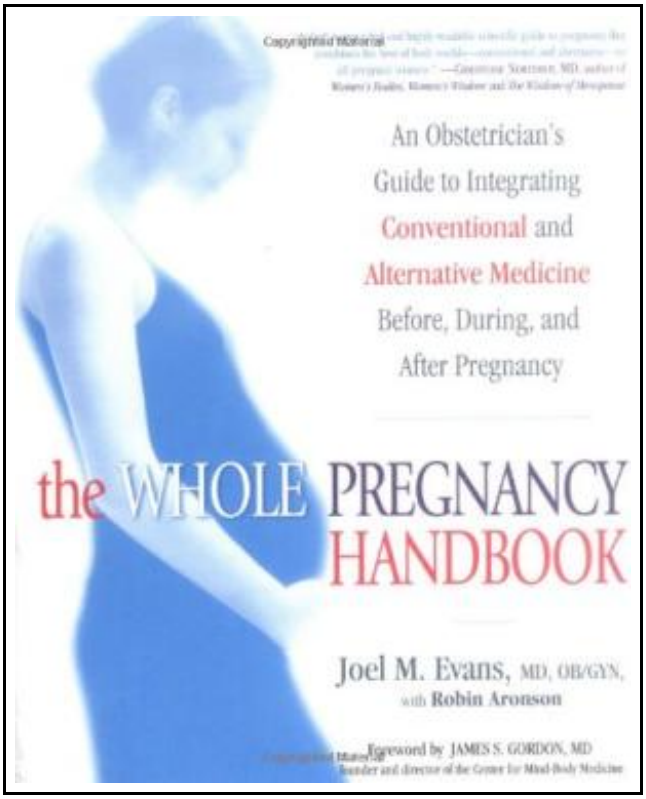
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Gotham Books. Paperback / softback. Book Condition: new. BRAND NEW, The Whole Pregnancy Handbook: An Obstetrician's Guide to Integrating Conventional and Alternative Medicine Bef Ore, During, and After Pregnancy, Joel Evans, Robin Aronson, At last, everything you need to know about the latest in alternative and conventional healthcare before, during, and after pregnancyain one comprehensive, jargon-free guide. Whether you embrace the philosophy that mind, body, and spirit work together to promote good health or youare 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, accupressure, 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 youare 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 laborafrom epidurals to hypnotherapy *Everything you need to know about inductions, assisted deliveries, and C- sections *What happens postpartumaphysically and emotionally *Candid recollections and insights from other moms and patient stories from Dr. Evansas practice, The Center for Womenas 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.

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