

# Your Pregnancy And Childbirth Month To Month Fifth Edition

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**Beyond Nine Months** Dawn Andalon 2019-08-29 Everything you ever wanted to know about the embarrassing (and often unspoken) issues your body endures postpartum but didn't know who to ask! Beyond Nine Months will empower moms of all ages. It's time to reveal the real information and solutions behind the embarrassment and frustration of peeing your pants when you jump or sneeze, pelvic organ prolapse, back pain, abdominal separation, and painful sex. Once you are postpartum, you are always postpartum, and this book is going to take you beyond Kegel exercises to find a resolution once and for all to renew your confidence in your body again! Beyond Nine Months will: Reveal the missing links in the US healthcare system facing women today, which are readily available to you! Challenge the belief that motherhood includes physical changes that are irreversible. Learn how to finally resolve embarrassing bladder control issues naturally without having to wear a pad or dark yoga pants with exercise, improve prolapse symptoms and diastasis recti without dangerous surgery, how to resume your active life without back pain stopping you... AND MUCH MORE! Learn the secrets to resolving common women's health issues naturally by seeing the doctor ALL women need in their life. Provide you with the exact tangible action steps (no matter what your age) to give you more energy, free of worry, and the active lifestyle you deserve! You train to get your body to look or perform a certain way, but do you train to restore, heal, and perform for the demands of motherhood following a nine-month period that has put a significant strain on your physical body? As you reach your 40s, 50s, and beyond and facing unnecessary surgeries and use of medications, there is available conservative and effective options, as noted in this book, to keep free from worrying about your future health. If you or someone you know has had a baby (whether weeks, months, or even years ago!), this is a must-read so you are not left in the dark and you can feel like yourself again--no matter what your age! "Dr. Andalon highlights something in motherhood that is so important, that once you become a mother you are always postpartum. Women have been taught by society to not talk about how our bodies really change once we have babies, and therefore, important issues we face in regards to our female health are overlooked." --LARA SCHULTE Co-Founder, Generation.Mom About the Author: Dr. Dawn Andalon is a physical therapist, educator, author, and co-owner of LEVEL4 Physio in Encinitas, CA. She is known as a leading spine and postpartum women's health specialist in the San Diego area. Prior to living in Carlsbad, CA, she worked at Nike WHQ in Portland, OR, as a physical therapist. Dr. Dawn has also been a Pilates-based PT, which she has implemented with elite and Olympic athletes, surfers, and the weekend warrior to enhance their chosen sport and for rehab with spinal injuries. She is highly trained in pelvic floor rehab, holds a manual therapy certification from University of St. Augustine, and has special training with the female athlete population. Dr. Dawn has a passion for postnatal care, serving as an educator to bridge the gap between labor/delivery and return to exercise, which is evident in this book.

**Nurture Erica Chidi Cohen 2017-10-24** "What a gift to new and expecting moms. You have no idea the mountain and rollercoaster you're about to embark on, but Nurture somehow gives you a peek in and gives you essential information to help ground you." --CATHERINE MCCORD, founder of Weelicious and One Potato A comprehensive and judgement-free pregnancy companion. Nurture is the only all-in-one pregnancy and birthing book for modern mothers-to-be and their partners who want a more integrative approach. Author Erica Chidi Cohen has assisted countless births and helped hundreds of families ease into their new roles through her work as a doula. Nurture covers everything from the beginning months of pregnancy to the baby's first weeks. This empowering book includes: • Supportive self-care and mindfulness exercises, trimester-specific holistic remedies, nourishing foods and recipes for every month of pregnancy, and expert tips for every birth environment. • More than 40 charming and helpful illustrations, charts, and lists can be found throughout. • Dozens of important topics that every modern mom needs to know including fetal development, making choices for a hospital, home or birth center birth, the basics of breastfeeding, tips on what to expect postpartum, and more. Nurture is an all-inclusive pregnancy and birthing guide book that gives soon-to-be mothers and their partners the information they need to make decisions, feel confident, and enjoy the beauty of creating new life. Nurture is a thoughtful and helpful gift for expecting mothers and their partners. Erica Chidi is co-founder and CEO of Loom in Los Angeles, CA. She began her work in San Francisco, volunteering as a doula within the prison system, working with pregnant inmates. She went on to build a successful doula and health education practice in Los Angeles and has been featured in Women's Health, Vogue, Goop, The Cut and Marie Claire.

**Pregnancy Day By Day Maggie Blott 2009-08-17** The complete guide to pregnancy, day-by-day No other pregnancy book provides this level of detail, allied with such extraordinary photographs, 3D scans and illustrations which reveal in unprecedented clarity exactly what is happening to you and your baby every single day. From early fetal development to how your hormones prepare you for birth, learn from world-class experts. Plus, obstetricians, midwives and parents advise on your baby's development, medical matters, your changing body, diet, fitness and much more. A special hour-by-hour rundown of what to expect during and immediately after birth, plus further reassurance for the first two weeks of your baby's life, will give a helping hand through the culmination of your pregnancy, from pain relief to those first intimate and unique moments between you and your child.

**The Mama Natural Week-by-Week Guide to Pregnancy and Childbirth Genevieve Howland 2017-04-25** "Mama Natural's Week to Week Guide to Pregnancy is the modern (and yet ancient) approach to pregnancy and childbirth. "Natural" recognizes that pregnancy and birth are normal, and that having a baby is a wondrous biological process and rite of passage--not a medical condition. This book draws upon the latest research showing how beneficial and life-changing natural birth is for both babies and moms. Full of weekly advice and tips for a healthy pregnancy, Grace details vital nutrition to take, natural remedies for common and troublesome symptoms, as well as the appropriate (and inappropriate) use of interventions. Pregnancy, childbirth, health, and wellness, parenting, family"--**The Shit No One Tells You About Pregnancy Dawn Dais 2017-11-07** The fourth book in Dawn Dais's popular Shit No One Tells You series offers "been there, freaked out about that" advice for expectant parents The fourth title in Dawn Dais's popular parenting series, The Shit No One Tells You About Pregnancy is quite possibly the funniest, and most heartfelt, yet. After all, pregnancy is not all about scanning Pinterest for baby shower themes and registering for ironic onesies, and sometimes the less flattering aspects of gestation have a way of dimming a bit of that so-called pregnancy glow. Not to worry! Dawn is here, ready to shepherd you through the experience of one human body taking on the task of growing another human body. (SPOILER ALERT: It ain't always pretty.) Dawn covers it all, sharing expert lists, tips, warnings, and even a series of Parent-Training Workouts designed to increase readers' tolerance to the various indignities of parenthood, like peeing with an audience and surviving an afternoon in Chuck E. Cheese. The Shit No One Tells You About Pregnancy is a must-have guide for expectant moms (and their partners!) who are looking for some counsel, comedy, and camaraderie during their ultimate countdown to parenthood.

