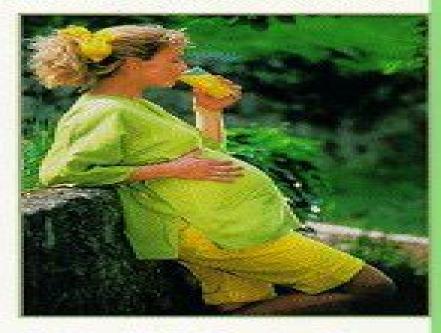
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A COMPLETE GUIDE FROM
PRECONCEPTION TO POSTDELIVERY

- Optimal dietary recommendations for preconception, throughout pregnancy, and breast-feeding
- Meal planning, food guides, and worksheets for diet, weight, and key nutrients
- Dealing with common problems such as nausea, swelling, and constipation
- Menus and recipes for healthy eating



JUDITH E. BROWN, R.D., M.P.H., PH.D.

FOREWORD BY HOWARD N. JACOBSON, M.D.

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exploration of complementary and alternative therapies that address common health concerns It delves into the menstrual cycle common menstrual problems and the role of genetics and hormones in women s health offering insights into hormonal imbalances and genetic factors that contribute to menstrual irregularities Readers will also find comprehensive information on cervical cancer including its control and basic understanding as well as detailed discussions on breast cancer screening treatment breastfeeding and the benefits of breast milk The book addresses unmet needs in contraception and family planning highlights the importance of nutrition in women's health and examines heart diseases and risk factors specific to women Additional topics include autoimmune diseases treatment options bone health menopause and the processes of understanding and remodeling during these stages This guide is an essential resource for anyone looking to understand and improve women s health Subject Guide to Books in Print ,1991 AB

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