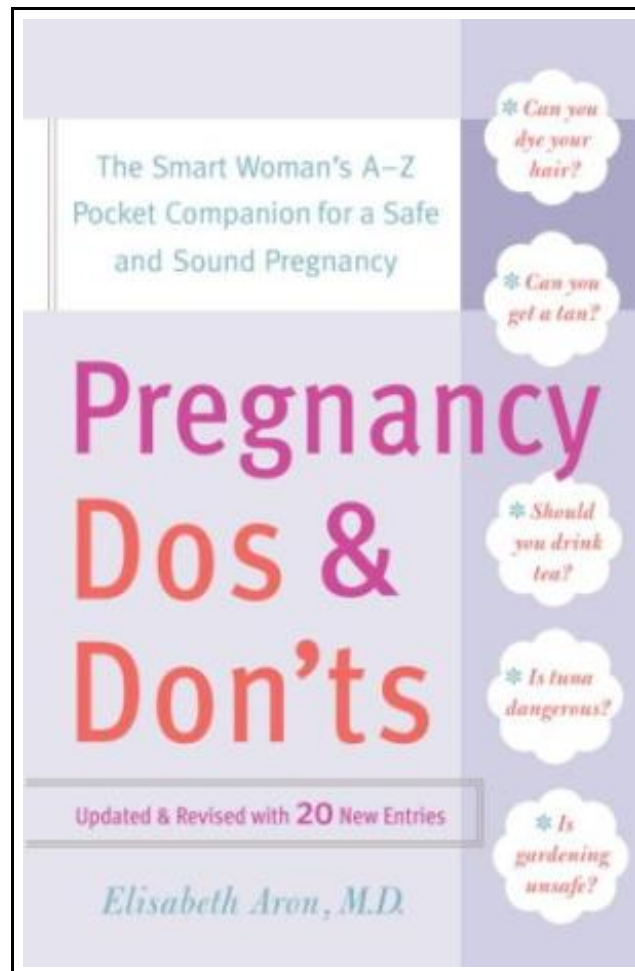


Pregnancy Do's and Don'ts: The Smart Woman's Pocket Companion for a Safe and Sound Pregnancy



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Reviews

The book is fantastic and great. I have got read through and i am confident that i will planning to read yet again once again in the foreseeable future. I found out this book from my dad and i recommended this publication to discover.

(Prof. Nicole Zieme)

PREGNANCY DO'S AND DON'TS: THE SMART WOMAN'S POCKET COMPANION FOR A SAFE AND SOUND PREGNANCY



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Random House USA Inc. Paperback. Book Condition: new. BRAND NEW, Pregnancy Do's and Don'ts: The Smart Woman's Pocket Companion for a Safe and Sound Pregnancy, Elisabeth Aron, For when you need the facts--not fear--about what food, drinks, activities, and procedures you should avoid during each month of your pregnancy. Over the years, Dr. Elisabeth Aron has soothed the worries of many soon-to-be moms who have come to her with questions such as: - Can I exercise during my first trimester? - Is canned tuna safe to eat throughout my pregnancy? - Do self-tanners contain chemicals I should be worried about?- I have to fly for work during my second trimester. Is this safe? - Is cookie-dough ice cream safe to eat? - Can I wear an underwire bra during my pregnancy? - I'm six months pregnant. Is it alright for me to have a glycolic peel facial? ""- Are peanuts safe to eat or will my baby develop a peanut allergy if I eat too many? - There is a lot of chlorine in my health club's pool. Is that a good or bad thing? "Pregnancy Do's and Don'ts" includes hundreds of entries on possible concerns--from apple cider to zinc and everything in between. In each entry, Dr. Aron identifies the item, the possible cause for concern, and explains the bottom line--whether it is something a woman should avoid completely, something to take a better-safe-than-sorry approach toward, or something that is perfectly fine.

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