**Your Pregnancy and Childbirth American College of Obstetricians and Gynecologists 2015-04**

**Your Pregnancy and Childbirth American College of Obstetricians and Gynecologists 2021** "Designed as an informational resource for patients, Your Pregnancy and Childbirth: Month to Month Seventh Edition sets forth current information and clinical opinions on subjects related to women's health and reproduction. Your Pregnancy and Childbirth: Month to Month is a resource for informational purposes. Topics include getting ready for pregnancy choosing an obstetric care provider what to expect during each month of pregnancy exercise during pregnancy work and travel during pregnancy pain relief during childbirth labor and delivery cesarean delivery postpartum care and taking care of the baby after birth, birth control after pregnancy"--

**Pea in a Pod, Third Edition Linda Goldberg 2020-09-04** Pregnancy and childbirth are not what they used to be. Fifty years ago, mothers-to-be visited their obstetricians once a month, did exactly what they were told, and gave birth to their babies while heavily sedated or anesthetized. Their husbands, who most likely had never even once accompanied them to the doctor, paced nervously in the waiting room, barred from the inner sanctum of the labor and delivery rooms. Today, some expectant parents still stand on the sidelines. But more choose to be active players. If you want to be a participant, not a spectator, in the birth of your baby, Pea in a Pod, Third Edition is your playbook. The labor and birth options available to modern parents-to-be are numerous, and Pea in a Pod covers them all. Taking you from your first day of pregnancy through your child's first year, it presents everything from relaxation exercises to practice during pregnancy, to birth positions and breathing techniques—a treasure-trove of information designed to make your labor and delivery easier. This comprehensive guide offers a month-by-month breakdown of the physical changes to expect during pregnancy; describes the emotional aspects of pregnancy; and discusses the do's and don'ts of sex during and after pregnancy. It also provides a nutrition plan for the pregnant woman; exercise plans for the mother-to-be, new mother, and cesarean mother; and a wealth of hints for the father-to-be, labor partner, and new father. In addition, the basics of infant care and an in-depth discussion of breastfeeding are included. The third edition of this bestseller—with over a half-million copies sold—reflects the most up-to-date information on nutrition, prenatal testing, labor and delivery options, infant care, and more. Over 200 photographs and illustrations summarize and highlight the text, while witty cartoons offer humorous insights into parenthood and serve as welcome proof that you're not alone in your fears and frustrations. Whether you're having your first child or your fourth, Pea in a Pod is an invaluable guide to keep at your elbow until your little one blows out that first birthday candle. A step-by-step handbook, a ready reference, and a source of practical advice, it is a book you'll turn to time and time again.

**Ina May's Guide to Childbirth Ina May Gaskin 2008-11-19** What you need to know to have the best birth experience for you. Drawing upon her thirty-plus years of experience, Ina May Gaskin, the nation's leading midwife, shares the benefits and joys of natural childbirth by showing women how to trust in the ancient wisdom of their bodies for a healthy and fulfilling birthing experience. Based on the female-centered Midwifery Model of Care, Ina May's Guide to Natural Childbirth gives expectant mothers comprehensive information on everything from the all-important mind-body connection to how to give birth without technological intervention. Filled with inspiring birth stories and practical advice, this invaluable resource includes: • Reducing the pain of labor without drugs--and the miraculous roles touch and massage play • What really happens during labor • Orgasmic birth--making birth pleasurable • Episiotomy--is it really necessary? • Common methods of inducing labor--and which to avoid at all costs • Tips for maximizing your chances of an unmedicated labor and birth • How to avoid postpartum bleeding--and depression • The risks of anesthesia and cesareans--what your doctor doesn't necessarily tell you • The best ways to work with doctors and/or birth care providers • How to create a safe, comfortable environment for birth in any setting, including a hospital. • And much more Ina May's Guide to Natural Childbirth takes the fear out of childbirth by restoring women's faith in their own natural power to give birth with more ease, less pain, and less medical intervention.

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**The Pregnancy Wisdom Encyclopedia Gertrude Swanson 2022-05-21** The only book couples need to prepare and deal with pregnancy. Pregnancy is an amazing time in a couple's life, but it can also be quite overwhelming. That's where The Pregnancy Wisdom Encyclopedia comes in! This book is designed to help couples who are expecting a baby, and it covers everything from the first trimester all the way to post-partum. Weekly updates make it easy for you to keep up with everything that's happening, and the comprehensive sections on nutrition, exercise, mental health, and sleep make sure that you're getting the best possible care. Whether you're new to pregnancy or you've been pregnant before, this book is perfect for you! Related terms: pregnancy planner for teenagers girlfriends guide to pregnancy pregnancy journal for expecting mom day by day, teenagers pregnancy cookbook blood pressure pregnancy cookbook by trimester pregnancy cookbook gestational diabetes pregnancy cookbook vegan pregnancy journal for lesbian couple pregnancy encyclopedia kindle pregnancy loss remembrance pregnancy must haves for back pain pregnancy nutrition checklist pregnancy workbook anxiety pregnancy expectations pregnancy sucks for men pregnancy wisdom pregnancy loss for dad willow tree pregnancy loss pregnancy books for teens pregnancy checklist pregnancy journal for twins pregnancy over 40 pregnancy planner book pregnancy planners for first time moms pregnancy witch pregnancy with autism pregnancy workout book pregnancy yoga pregnancy books by black authors pregnancy books for teen moms pregnancy books for twins the pregnancy encyclopedia pregnancy food guide pregnancy food tracker pregnancy memory book boy pregnancy memory book twins pregnancy with type 1 diabetes pregnancy devotional for first time moms pregnancy zinc pregnancy childbirth and the newborn by penny simkin pregnancy food cravings and aversions big fat pregnancy activity book your pregnancy and childbirth month to month ebt pregnancy food pregnancy must haves socks pregnancy for men book pregnancy after 40 pregnancy diet and nutrition pregnancy guide for men pregnancy journal for second baby pregnancy over 35 pregnancy wellness the pregnancy guide for men pregnancy approach pregnancy gifts pregnancy injector pregnancy books for toddlers pregnancy countdown book the pregnancy countdown book pregnancy food ebt eligible pregnancy encyclopedia pregnancy food pregnancy for men pregnancy guide for first time dads pregnancy journal for dad pregnancy journal for mom and dad pregnancy preparation pregnancy tracker real food for pregnancy lily pregnancy food diary pregnancy must haves for beach pregnancy toddler book real food for pregnancy pregnancy fitness pregnancy hacks pregnancy handbook for dads pregnancy calendar for first time moms pregnancy childbirth and the newborn pregnancy gifts for first time moms pregnancy guide for women pregnancy healthy eating pregnancy books for single moms pregnancy nutrition journal pregnancy romance books box sets pregnancy week by week pregnancy and power the mother of all pregnancy books pregnancy for dads pregnancy planner pregnancy nutrition supplements mayo clinic guide to a healthy pregnancy pregnancy must haves pregnancy prayer book real food for pregnancy gestational diabetes pregnancy workbook pregnancy activity book pregnancy for dummies pregnancy guide for family letter board pregnancy announcement baby pregnancy memory book pregnancy calendar pregnancy william dudley nurture a modern guide to pregnancy real food for pregnancy book pregnancy announcement for grandparents card pregnancy announcement for siblings pregnancy food chart pregnancy food items post pregnancy must haves pregnancy must haves sleep pregnancy for first time moms pregnancy book for men pregnancy handbook pregnancy nutrition pregnancy and nutrition pregnancy nutrition book pregnancy day by day pregnancy brain pregnancy and childbirth a goal oriented guide to prenatal care pregnancy cookbook healthy pregnancy journal for mom pregnancy books best seller pregnancy nutrition guide pregnancy diet pregnancy guide for dads pregnancy and childbirth book pregnancy books pregnancy books for first time moms pregnancy journals for first time moms pregnancy book for dads pregnancy books for first time dads pregnancy books for first time moms journal pregnancy books for first time parents pregnancy dad book pregnancy diary pregnancy experience pregnancy guide for first time moms pregnancy journal memory book pregnancy memory book pregnancy books for women best pregnancy books for first time moms pregnancy journals for first time moms daily pregnancy journals for first time moms twins pregnancy announcement for grandma pregnancy announcement for mom pregnancy memory book with pockets pregnancy guide pregnancy journal pregnancy and childbirth pregnancy announcement pregnancy test

