

The Complete Illustrated Pregnancy Companion: A Week-by-Week Guide to Everything You Need To Do for a Healthy Pregnancy

Robin Elise Weiss

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The comfort of knowing what is going on during pregnancy combined with advice that changes each week with an expectant mother's body will warm the heart and well as calm the nerves.

This fully illustrated pregnancy guide gives an expectant mothers week-by-week information on their body and the child's physical development; and then explains what they should do at each week of pregnancy for an optimally healthy pregnancy, delivery, and baby. A chapter is devoted to each week of pregnancy and covers everything readers need to know including, baby's size, mother's size, what's normal in terms of physical symptoms and development, and what could indicate a potentially serious problem. Nutritional, exercise, and lifestyle advice, tips on treating common pregnancy discomforts like morning sickness and sciatica, and pregnancy do's and don'ts, ensure a happy and healthy mother and baby.



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