



## 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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