**Your Pregnancy & Birth American College of Obstetricians and Gynecologists 2005** Now in its fourth edition, this book has become a classic -- guiding more than 2 million women through their pregnancies. From planning for a baby, through pregnancy and birth, to those important first weeks of new life, advice is offered to educate, inform, relieve, and prepare pregnant women for one of the most thrilling and fulfilling times of their lives. Features include: Checklists, charts, questionnaires, and special tips. Charts for tracking the baby's growth. An all-new chapter on breast feeding. Glossary of terms. More than 170 photos and illustrations.

**COLOURING BIRTH. BRIDGET. SHEERAN 2016**

**The Jewish Pregnancy Book Sandy Falk 2004** In addition to information on medical issues, this book features ancient and modern prayers and rituals for each stage of pregnancy, as well as traditional Jewish wisdom on pregnancy. **The Pregnancy Book William Sears (M.D.) 1997** Covers topics ranging from the emotional effects of pregnancy and bodily changes to fetal development and what to expect during delivery

**The Bump Book of Lists for Pregnancy and Baby Carley Roney 2015-03-10** From the #1 website and lifestyle destination for pregnant women and new moms, The Bump, this portable paperback offers every list, every question to ask, and tip that moms-to-be need to plan and prepare for baby's arrival. The Bump is the most trusted site for moms-to-be and new mothers, and now, Carley Roney and the editors of The Bump present the essential collection of checklists, timelines, and other organizational tools for the nine months before, and the weeks right after, baby's birth. The Bump Book of Baby Lists covers the practical and fun details of every month of pregnancy, including the questions to ask your doctor, what you need for the nursery, how to set up a birth plan, and more. With lines for jotting notes on the go, this portable paperback travels everywhere with the parents-to-be, making the what-to-do, how, and when of pregnancy planning much less stressful.

**Pea in a Pod Linda Goldberg 2011-09-01** Back in the good old days, mothers-to-be visited their obstetricians once a month and gave birth to their babies heavily sedated, while their husbands paced nervously in the waiting room. Today, most parents choose to be active players. If you want to be a participant in the birth of your baby, Pea in a Pod is your playbook. Taking you from your first day of pregnancy through your child's first year, Pea in a Pod presents everything from relaxation exercises to practice during pregnancy, birth positions, and breathing techniques. This comprehensive guide offers a month-by-month breakdown of the physical changes to expect during pregnancy and describes the emotional aspects of pregnancy. It also provides a nutrition plan for the pregnant woman; exercise plans for the mother-to-be, new mother, and cesarean mother; and a wealth of hints for the father-to-be and labor partner. The basics of infant care and breastfeeding are included, and over 200 photographs and illustrations clarify the text. A step-by-step handbook, a ready reference, and a source of practical advice, Pea in a Pod is a book you'll turn to time and time again.

**Your Pregnancy for the Father-to-Be Glade B. Curtis 2008-10-24** A comprehensive glossary of terms, a resource section, medical information, and tips for supporting your partner during pregnancy and the birth of your new baby Pregnancy can be a thrilling adventure for a couple. Although most attention is directed toward the mom-to-be, the nine months of pregnancy are an exciting, moving -- and, yes, occasionally stressful! -- time for the expectant father as well. Written with the needs and concerns of the dad-to-be in mind, this book will also help you be the best father you can be by covering such topics as: The tests and procedures your partner may undergo The impact of pregnancy on your relationship and how to handle it Ways to evaluate the expenses of having a baby How to be a great labor coach **Pregnancy, Childbirth, Postpartum, and Newborn Care World Health Organization. Reproductive Health and Research 2003** This guide provides a full range of updated, evidence-based norms and standards that will enable health care providers to give high quality care during pregnancy, delivery and in the postpartum period, considering the needs of the mother and her newborn baby. All recommendations are for skilled attendants working at the primary level of health care, either at the facility or in the community. They apply to all women attending antenatal care, in delivery, postpartum or post abortion care, or who come for emergency care, and to all newborns at birth and during the first week of life (or later) for routine and emergency care. This guide is a guide for clinical decision-making. It facilitates the collection; analysis, classification and use of relevant information by suggesting key questions, essential observations and/or examinations, and recommending appropriate research-based interventions. It promotes the early detection of complications and the initiation of early and appropriate treatment, including time referral, if necessary. Correct use of this guide should help reduce high maternal and perinatal mortality and morbidity rates prevalent in many parts of the developing world, thereby making pregnancy and childbirth safer.

