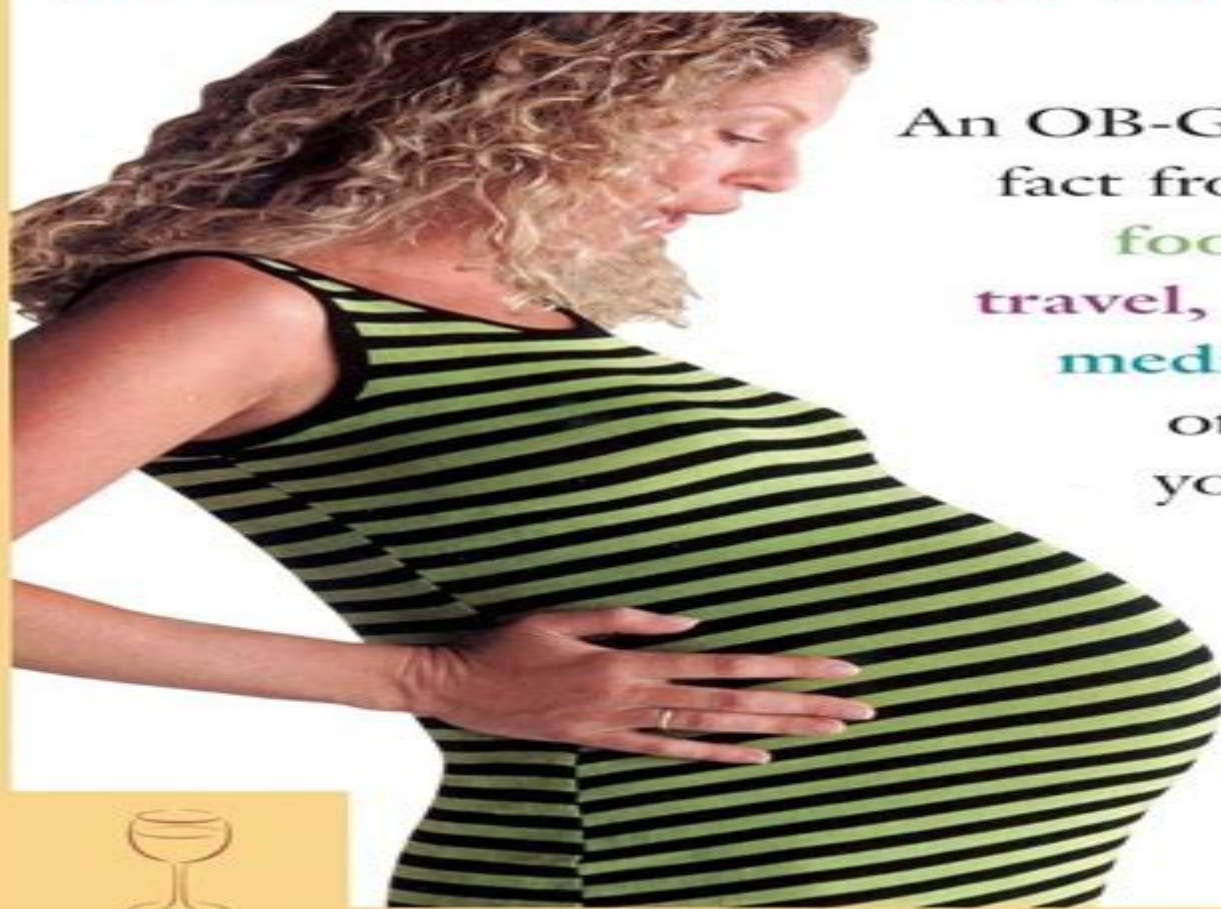




THE PANIC-FREE PREGNANCY



An OB-GYN separates
fact from fiction on
food, exercise,
travel, pets, coffee,
medications, and
other concerns
you have when
you are
expecting



Michael S. Broder, M.D.

Panic Free Pregnancy An Ob Gyn Separates Fact From Fiction On Food Exercise Travel Pets Coffee

Amelia Westwood



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The Panic-Free Pregnancy Michael Broder, 2004-06-01 While most pregnancy books only address the stages of the baby's development The Panic Free Pregnancy comprehensively covers the lifestyle issues and questions that confront every mom to be Dr Broder separates fact from fiction media hype from old wives tales and drawing on the latest scientific research offers an accessible comprehensive reference book that answers questions about Caffeine Exercise Flying Prescription and over the counter medications Sex Cosmetics Alcohol Herbal remedies and more Organized in an easy to use question and answer format this book will help women have the safest healthiest most anxiety free pregnancy possible The Stress-Free

Pregnancy Guide Carol LIVOTI, Elizabeth TOPP, 2008-09-03 While there is perhaps no happier time in a woman's life than the first few months of her pregnancy it can also be stressful Expectant mothers naturally worry about everything Are the symptoms they are experiencing normal Are they eating right And most important is their baby all right The Stress Free Pregnancy Guide dispels myths and puts mothers endless worries to rest with a healthy dose of reassuring and reader friendly advice based on renowned obstetrician Carol Livoti's 30 years of experience in private practice Expectant moms will discover exactly why their bodies are experiencing certain changes what else to expect and how to recognize any rare but real problems should they occur From before conception through the postpartum period the authors lead women through every step of their pregnancy with sound practical medical advice Filled with useful sidebars that help separate fact from fiction and delightful anecdotes from Dr Livoti's own practice The Stress Free Pregnancy Guide shows women that the most exciting time in their lives should not be fraught with unnecessary worry *Expecting 411* Michele Hakakha, Ari

Brown, 2012-04-16 Offers advice on all aspects of pregnancy and childbirth including physical and emotional changes prenatal testing and childbirth options *Debunking the Bump* Daphne Adler, 2014-05-20 When Daphne Adler a mother and mathematician was pregnant a colleague scolded her for sprinkling parmesan cheese on her pasta After dutifully dumping her dinner in the trash she decided to investigate to find out whether the admonishment and similar warnings were based on fact What she discovered surprised her and will surprise you too After 3 years of research where she poured over thousands of studies Adler has reframed the parameters of what should and shouldn't be allowable during pregnancy Her refreshing and reassuring book finally provides us with a way to separate myth from reality Fact or fallacy Debunking the Bump sets the record straight with eye opening revelations such as 44% of obstetricians never mention the most important avoidable cause of birth defects Less than half of all pregnant women are counseled about the most dangerous activity they could undertake while pregnant In the long list of forbidden foods one category is 10 000 times more risky than others but its danger is not emphasized Many pregnant women cut down their consumption of the single substance that's the most beneficial to their developing baby Debunking the Bump is a pregnancy book for women with a thirst for facts It covers not only all the hot pregnancy topics Is it safe to eat sushi and drink coffee but also a variety of additional subjects Adler's exhaustive research

uncovered that aren't even mentioned in most pregnancy books. Filled with practical, actionable recommendations and clear explanations of risks and trade-offs, this unique guide will help you make informed choices so you can enjoy a relaxed and happy pregnancy.

Pregnancy Myths and Facts Amelia Westwood, 2024-10-22

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