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What No One Tells You World Health Organization
Do I need more protein? Am I getting enough nutrients for the baby? How do I defend my decision to stay vegan? These questions and more are on the minds of vegan moms-to-be who want to maintain their lifestyle but still nurture a healthy baby. Well, you can breathe a sigh of relief because a vegan pregnancy is not only possible, it's also healthy and completely safe. With this helpful guide, you will learn about all aspects of vegan pregnancy from conception to bringing home baby, including: Which foods to eat (and avoid!) to get optimum nutrients for you and baby How to deal with disapproval from family and friends Methods to ensure a vegan-friendly hospital birth Setting up a vegan nursery for the baby Packed with information for both moms and dads, including 150 nutritious and healthy recipes for the whole family, this book is the ultimate resource for parents who want the best for their baby--without sacrificing the vegan life!

Covid-19 Infection and Pregnancy Delta

This concise, empowering reference

on pregnancy gives expectant parents the reassurance and solid guidance they need. The book covers every aspect of pregnancy from how to choose the right doctor and ensure good medical care, to the pros and cons of genetic testing. The month-by-month approach gives mothers-to-be clear information, advice and inspiration every step of the way. Quotes and brief anecdotes from other mothers add to the simple direct and friendly tone. **DR SPOCK'S PREGNANCY GUIDE** takes you through the thrilling journey to parenthood focusing particularly on: - Following the development of your growing baby - Finding the right obstetrician or midwife - Dealing with common symptoms and problems - Planning the kind of childbirth experience you want - Getting good care, every step of the way

I'm So Pregnant Penguin

Clinical Pharmacology During Pregnancy is written for clinicians, physicians, midwives, nurses, pharmacists and other medical professionals directly involved in the care of women during pregnancy. This book focuses on the impact of pregnancy on

drug disposition and also includes coverage of treatments for diseases of specific body systems, as well as essential content on dosing and efficacy. Written in a clear and practical manner, this reference provides easily accessible information and clinical guidance on how best to treat women with medications during pregnancy. Utilizes an evidence-based approach for therapeutics during pregnancy Includes a summary of specific medications by indication with up-to-date information on dosing and efficacy in pregnancy for the given indication Highlights current research in this area and provides easily accessible and vital information for clinicians Complements the companion volume, *Drugs During Pregnancy and Lactation* by Schaefer et al and presents a bundling opportunity to the same target audience of medical professionals Includes a companion website containing support materials for professional or continuing education courses in OB pharmacology

The Everything Vegan Pregnancy Book Elsevier
Drawing on the most up-to-date scientific research, an award-winning science journalist, seeking to alleviate some of the worries pregnant women face each day, helps expectant parents make sense of conflicting advice about pregnancy, birth and raising babies. Original.

The Pregnancy Primer Da Capo Lifelong Books
A fresh, new pregnancy guide—the first complete functional medicine book—offering women and their partners a comprehensive approach to maintain and enhance health and wellness before, during, and after pregnancy. *The Wise Woman's*

Guide to Your Healthiest Pregnancy and Birth combines the expertise of top-tier physical therapist Patricia Ladis—who works with superstar athletes, professional dancers, and celebrities—with Dr. Anita Sadaty, a highly regarded holistic ob-gyn with a celebrity clientele. Together, they have devised a six-step protocol beginning the six months before conception continuing forty days post-birth and beyond, incorporating holistic principles that encourage optimal wellness for mother, partner, and baby. Whether they are in their 20's, 30's or 40's, this book empowers readers to be in tune with their bodies during all stages of pregnancy, and is the first book by a functional medicine dream-team aligning medical and structural body issues to avoid such potential pregnancy outcomes as osteoporosis, sciatica, pelvic prolapse, structural weakness, and postpartum depression. Each of the six stages organizes Ladis and Sadaty's holistic principles into five easy-to-follow aspects: Body, Movement, Breathing, Nourishment, and Wisdom. They include practical applications such as foods to help reduce internal inflammation, specific exercises—with instructive photos—in each stage, breathing techniques to lower stress, and “pearls of wisdom” backed by science exploring a multicultural history of this special time in a woman's life. For the first time, a pregnancy guide considers the importance of choices you make six months prior to conception, and the effect on genes. When both members of a couple are calm, fit, and well-nourished, the latest science suggests that together they are less likely to pass on negative genes to a child.