**Pregnancy, Childbirth, and the Newborn Penny Simkin 2018-09-18** AVAILABLE FOR THE FIRST TIME IN FULL COLOR, THE UP-TO-DATE AND AUTHORITATIVE PREGNANCY GUIDE THAT HAS SOLD 1.5 MILLION COPIES--BY RECOGNIZING THAT "ONE SIZE FITS ALL" DOESN'T APPLY TO MATERNITY CARE PARENTS LOVE THIS BOOK BECAUSE IT PUTS THEM IN CONTROL; EXPERTS LOVE IT BECAUSE IT'S BASED ON THE LATEST MEDICAL RESEARCH AND RECOMMENDATIONS FROM LEADING HEALTH ORGANIZATIONS. PREGNANCY, CHILD BIRTH, AND THE NEWBORN PROVIDES THE INFORMATION AND GUIDANCE YOU NEED TO MAKE INFORMED DECISIONS ABOUT HAVING A SAFE AND SATISFYING PREGNANCY, BIRTH, AND POSTPARTUM PERIOD--DECISIONS THAT REFLECT YOUR PREFERENCES, PRIORITIES, AND VALUES. UNLIKE PREGNANCY GUIDES THAT CAN OVERWHELM AND ALARM BY TELLING YOU UP FRONT ALL THE THINGS THAT CAN POSSIBLY GO WRONG, THIS BOOK FIRST DESCRIBES NORMAL, HEALTHY PROCESSES, THEIR TYPICAL VARIATIONS, AND THE USUAL CARE PRACTICES FOR MONITORING THEM. ONLY THEN DOES IT COVER POSSIBLE COMPLICATIONS AND THE CARE PRACTICES AND PROCEDURES FOR RESOLVING THEM. THROUGHOUT, THE PRESENTATION IS CRYSTAL-CLEAR, THE TONE IS REASSURING, AND THE VOICE IS EMPOWERING. AND THE LANGUAGE IS INCLUSIVE, REFLECTING TODAY'S VARIOUS FAMILY CONFIGURATIONS SUCH AS SINGLE-PARENT FAMILIES, BLENDED FAMILIES FORMED BY SECOND MARRIAGES, FAMILIES WITH GAY AND LESBIAN PARENTS, AND FAMILIES FORMED BY OPEN ADOPTION OR SURROGACY. FROM SENSIBLE NUTRITION ADVICE TO REALISTIC BIRTH PLANS, FROM BIRTH DOULAS WHEN DESIRED TO CESAREANS WHEN NEEDED, FROM REDUCING STRESS DURING PREGNANCY TO CARING FOR YOURSELF AS WELL AS YOUR BABY AFTER BIRTH, THIS PREGNANCY GUIDE SPEAKS TO TODAY'S PARENTS-TO-BE LIKE NO OTHER.

**Your Pregnancy and Childbirth American College of Obstetricians and Gy 2010-01-01** Provides information about each month of pregnancy and beyond including: a fully illustrated month-by-month guide showing your baby's development and changes in your body; descriptions of each prenatal visit and the key tests you may need; information on labor and delivery; guidance on prenatal genetic testing; advice on prenatal nutrition and how to feed your baby; [and] discussion of special concerns such as multiple pregnancy and complications--From p. [4] of cover. **The Mommy Docs' Ultimate Guide to Pregnancy and Birth Yvonne Bohn 2011-05-03** Three top ob/gyn's--who are also

MOMS THEMSELVES AND HOSTS OF THE OPRAH WINFREY NETWORK'S DELIVER ME--OFFER A COMPREHENSIVE GUIDE TO PREGNANCY. ORIGINAL. TV TIE-IN.

*THE SCIENCE OF MOM* ALICE CALLAHAN 2021-11-23 NOW UPDATED! THE NEW EDITION OF THIS BEST-SELLING GUIDE USES SCIENCE TO TACKLE SOME OF THE MOST IMPORTANT DECISIONS FACING NEW PARENTS—FROM SLEEP TRAINING AND VACCINATIONS TO BREASTFEEDING AND BABY FOOD. IS COSLEEPING SAFE? HOW IMPORTANT IS BREASTFEEDING? ARE FOOD ALLERGIES PREVENTABLE? SHOULD WE BE WORRIED ABOUT THE ALUMINUM IN VACCINES? SEARCHING FOR ANSWERS TO THESE TOUGH PARENTING QUESTIONS CAN YIELD A DELUGE OF CONFLICTING ADVICE. IN THIS REVISED AND EXPANDED EDITION OF *THE SCIENCE OF MOM*, ALICE CALLAHAN, A SCIENCE WRITER WHOSE WORK APPEARS IN THE NEW YORK TIMES AND THE WASHINGTON POST, RECOGNIZES THAT FAMILIES MUST MAKE THEIR OWN DECISIONS AND GIVES PARENTS THE TOOLS TO EVALUATE THE EVIDENCE FOR THEMSELVES. SHARING THE LATEST SCIENTIFIC RESEARCH ON RAISING HEALTHY BABIES, SHE COVERS TOPICS LIKE THE MICROBIOME, ATTACHMENT, VACCINE SAFETY, PACIFIERS, ALLERGIES, INCREASING BREAST MILK PRODUCTION, AND CHOOSING AN INFANT FORMULA.

