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# Preparing For A Healthy Baby: A Pregnancy Book By Kendis Moore Drake

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If you are planning to become pregnant soon, there are several things you can do to ensure your own and your baby's optimal health. Evaluate your birth control method

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Kendis Moore Drake is the author of Preparing for a Healthy Baby (3.00 avg rating, 7 ratings, 1 review, published 2008) Kendis Moore Drake s Followers.

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The Christ Hospital Health Network includes our main Christ Hospital campus in Mt. Auburn, Preparing for Surgery. Preparing for Surgery; Before Surgery.

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### **Preparing for a healthy baby**

Kendis Moore Drake mother, RN, FNP and Olympian. When Kendis Drake, a nurse practitioner, began caring for expectant mothers many years ago. She tried to find a

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