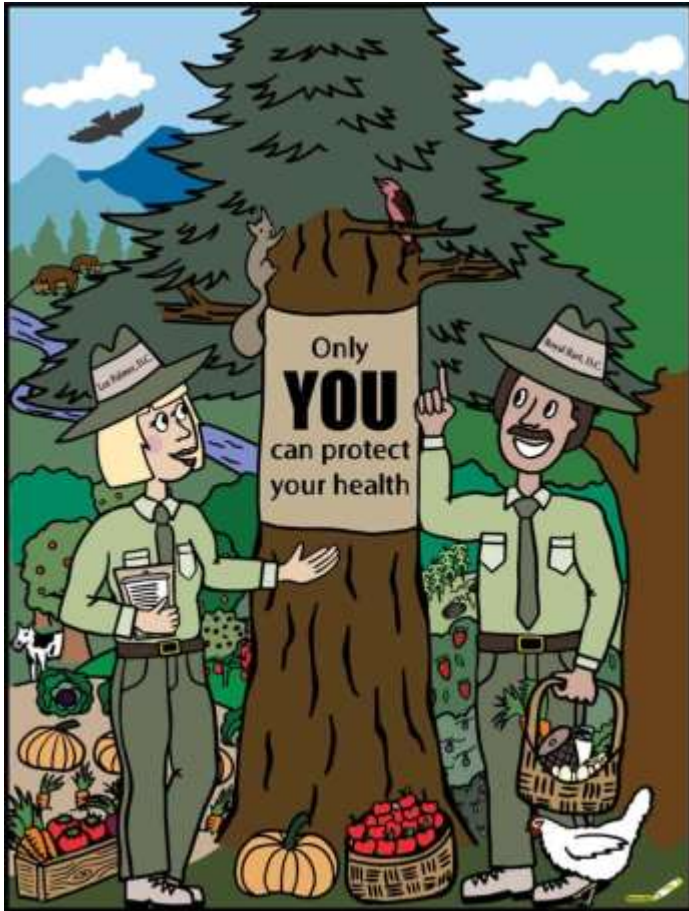


Health Rangers# 9: Preparing for Health



Hi, this is Dr Lee Palmer and we are going to talk about how low birth weight is associated with an increased risk of heart disease developing in the life of your future son or daughter.

When we look at the [Developmental Origins of Health and Disease](#), it shows that the nutritional environment received in the womb by the developing baby not only affects the risk of birth defects but also “how and why subtle influences on the fetus and during early life can have such profound consequences for adult health and diseases.”

We know that birth weight is determined by maternal, embryonic, and fetal nutrition. Research shows that low birth weight is associated in the developmental risk of increased heart disease, stroke, high blood pressure, diabetes, and kidney disease in your baby’s future.

Poor nutrition by inadequate intake of proteins, fats, essential vitamins and minerals will cause changes in the growth and development of your baby’s internal organs. This will open the door to the development of altered growth and function of your baby’s internal organs, which will predispose your child to a life-long risk in developing chronic and degenerative disease conditions.

Ask your doctor for a copy of [The Nourishing Traditions Book of Baby & Child Care](#). Remember, learning today will bring health and happiness tomorrow.