*THE MOTHERLY GUIDE TO BECOMING MAMA* JILL KOZIOL 2020-04-14 AN INCLUSIVE, HOLISTIC, EVIDENCE-BASED GUIDE FOR PREGNANCY, BIRTH, AND THE POSTPARTUM JOURNEY—CREATED FOR MODERN MOMS BY THE EXPERTS AT THE MOTHERLY ONLINE COMMUNITY. PREGNANCY ISN'T JUST ABOUT CREATING A BABY. IT'S ALSO ABOUT THE POWERFUL TRANSFORMATION WE GO THROUGH ON THE JOURNEY TO BECOMING “MAMA.” WE CREATED THE MOTHERLY GUIDE TO BECOMING MAMA TO COACH AND INSPIRE YOU EACH STEP OF THE WAY. THIS IS THE PREGNANCY BOOK WE WISH WE'D HAD WHEN WE FIRST BECAME MOTHERS—A MAMA-CENTERED GUIDE THAT DOESN'T JUST FOCUS ON YOUR BABY'S NEEDS, BUT HONORS AND COACHES YOU THROUGH THIS PROFOUND LIFE CHANGE. HERE'S THE MOST IMPORTANT THING TO REMEMBER: YOU ARE A PHENOM, AND YOU ARE GOING TO ROCK THIS. AND YOU DON'T HAVE TO DO THIS ALONE. AT YOUR HIGHEST HIGHS AND YOUR LOWEST LOWS, THERE IS A VILLAGE OF PROFESSIONALS AND PEERS TO TRAVERSE THIS PATH WITH YOU. THIS BOOK WON'T BOG YOU DOWN WITH DEMANDS, GIVE YOU MORE TO BE WORRIED ABOUT, OR TELL YOU WHAT TO DO. IT'S IMPOSSIBLE TO KNOW EXACTLY WHAT TO EXPECT DURING YOUR PREGNANCY—AFTER ALL, YOU ARE YOUR OWN AMAZING WOMAN WITH UNIQUE DREAMS, EXPERIENCES, AND NEEDS. INSTEAD, WE'VE FILLED THIS ILLUSTRATED GUIDE WITH THE BEST KNOWLEDGE, WISDOM, AND SUPPORT WE HAVE TO OFFER, INCLUDING: • GETTING PREGNANT—PLANNING, CONCEPTION, FERTILITY CHALLENGES, AND FINDING THE RIGHT CARE PROVIDER AND BIRTH STRATEGY FOR YOU • PREGNANCY MONTH BY MONTH—HOW TO UNDERSTAND, NOURISH, AND SUPPORT YOUR OWN BODY AND YOUR BABY'S HEALTH THROUGHOUT YOUR PREGNANCY • GIVING BIRTH—EVERYTHING YOU NEED TO FEEL EMPOWERED AND PREPARED THROUGH THE FOUR STAGES OF LABOR • THE “FOURTH TRIMESTER”—HELPING YOU HEAL, PROCESS YOUR EXPERIENCE, AND THRIVE IN THE SUPER-IMPORTANT AND OFTEN IGNORED POSTPARTUM PERIOD • TESTS AND COMPLICATIONS—NO SCARE TACTICS, NO INTIMIDATION; JUST GOOD, WELL-RESEARCHED INFORMATION ABOUT THE WAYS YOU CAN BEST PREVENT AND PREPARE FOR CHALLENGES • PARTNERS, FRIENDS, AND FAMILY—OUR BEST TIPS FOR YOUR WHOLE SUPPORT TEAM • THE MANY FACES OF MAMA—ADOPTION, SURROGACY, FOSTERING, AND THE BEAUTIFUL VARIETY OF MOTHERHOOD EXPERIENCES • ANSWERS TO THE MOST COMMON QUESTIONS MAMAS HAVE ABOUT FINANCES, MATERNITY LEAVE, BABY GEAR, RELATIONSHIPS WITH FAMILY, NUTRITION, FITNESS, AND MUCH MORE WHETHER THIS IS YOUR FIRST BABY OR YOUR FOURTH, WHETHER YOU'RE STILL DECIDING ABOUT PREGNANCY OR HAVE AN UNPLANNED BABY ON THE WAY, BECOMING MAMA INVOLVES YOUR BODY, MIND, EMOTIONS, LIFESTYLE, RELATIONSHIPS, SCHEDULE, SPIRITUALITY, WORLDVIEW—AND MOST OF ALL, YOUR HEART. THIS IS AN UNPRECEDENTED TIME TO EMBARK ON THE JOURNEY OF MOTHERHOOD. YOU ARE PART OF A NEW GENERATION OF WOMEN ELEVATING EMPOWERMENT IN ALL ITS FORMS. THE MOTHERLY GUIDE TO BECOMING MAMA WAS MADE FOR YOU—A LOVING AND SUPPORTIVE EMBRACE OF YOUR UNIQUE MOTHERHOOD JOURNEY IN ALL ITS POWER, COMPLEXITY, AND BEAUTY.

*THE MOTHER OF ALL PREGNANCY BOOKS* ANN DOUGLAS 2011-06-14 IF YOU'RE LOOKING FOR THE INSIDE SCOOP ON WHAT IT'S REALLY LIKE TO HAVE A BABY, YOU'VE COME TO THE RIGHT PLACE. THIS COMPREHENSIVE GUIDE FEATURES A FRIENDLY, FRESH, AND FUN APPROACH TO THE GREATEST ADVENTURE LIFE HAS TO OFFER. BASED ON THE BEST ADVICE FROM OVER 100 CANADIAN PARENTS AND PANEL OF EXPERTS, THIS INFORMATION IS SERVED UP WITH A UNIQUELY CANADIAN SPIN. THE MOTHER OF ALL PREGNANCY BOOKS IS FUNNY, ENTERTAINING, AND PACKED WITH TONS OF NUTS-AND-BOLTS INFORMATION AND PRESENTS EXPECTANT PARENTS WITH ALL THE FACTS ON SUCH PERENNIAL HOT TOPICS AS PAIN RELIEF DURING LABOR, EPISIOTOMY, AND CIRCUMCISION, EMPOWERING THEM TO MAKE INFORMED PERSONAL CHOICES. UNIQUE AND INNOVATIVE, THIS BOOK IS PACKED WITH HELPFUL TOOLS READERS WON'T FIND ANYWHERE ELSE, INCLUDING CHARTS HIGHLIGHTING THE RISKS OF USING VARIOUS OVER-THE-COUNTER DRUG PRODUCTS DURING PREGNANCY, TABLES SUMMARIZING THE FUNCTIONS OF THE 10 MOST IMPORTANT NUTRIENTS DURING PREGNANCY, LISTS OF THE 10 BEST-AND WORST-BABY PRODUCTS, AND MUCH, MUCH MORE. FEATURING A GLOSSARY OF PREGNANCY-RELATED TERMS, A SAMPLE BIRTH PLAN AND A SET OF EMERGENCY CHILDBIRTH PROCEDURES, THE MOTHER OF ALL PREGNANCY BOOKS ISN'T AFRAID TO TACKLE DIFFICULT SUBJECTS, LIKE INFERTILITY, HIGH-RISK PREGNANCY, AND PREGNANCY AND INFANT LOSS -- TOPICS THAT MOST OTHER PREGNANCY BOOKS SHY AWAY FROM. NEW FEATURES INCLUDE: THE PREGNANCY ROADMAP: A WEEK-BY-WEEK; MONTH-BY-MONTH; AND TRIMESTER-BY-TRIMESTER OVERVIEW OF THE KEY PREGNANCY MILESTONES AND HIGHLIGHTS PREGNANCY Q & A AS BABY GEAR 101 YOUR POST-PARTUM BODY AND A BRAND NEW SECTION CALLED “THE TRUTH ABOUT PREGNANCY BRAIN”

*YOUR PREGNANCY AND CHILDBIRTH* 2016-05-01

*HAVING A BABY* MARGARET THOM 1981-01-01

*THE HEALTHY PREGNANCY BOOK* WILLIAM SEARS 2013-09-24 FROM “THE MAN WHO REMADE MOTHERHOOD” (TIME) COMES THE DEFINITIVE GUIDE TO HAVING A HEALTHY PREGNANCY--AND A HEALTHY BABY. THE HEALTHY PREGNANCY BOOK GUIDES EXPECTANT MOTHERS AND FATHERS THROUGH ALL STAGES OF PREGNANCY FROM PRECONCEPTION THROUGH BIRTH, FOCUSING ON HOW TO ENHANCE THE HEALTH OF MOTHER AND BABY. IN THIS UNIQUELY AUTHORITATIVE AND COMPREHENSIVE MONTH-BY-MONTH GUIDE, THE SEARSES ADDRESS EMOTIONAL AND PHYSICAL CHANGES THAT TAKE PLACE DURING PREGNANCY, BABY'S BRAIN DEVELOPMENT, HEALTHY PREGNANCY HABITS, PREGNANCY SUPERFOODS, OPTIMAL WEIGHT GAIN, FITNESS, MANAGING STRESS, SLEEP, CHOOSING THE RIGHT HEALTHCARE PROVIDER, BIRTHING CHOICES, THE TRANSITION INTO PARENTHOOD, ENGAGING PERSONAL STORIES, AND MORE. OVERFLOWING WITH THE MOST UP-TO-DATE INFORMATION, DIGESTIBLE AND DOABLE TIPS, AND ADVICE FOR EVERY WORRY--AND WRITTEN IN THE SEARSES' TRADEMARK REASSURING TONE THAT MAKES THEIR BOOKS LONG-TERM BESTSELLERS--THE HEALTHY PREGNANCY BOOK IS THE MUST-HAVE RESOURCE TO FIT THE GREATER DEMANDS OF TODAY'S SAVVY PARENTS.