[What Every Woman Needs to Know About Depression During Pregnancy](#) Harper

Collins

The trusted editors of *Our Bodies, Ourselves*, called “ a feminist classic ” by The New York Times, present a comprehensive guide to pregnancy and childbirth, from prenatal care and emotional well-being to how to handle the pain of childbirth. Pregnancy and birth are as ordinary and extraordinary as breathing, thinking, or loving. But as soon as you announce you ’ re expecting, you may be bombarded with advice from every angle—well-meaning friends, relatives, medical professionals, even strangers want to weigh in on what you should or shouldn ’ t do, and it ’ s easy to feel overwhelmed by their conflicting recommendations. *Our Bodies, Ourselves: Pregnancy and Birth* will help you sort fact from fiction, giving you the most accurate research, up-to-date information, and the firsthand experiences of numerous women who have been exactly where you are today. You ’ ll get the tools you need to take care of yourself and your baby during and after your pregnancy, from tips on eating well during pregnancy to strategies for coping with stress and depression. Learn everything you need to know about:

- Choosing a good health care provider
- Selecting a place of birth
- Understanding prenatal testing
- Coping with labor pain
- Speeding your physical recovery
- Adjusting to life as a new mother

Our Bodies, Ourselves: Pregnancy and Birth is an essential resource for women that will guide you through the many decisions ahead.

The *Healthy Pregnancy Book* Little, Brown
The *Girlfriends ’ Guide to Pregnancy* meets
Lobster Is the Best Medicine in this collection of funny illustrations that perfectly depicts the

awkward and uncomfortable realities of pregnancy—because creating a tiny human isn ’ t just sunshine and smiles. Being “ a little bit pregnant ” may not be a thing. But being “ so pregnant ” ? It ’ s so possible. In this hilarious book, mom and illustrator Line Severinsen delivers the often ignored, but always honest truth about those magical—and sometimes messy—nine months of pregnancy. From morning sickness that lasts all day to weird dreams that last all night and heartburn that just won ’ t quit, *I ’ m So Pregnant* perfectly captures what it is really like being pregnant. Unlike strangers touching your belly, these playful and adorable cartoons will touch your heart and give a whole new meaning to “ belly laugh. ”

[How to Stay Sane and Care for Yourself from Pre-conception Through Birth](#) Simon and Schuster

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 First-Time Mom's Pregnancy Handbook](#) Penguin

Describes the widespread, yet rarely discussed phenomenon of pregnancy-related depression during gestation, discussing common causes and symptoms, and outlining a variety of available treatment programs.

Spiritual Pregnancy Simon and Schuster

The emphasis of the manual is on rapid assessment and decision making. The clinical action steps are based on clinical assessment with limited reliance on laboratory or other tests and most are possible in a variety of clinical settings.

Medical Problems During Pregnancy Simon and Schuster

The Guide to Investigation of Mouse Pregnancy is the first publication to cover the mouse placenta or the angiogenic tree the mother develops to support the placenta. This much-needed resource covers monitoring of the cardiovascular system, gestational programming of chronic adult disease, epigenetic regulation, gene imprinting, and stem cells. Offering detailed and integrated information on how drugs, biologics, stress, and manipulations impact pregnancy in the mouse model, this reference highlights techniques used to analyze mouse pregnancy. Joining the ranks of much referenced mouse resources, The Guide to Investigation of Mouse Pregnancy is the only manual providing needed content on pregnancy in animal models for translational medicine and research. Provides instruction on how to collect pre-clinical data on pregnancy in mouse models for eventual use in human applications Describes the angiogenic tree the mother ' s uterus develops to support pregnancy and the monitoring of pregnancy-induced cardiovascular changes Educates readers on placental cell lineages, decidual development including immune cells, epigenetic regulation, gene imprinting, stem cells, birth and lactation Discusses how stress, environmental toxicants and other manipulations impact upon placental function and pregnancy success

