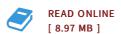




Pregnancy Do's and Don'ts: The Smart Woman's Pocket Companion for a Safe and Sound Pregnancy

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...



Reviews

Basically no words to describe. We have read through and i also am sure that i am going to going to read once more once again later on. You may like just how the article writer compose this publication.

-- Mrs. Jane Quitzon DDS

I just started out reading this ebook. We have read and so i am certain that i am going to gonna study yet again again in the future. I found out this book from my dad and i encouraged this publication to find out.

-- Kristoffer Kuhic