*MINDFUL BIRTHING* NANCY BARDACKE 2012-07-10 WITH MINDFUL BIRTHING, NANCY BARDACKE, NURSE-MIDWIFE AND MINDFULNESS TEACHER, LAYS OUT HER INNOVATIVE PROGRAM FOR PREGNANCY, CHILDBIRTH, AND BEYOND. DRAWING ON GROUNDBREAKING RESEARCH IN NEUROSCIENCE, MINDFULNESS MEDITATION, AND MIND/BODY MEDICINE, BARDACKE OFFERS PRACTICES THAT WILL HELP YOU FIND CALM AND EASE DURING THIS LIFE-CHANGING TIME, PROVIDING LIFELONG SKILLS FOR HEALTHY LIVING AND WISE PARENTING. SOME OF THE BENEFITS OF MINDFUL BIRTHING: INCREASES CONFIDENCE AND DECREASES FEAR OF CHILDBIRTH TAPS INTO DEEP INNER RESOURCES FOR WORKING WITH PAIN IMPROVES COUPLE COMMUNICATION, CONNECTION, AND COOPERATION PROVIDES STRESS-REDUCING SKILLS FOR GREATER JOY AND WELLBEING

*BUMPIN'* LESLIE SCHROCK 2019-12-17 “A SMART, APPROACHABLE GUIDE PACKED WITH PRACTICAL ADVICE FOR PARENTS WHO WANT A SCIENCE-BACKED, INDIVIDUALIZED APPROACH TO PREGNANCY.” —LINDA AVEY, CO-FOUNDER OF 23ANDME 2020 NATIONAL PARENTING AWARD WINNER FEELING OVERWHELMED? CONFUSED BY CONFLICTING ADVICE? BUMPIN' WILL RADICALLY TRANSFORM YOUR PREGNANCY JOURNEY TO ONE OF CONFIDENCE AND OPTIMISM. WITH OVER A DECADE OF EXPERIENCE ADVISING WOMEN'S HEALTHCARE AND TECHNOLOGY COMPANIES, LESLIE SCHROCK DISTILLS CUTTING-EDGE RESEARCH INTO YOUR MOST COMPREHENSIVE PREGNANCY GUIDE—FROM CONCEPTION THROUGH THE NEWBORN MONTHS. BASED ON THE LATEST CLINICAL EVIDENCE AND PRACTICAL ADVICE FROM TOP EXPERTS, BUMPIN' ENABLES YOU TO MAKE THE BEST DECISIONS FOR YOUR UNIQUE FAMILY. WITH A LOOK AT THE SCIENCE, IT TACKLES EVERY PREGNANCY FAQ AND TOPICS LIKE THE TRUTH ABOUT CLEANING UP YOUR COSMETICS, NUTRITION, EPIDURALS, AND ACTIVITY; AND THE PRACTICAL, LIKE PUTTING TOGETHER A BABY BUDGET AND NAVIGATING WORK. BUMPIN' ALSO TAKES YOU ALL THE WAY THROUGH THE POSTPARTUM PERIOD BECAUSE TAKING YOUR BABY HOME AND RECOVERING BRINGS UNEXPECTED PHYSICAL, MENTAL, AND LIFE CHANGES THAT ARE TOO OFTEN OVERLOOKED FOR YOU AND YOUR PARTNER. INSIDE BUMPIN' YOU'LL FIND: -A TRIMESTER-BY-TRIMESTER OVERVIEW FROM TRIMESTER ZERO (CONCEPTION) THROUGH THE POSTPARTUM PERIOD AND RETURN TO WORK -THE TRUTH ABOUT AGE AND FERTILITY AND HOW TO MANAGE ANY ISSUES THAT ARISE -RESEARCH ON TOPICS LIKE VACCINATIONS, BREASTFEEDING, AND EXERCISE -THE SCIENCE BEHIND YOUR PHYSICAL CHANGES, LEAKS, SWEATS, AND EVERY OTHER UNEXPECTED PREGNANCY SYMPTOM -

AND HOW TO MANAGE THEM TO ENHANCE YOUR LONG TERM HEALTH -BIRTH PREFERENCES AND PREPARING FOR UNPREDICTABLE CHANGES -THE CHALLENGES OF NAVIGATING PARENTAL LEAVE AND RETURNING TO WORK -UNIQUE ADVICE FOR PARTNERS -BUDGETING, FINANCE TIPS, BABY REGISTRY, AND HOSPITAL CHECKLISTS EVERY PREGNANCY IS UNIQUE AND OFTEN UNPREDICTABLE. FOR LESLIE, THIS MEANT HANDLING CURVEBALLS LIKE MISCARRIAGE AND LATER A BIRTH THAT DIDN'T GO ACCORDING TO PLAN. SHE TURNED HER PERSONAL JOURNEY INTO THIS BOOK, WRITTEN WHILE SHE WAS PREGNANT, WITH THE HELP OF A WIDE NETWORK OF EXPERTS SHE CONSULTED ALONG THE WAY, INCLUDING DOULAS, OB-GYNS, MIDWIVES, THERAPISTS, PRENATAL TRAINERS, AND NUTRITIONISTS. WARM, FUNNY, AND NON-JUDGEMENTAL, BUMPIN' WILL LEAVE YOU FEELING PREPARED AND READY TO TACKLE ANYTHING THAT COMES YOUR WAY. A PORTION OF PROCEEDS WILL BE DONATED TO EVERY MOTHER COUNTS AND NATIONAL BIRTH EQUITY COLLABORATIVE TO SUPPORT MATERNAL AND CHILD HEALTH.

