



The Whole Pregnancy Handbook: An Obstetrician's Guide to Integrating Conventional and Alternative Medicine Before, During, and After Pregnancy

Joel Evans, Robin Aronson

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At last, everything you need to know about the latest in alternative and conventional healthcare before, during, and after pregnancy—in one comprehensive, jargon-free guide. Whether you embrace the philosophy that mind, body, and spirit work together to promote good health or you're just looking for a way to have the healthiest, most comfortable pregnancy possible, The Whole Pregnancy Handbook has the information you need to make educated decisions and take charge of your prenatal care. **The Whole Pregnancy Handbook** features

- Complementary treatments and techniques to improve your pre-conception health and fertility, such as nutritional medicine, mind-body medicine, acupuncture and herbal medicine
- Comprehensive and compassionate information about genetic and prenatal testing
- Techniques such as massage, acupressure, herbal medicine, and mind-body exercises to help you relax and feel more comfortable as your pregnancy progresses
- A fully illustrated chapter on prenatal yoga with pose variations for all three trimesters.
- How your pregnancy unfolds month by month and how you can connect with your baby while you're expecting
- The best practices of doulas and midwives
- The pros and cons of giving birth in a hospital, birthing center, or at home
- Effective pain management for your labor—from epidurals to hypnotherapy
- Everything you need to know about inductions, assisted deliveries, and C-sections
- What happens postpartum—physically and emotionally
- Candid recollections and insights from other moms and patient stories from Dr. Evans's practice, The Center for Women's Health

The Whole Pregnancy Handbook is an informative and reassuring guide that will empower you to combine the best of conventional and alternative medicine with confidence at every stage of pregnancy.

On the web: <http://www.wholepregnancy.com>

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Exactly why? Because this The Whole Pregnancy Handbook: An Obstetrician's Guide to Integrating Conventional and Alternative Medicine Before, During, and After Pregnancy is an unordinary book that the inside of the guide waiting for you to snap it but latter it will jolt you with the secret this inside. Reading this book beside it was fantastic author who also write the book in such incredible way makes the content interior easier to understand, entertaining method but still convey the meaning entirely. So , it is good for you for not hesitating having this ever again or you going to regret it. This excellent book will give you a lot of advantages than the other book have got such as help improving your talent and your critical thinking means. So , still want to hesitate having that book? If I had been you I will go to the book store hurriedly.

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