The Ultimate First-Time Dad's Handbook on What to Expect Having a Baby and

Becoming a New Father Simon and Schuster The relationship a mother develops with her baby begins long before hearing that first cry in the delivery room. There are the emotions! The questions! The cravings! Beginning with that very first ultrasound through every enjoyable (or not so enjoyable) moment leading up to the delivery date, The Pregnancy Primer is a sentimental yet playful interactive journal for the mommy-to-be in your life, a lasting offering of the bonds formed between a mother and her child during pregnancy, and a genuine reflection of what anticipating parenthood is all about. Inside this sweet memento you ' ll find: Journaling pages for mommy-to-be to document the ups and downs of pregnancy Planning tips for the baby including must-haves for the nursery Photo inserts for ultrasounds and the evolution of pregnancy through the birth of the child Advice on nutrition, mental health, preparing for delivery, and so much more! An ideal gift for any new mother, The Pregnancy Primer honors the blessings and beauty of having a baby and keeps those proud, pregnant memories kicking with love for years to come.

The Only Pregnancy Book You'll Ever Need Rosetta Books

Covid-19 Infections and Pregnancy provides the latest research on pregnant women and their potential increased risk for severe COVID-19 illness. Research has show that pregnant women have a greater instance of intensive care unit admission and receipt of mechanical ventilation. The book provides up-to-date information on the epidemiology, control, diagnosis and treatment of covid-19 in pregnancy, while also discussing evidence presented in the literature regarding the potential risks of COVID-19 infection among pregnant women and consequent fetal transmission. Provides a complete overview on the epidemiology, virology and clinical manifestations

of COVID-19 Discusses the full extent of what is known to date and provide a thorough view on the effects of sars-cov2 in pregnancy Overviews the obstetric complications related to COVID-19 infection

Full of Life Grand Central Life & Style

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 Month by Month, Everything You Need to Know from America's Baby Experts Pregnancy Day By Day

The Ultimate Guide to Pregnancy for Lesbians covers everything you need to make the thrilling and challenging journey to motherhood: from choosing a donor to tracking fertility to signing the right papers on the dotted lines. Rachel Pepper's lively, easy-to-read guide is the first place to go for up-to-date information and sage advice on everything from sex in the sixth month to negotiating family roles. Why a second edition? When the acclaimed first edition appeared, the author's daughter was only a few months old. This new edition takes into account the parenting know-

how Pepper has developed over the intervening six years, as well as the evolving legal status of lesbian parents, and the increasing importance of the Internet for information on fertility, sperm banks, and donors. The resource section is greatly expanded, as are the sections on each trimester of pregnancy, on childbirth, and on life with a newborn. And Pepper provides more insight into preconception planning for both single lesbians and couples. An indispensable resource, The Ultimate Guide to Pregnancy for Lesbians is now bigger and better.