ALEXANDRA SACKS 2019-04-23 YOUR GUIDE TO THE EMOTIONS OF PREGNANCY AND EARLY MOTHERHOOD, FROM TWO OF AMERICA'S TOP REPRODUCTIVE PSYCHIATRISTS. WHEN YOU ARE PREGNANT, YOU GET PLENTY OF ADVICE ABOUT YOUR GROWING BODY AND DEVELOPING BABY. YET SO MUCH ABOUT MOTHERHOOD HAPPENS IN YOUR HEAD. WHAT EVERYONE REALLY WANTS TO KNOW: IS THIS NORMAL? -EVEN AFTER MONTHS OF TRYING, IS IT NORMAL TO PANIC AFTER FINDING OUT YOU'RE PREGNANT? -IS IT NORMAL NOT TO FEEL LOVE AT FIRST SIGHT FOR YOUR BABY? -IS IT NORMAL TO FIGHT WITH YOUR PARENTS AND PARTNER? -IS IT NORMAL TO FEEL LIKE A BREASTFEEDING FAILURE? -IS IT NORMAL TO BE ZONKED BY “MOMMY BRAIN?” IN WHAT NO ONE TELLS YOU, TWO OF AMERICA'S TOP REPRODUCTIVE PSYCHIATRISTS REASSURE YOU THAT THE ANSWER IS YES. WITH THIRTY YEARS OF COMBINED EXPERIENCE COUNSELING NEW AND EXPECTANT MOTHERS, THEY PROVIDE A PSYCHOLOGICAL AND HORMONAL BACKSTORY TO THE COMPLICATED EMOTIONS THAT WOMEN EXPERIENCE, AND SHOW WHY IT'S NATURAL FOR “MATRESCENCE”—THE BIRTH OF A MOTHER—TO BE AS STRESSFUL AND TRANSFORMATIVE A PERIOD AS ADOLESCENCE. HERE, FINALLY, IS THE FIRST-EVER PRACTICAL GUIDE TO HELP NEW MOTHERS FEEL LESS GUILT AND MORE SELF-ESTEEM, LESS ISOLATION AND MORE KINSHIP, LESS RESENTMENT AND MORE INTIMACY, LESS EXHAUSTION AND MORE PLEASURE, AND LEARN OTHER TIPS TO NAVIGATE THE UPS AND DOWNS OF THIS EXCITING, DEMANDING TIME

*YOUR BABY, YOUR WAY* JENNIFER MARGULIS 2015-03-17 “ORIGINALLY PUBLISHED AS THE BUSINESS OF BABY.”

*THE HEALTHY PREGNANCY BOOK* MARTHA SEARS 2013-09-24 FROM “THE MAN WHO REMADE MOTHERHOOD” (TIME) COMES THE DEFINITIVE GUIDE TO HAVING A HEALTHY PREGNANCY--AND A HEALTHY BABY. THE HEALTHY PREGNANCY BOOK GUIDES EXPECTANT MOTHERS AND FATHERS THROUGH ALL STAGES OF PREGNANCY FROM PRECONCEPTION THROUGH BIRTH, FOCUSING ON HOW TO ENHANCE THE HEALTH OF MOTHER AND BABY. IN THIS UNIQUELY AUTHORITATIVE AND COMPREHENSIVE MONTH-BY-MONTH GUIDE, THE SEARSES ADDRESS EMOTIONAL AND PHYSICAL CHANGES THAT TAKE PLACE DURING PREGNANCY, BABY'S BRAIN DEVELOPMENT, HEALTHY PREGNANCY HABITS, PREGNANCY SUPERFOODS, OPTIMAL WEIGHT GAIN, FITNESS, MANAGING STRESS, SLEEP, CHOOSING THE RIGHT HEALTHCARE PROVIDER, BIRTHING CHOICES, THE TRANSITION INTO PARENTHOOD, ENGAGING PERSONAL STORIES, AND MORE. OVERFLOWING WITH THE MOST UP-TO-DATE INFORMATION, DIGESTIBLE AND DOABLE TIPS, AND ADVICE FOR EVERY WORRY--AND WRITTEN IN THE SEARSES' TRADEMARK REASSURING TONE THAT MAKES THEIR BOOKS LONG-TERM BESTSELLERS--THE HEALTHY PREGNANCY BOOK IS THE MUST-HAVE RESOURCE TO FIT THE GREATER DEMANDS OF TODAY'S SAVVY PARENTS.

*NEW WELL PREGNANCY BOOK* MIKE SAMUELS 1996-06-18 EASY-TO-USE CHARTS, DIAGRAMS, AND CHECKLISTS ENHANCE A FULLY UPDATED AND ACCESSIBLE GUIDE FOR PARENTS-TO-BE THAT COVERS EVERY PHASE AND ASPECT OF PREGNANCY, INCLUDING PRENATAL CARE, HORMONAL CHANGES, AND BIRTHING OPTIONS. BY THE AUTHORS OF THE WELL BABY BOOK. ORIGINAL. 25,000 FIRST PRINTING. *THE MOTHER OF ALL PREGNANCY BOOKS* ANN DOUGLAS 2009-12-17 WHETHER YOU'RE AN EXPECTANT PARENT OR YOU'RE JUST THINKING ABOUT IT, THIS COMPREHENSIVE GUIDE FEATURES A NONBOSSY, FRESH, AND FUN APPROACH TO THE GREATEST ADVENTURE LIFE HAS TO OFFER. BASED ON THE BEST ADVICE FROM OVER 100 CANADIAN PARENTS, THIS INFORMATION IS SERVED UP WITH A UNIQUELY CANADIAN SPIN. NEVER ONE TO SHY AWAY FROM THE TOUGH TOPICS, ANN DOUGLAS ADDRESSES THE CONCERNS THAT ALL PARENTS HAVE TO CONSIDER WHEN FACING PREGNANCY. WITH OVER 225,000 MOTHER OF ALL? BOOKS SOLD IN CANADA, ANN DOUGLAS PROVIDES THE INSIDE SCOOP ON WHAT IT'S REALLY LIKE TO HAVE A BABY THE STRAIGHT GOODS ON PREPARING YOUR BODY FOR PREGNANCY PRACTICAL ADVICE ON HOW TO INCREASE YOUR CHANCES FOR CONCEIVING QUICKLY THE TOP TEN WORRIES FOR EACH TRIMESTER -- WITH A HEFTY DOSE OF REASSURANCE A GLOSSARY OF PREGNANCY -- AND BIRTH-RELATED TERMS A SNEAK PEEK OF LIFE AFTER BABY THIS BOOK IS THE MANUAL FOR THOSE LOOKING FOR REAL-WORLD ADVICE TO HELP THEM DURING ALL THE STAGES OF PREGNANCY, FROM CONCEPTION TO BIRTH AND ALL THAT CAN OCCUR THROUGHOUT!

*MAYO CLINIC GUIDE TO A HEALTHY PREGNANCY* MAYO CLINIC 2009-03-17 BOOK DESCRIPTION TO COME.

