gennemgår de enkelte varer og junglen af mærkningsordninger som forbrugerne nemt og overskueligt kan træffe et personligt valg ud fra kriterier som klimapåvirkning sundhed og kemi dyrevelfærd kvalitet og smag **Kom i form til halvmaraton på 100 dage** Anders

Ejbye-Ernst,2016-01-06 Kom i form til halvmaraton på 100 dage er skrevet af elitebriter og sundhedsjournalisten Anders Ejbye Ernst og henvender sig til alle niveauer lige fra begynderen der skal i form uden skader til den erfarne motionist som jagter nye personlige rekorder Bogen kommer hele vejen rundt om alle livets aspekter lige fra udstyr kost og motivation til træning og konkurrenceforberedelse Træningsfilosofien er inspireret af eliten men tilpasset bredden Følger du træningsprogrammerne vil du stå med en effektiv guide der vil booste både din form og sundhed *Tolv utæmmede heste* Anne Holt,2024-06-07 Kret som rets Bedste Norske Krimi Ebba Braut ved at hun ikke har været i seng med nogen Alligevel er hun gravid Den eneste Ebba kan betro sig til er den pensionerede efterforsker Hanne Wilhelmsen Men Hannes eget liv er tæt på at gå i opløsning og Ebba er nu den eneste Hanne har tilbage Hanne kæmper for både at redde sin familie og løse den vigtigste drabssag i sit liv TOLV UTÆMMEDE HESTE er en sindsoprivende krimi om desperation ensomhed og om mænd der hader kvinder **Verdens sundeste mor og barn** Arne Astrup,Christian Bitz,2014-02-27 Vil du være mor eller er du allerede gravid Så har du her en konkret guide til at få et sundt harmonisk og velfungerende barn Ved at spise den rigtige kost og optimalt med næringsstoffer kan du give dit barn de bedste betingelser for at vokse sig sund og stærk inde i din mave Derved kan du nedsætte risikoen for at dit barn får en lang række problemer i form af blandt andet adfærd og indlæringsproblemer ADHD overvægt og allergier Samtidig vil kosten i Verdens sundeste mor og barn hjælpe dig til kun at tage de

kilo p du har brug for og s rge for at du efter f dslen hurtigt taber dem igen **Fantastisk fødsel** Mette Radmer,Camilla Gry Temmesen,2015-05-21 Til dig der dr mmer om en fantastisk f dsel kommer to erfarne jordem dres komplette guide til alt hvad du skal vide om din f dsel redskaber f deteknikker fakta tr ningsprogrammer mental og fysisk forberedelse s du trygt kan g dit barns f dsel i m de Fantastisk F dsel Metoden bygger p fem foruds tninger forberedelse ansvar kontrol teknik og afsp nding der tilsammen giver det bedste grundlag for at blive parat til at f de med gl de styrke og overskud **Vad dig i handom gives** Nils Parling,2021-11-10 Jan Bergman pojken fr n det fattiga hyttarbetarhemmet i Bergslagen har vuxit upp och blivit arbetsf r Trots sitt lysande l shuvud har han hamnat p SEAB s L T avdelning Arbetet r inte s rskilt tungt men arbetsf rh llandena r desto v rre och han r l ngt ifr n den friska skogsluft han r van vid Men som gift man f r man bita ihop Och medan dr mmen om ett liv v rdigt hans skarpa huvud l ngsamt tinar bort v ntar nnu en slitsam arbetsdag Vad dig i handom gives r en frist ende uppf ljare till Br dl sans barn och f ljer Jan Bergmans tidiga vuxenliv Nils Parling 1914 2002 var en svensk arbetarf rfattare fr n Ludvika Han romandebuterade 1950 och f rs rjde sig dessf rinnan som skogs och fabriksarbetare Under sina levnads r utkom han med ett femtiotal b cker *Alt det bedste - spis sundt og få det fantastisk* Gwyneth Paltrow,2014-05-01 Spis sundt og f det fantastisk Gwyneth Paltrows personlige di t til velv re Da Gwyneth Paltrow en sommerdag fik et voldsomt angst og migr neanfald oven p en lang periode med for h rdt arbejde for meget stress og for usund mad ordinerede hendes l ge en di t uden bl a m lkeprodukter sukker og gluten s hendes krop kunne komme til h gterne For madelskeren Gwyneth var det afg rende at der ikke skulle g s p kompromis med smagen s derfor udviklede hun en r kke l kre opskrifter sammen med madskribenten Julia Turshen Det er der kommet en l kker og indbydende kogebog ud af og selv om maden har fungeret som medicin for Gwyneth er der ingen tristesse eller puritanisme over bogen der inviterer l seren ind i et let og lyst univers med masser af opskrifter p morgenmad salater supper fjerkr fisk og k d og masser af gr ntsager Der er ogs bud p sunde retter til b rnefamilien og selvf lgelig et afsnit med sunde desserter Bogen er smukt illustreret med fotos af den danske fotograf Ditte Isager Denne e bog er udgivet i fixed layout L s mere p [www.lrdigital.dk](http://www.lrdigital.dk) guide

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