



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

By Elisabeth Aron

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...



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Reviews

Complete guideline for publication fans. I am quite late in start reading this one, but better then never. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Llewellyn Terry**

Comprehensive guide! Its this sort of very good go through. It generally is not going to price too much. Its been designed in an remarkably basic way which is simply following i finished reading this pdf where really changed me, affect the way i really believe.

-- **Prof. Jeremie Blanda DDS**