The Natural Pregnancy Book, Third Edition
Springer

Nancy O'Dell, host of Access Hollywood, offers straightforward mom-to-mom tips and kernels of wisdom from the minute you decide to have a baby until you bring your little one home. When Nancy O'Dell was pregnant she found herself saying often, Why didn't y'all tell me that was gonna happen! Nancy's friends didn't think to warn her about half of the things that happened to them during pregnancy -- like how those red dots might appear on her chest in the third trimester or how her calves (not just her feet) would swell too much for those cute new boots. Now that her own little bundle has arrived, Nancy shares candid observations and motherly advice that will help other expectant mothers prepare for all those spontaneous itches, emotions, skin changes, and cramps that can be quite terrifying and downright embarrassing if you don't know ahead of time that they might occur. She even shares her mother's delicious spice cake recipe with prunes, for those constipated days. (Hey, even in Hollywood pregnancy isn't always glamorous.) So don't panic if you forget the word for toothpaste or if your boobs leak before you give birth -- these nine (well, ten!) months of your life will be full of crazy and often hilarious moments. With warmth and humor, Nancy talks openly about her experiences in each stage of expectant motherhood, from pre-conception through delivery, and even the intimidating but joyful first week at home with her new baby. A sweet celebration of pregnancy and new motherhood -- the good, the bad, and the just plain unexpected -- Full of Life is the perfect companion for every mom-to-be who needs a little reassurance from someone who's been there as to exactly what might happen

next!

Our Bodies, Ourselves: Pregnancy and Birth

Academic Press

Pregnancy Day By Day Penguin

A Guide for Midwives and Doctors Ten Speed Press

Women experiencing a pregnancy loss often feel alone and full of questions about the process and the aftermath. Filled with accessible information, frequently asked questions and answers, and methods for coping with grief, the book empowers women undergoing pregnancy loss to take control over their experience. Written from the perspective of a medical professional who has cared for women having miscarriages for more than 20 years and who has experienced two miscarriages herself, this guide provides compassion and guidance, as well as hope for a woman's future pregnancy efforts.

The Ultimate Guide to Black Pregnancy & Motherhood Simon and Schuster

50 satisfying and nourishing vegan meals—especially for pregnant moms! Being a vegan mother not only means you have to worry about getting the right nutrients for your own body, but for your growing baby as well. The benefits of a vegan diet can be passed down to your baby by following a healthy, well-rounded diet that incorporates the proper nutrients and minerals. With *Your Complete Vegan Pregnancy*, you'll learn everything you need to know to nourish and grow a healthy, happy baby. With 50 recipes for satisfying meals and expert advice on getting all the proper nutrition you and your baby need, *Your Complete Vegan Pregnancy* will keep you and your baby strong for all three trimesters.

What To Eat To Ensure A Healthy Pregnancy Academic Press

The national C-section rate is at an all-time high of 31 percent. Are all these C-sections necessary, or are some of them done simply for the sake of convenience? Inductions seem to be the norm, but are they always needed? Today, expectant mothers are often left feeling powerless, as their instincts are replaced by drugs and routine medical procedures. What you are about to discover is that you have a

choice, and you have the power to plan the kind of birth that's right for you—whether it is at a birth center, a hospital, or at home. In *YOUR BEST BIRTH*, internationally known advocates of informed choice Ricki Lake and Abby Epstein inspire women to take back the birth experience, with essential advice on:

- Positive and negative effects of epidurals, Pitocin, and other drugs and interventions
- Inducing vs. allowing your labor to progress naturally
- The truth behind our country's staggering C-section rate
- Assembling your birth team and creating your birth plan.

With chapters such as "Obstetricians: Finding Dr. Right," "Epidurals: You Haven't Got Time for the Pain," and "Electronic Monitors: Reading between the Lines," Lake and Epstein will encourage you to consider whatever your doctor, mother, and best friend may suggest in a new light. The book also includes inspiring birth stories, including those from well-known personalities, such as Laila Ali and Cindy Crawford. Packed with crucial advice from childbirth professionals, and delivered in a down-to-earth, engaging voice, *YOUR BEST BIRTH* is sure to renew your confidence and put the control back where it belongs: with parents-to-be! "Abby Epstein and Ricki Lake have taken a wonderful and constructive approach to ensuring an optimal birthing experience. Their language creates a 'climate of confidence' for pregnant women and their families, who must make key decisions about where, how and with whom to give birth in a health care system often unresponsive to our needs. This book is like a good friend giving wise counsel."

--Judy Norsigian, co-editor of *Our Bodies, Ourselves: Pregnancy and Birth* and Executive Director, *Our Bodies Ourselves*