

## Fetal programming: Mom's weight changes baby's genes

*The following is an excerpt.*

Of the many powers mothers wield, few are more extraordinary than the power to nudge a child's health prospects in one direction or another simply by having incubated that child in her womb. Research is uncovering more and more instances in which a pregnant woman's own health issues powerfully influence those of her child.

A woman's nutrition, her stress levels, her exposure to toxic pollutants and her own health status can bend a baby's genetic make-up not by changing the code, but by tweaking the way those genes carry out their program.

**Read the full story here: [Fetal programming: Mom's health has powerful impact on her unborn child](#)**