*YOUR PREGNANCY WEEK BY WEEK* GLADE B. CURTIS 2016-05-24 THE CLASSIC WEEK-BY-WEEK GUIDE TO A HAPPY, HEALTHY PREGNANCY--CELEBRATING OVER 30 YEARS OF EXPERT ADVICE! DOCTORS RECOMMEND IT AND PREGNANT COUPLES RELY ON IT--AND YOU AND YOUR PARTNER WILL FIND IT INDISPENSABLE! FOR OVER THIRTY YEARS, DR. GLADE B. CURTIS AND JUDITH SCHULER HAVE HELPED MILLIONS OF PARENTS-TO-BE NAVIGATE AND PREPARE FOR THE MOST EXCITING AND CHALLENGING TIME OF THEIR LIVES--AND NOW THEY'LL HELP YOU. WITH YOUR PREGNANCY'S SIGNATURE WEEK-BY-WEEK FORMAT, INCLUDING ILLUSTRATIONS OF YOUR BABY, YOU'LL EASILY AND COMFORTABLY FOLLOW YOUR BABY'S DEVELOPMENT AS IT GROWS DURING THESE EXCITING 40 WEEKS. WHETHER YOU'RE A FIRST-TIME PARENT JUST LEARNING TO NAVIGATE PREGNANCY OR AN EXPERIENCED PRO, YOUR PREGNANCY WEEK BY WEEK IS THE PERFECT, COMPREHENSIVE RESOURCE TO GUIDE YOU THROUGH YOUR PREGNANCY. IN THIS EIGHTH EDITION, DR. CURTIS AND SCHULER ADDRESS TODAY'S MOST PRESSING QUESTIONS AND CONCERNS, INCLUDING: DETAILED DESCRIPTIONS AND ILLUSTRATIONS OF BABY'S DEVELOPMENT INFORMATION ON MEDICAL TESTS AND PROCEDURES TIPS ON NUTRITION, YOUR OVERALL HEALTH AND HOW IT AFFECTS YOUR GROWING BABY SAFE AND EASY WEEKLY EXERCISES TO HELP YOU STAY IN SHAPE COVERING A WIDE RANGE OF NEW TOPICS SUCH AS ELECTIVE DELIVERY, ELECTRONIC CIGARETTES, PREGOREXIA, SALT-THERAPY SPAS, BELLY BANDS BEFORE AND AFTER PREGNANCY, AND MEN PREPARING FOR PREGNANCY, YOUR PREGNANCY WEEK BY WEEK MAKES SURE YOU AND YOUR PARTNER WILL HAVE EVERYTHING YOU NEED TO KNOW AT YOUR FINGERTIPS--FOR THIS PREGNANCY AND FOR ANY TO FOLLOW.

*THE NATURAL PREGNANCY BOOK, THIRD EDITION* AVIVA JILL ROMM 2014-08-05 A REVISED AND UPDATED EDITION OF THE CLASSIC HANDBOOK FOR WOMEN SEEKING A SAFE, ORGANIC, ECO-FRIENDLY, AND NATURAL PREGNANCY, FEATURING AN INTEGRATIVE-BASED APPROACH WITH NEW MEDICAL, HERBAL, AND NUTRITIONAL INFORMATION. OVER THE LAST TWO DECADES, THE NATURAL PREGNANCY BOOK HAS USHERED THOUSANDS OF WOMEN THROUGH HAPPY AND HEALTHY PREGNANCIES. ADDRESSING WOMEN'S HEALTH FROM CONCEPTION TO BIRTH, DR. ROMM DESCRIBES HERBS THAT CAN PROMOTE AND MAINTAIN A HEALTHY PREGNANCY, AND ALLAYS SUCH FAMILIAR CONCERNS AS ANXIETY, FATIGUE, MORNING SICKNESS, AND STRETCH MARKS. SHE ALSO DISCUSSES THE COMPONENTS OF A HEALTHY DIET, WITH AN EMPHASIS ON NATURAL FOODS. NEW TO THIS EDITION IS INTEGRATIVE HEALTH ADVICE BASED ON DR. ROMM'S NEW CREDENTIALS AS A YALE-TRAINED PHYSICIAN, COMBINED WITH HER TWENTY YEARS OF EXPERIENCE AS A MIDWIFE AND HERBALIST. *WHAT TO EAT WHEN YOU'RE PREGNANT* NICOLE M. AVENA 2015 A TRIMESTER-BY-TRIMESTER GUIDE TO WHAT TO EAT--AS OPPOSED TO WHAT TO AVOID--WHILE PREGNANT AND NURSING, TO SUPPORT THE MOTHER'S HEALTH AND THE BABY'S DEVELOPMENT DURING EACH STAGE OF PREGNANCY, WITH 50 RECIPES. PREGNANCY HAS TRADITIONALLY BEEN VIEWED AS A TIME WHEN WOMEN CAN GIVE IN TO THEIR FOOD CRAVINGS AND NOT WORRY ABOUT THEIR WEIGHT. BUT NEW RESEARCH SUGGESTS THAT THE FOODS WOMEN EAT DURING PREGNANCY CAN HAVE A LASTING EFFECT ON THE BABY'S BRAIN DEVELOPMENT AND BEHAVIOR, AS WELL AS THE MOTHER'S WAISTLINE. WHILE MANY BOOKS TELL WOMEN WHAT NOT TO EAT, THERE ARE FEW GUIDES THAT TELL WOMEN WHAT TO EAT WHILE ALSO CONSIDERING THAT HORMONAL INFLUENCES DURING PREGNANCY CAN MAKE IT DIFFICULT TO STICK TO A HEALTHY DIET. MORE AND MORE WOMEN ENTER PREGNANCY OVERWEIGHT, GAIN AN UNHEALTHY AMOUNT OF WEIGHT WHILE PREGNANT, THEN STRUGGLE TO LOSE THE “BABY WEIGHT” AFTER THE BABY IS BORN. DRAWING ON THE LATEST RESEARCH FROM THE FIELDS OF MEDICINE, NUTRITION, AND PSYCHOLOGY, THIS GUIDE GIVES MOMS-TO-BE A CLEAR UNDERSTANDING OF WHAT THEIR BODIES REALLY NEED AND HOW THOSE FOODS CONTRIBUTE TO THE DEVELOPMENT OF HEALTHY AND HAPPY BABIES.

*PLANNING FOR PREGNANCY, BIRTH, AND BEYOND* AMERICAN COLLEGE OF OBSTETRICIANS AND GYNECOLOGISTS 1996 THE NATION'S MOST RESPECTED WOMEN'S HEALTH-CARE ORGANIZATION OFFERS A REVISED EDITION OF ITS POPULAR GUIDEBOOK, FEATURING INFORMATION ON PRENATAL NUTRITION AND EXERCISE, METHODS OF DELIVERY, MONTH-TO-MONTH PREGNANCY PLANNING, AND ILLUSTRATIONS. 30,000 FIRST PRINTING.

*WHAT NO ONE TELLS YOU*