



The Whole Pregnancy Handbook: An Obstetrician's Guide to Integrating Conventional and Alternative Medicine Before, During, and After Pregnancy

By Joel Evans, Robin Aronson

Gotham Books. Paperback / softback. Book Condition: new. BRAND NEW, The Whole Pregnancy Handbook: An Obstetrician's Guide to Integrating Conventional and Alternative Medicine Before, During, and After Pregnancy, Joel Evans, Robin Aronson, At last, everything you need to know about the latest in alternative and conventional healthcare before, during, and after pregnancy in one comprehensive, jargon-free guide. Whether you embrace the philosophy that mind, body, and spirit work together to promote good health or you are just looking for a way to have the healthiest, most comfortable pregnancy possible, "The Whole Pregnancy Handbook" has the information you need to make educated decisions and take charge of your prenatal care. "The Whole Pregnancy Handbook" features *Complementary treatments and techniques to improve your pre-conception health and fertility, such as nutritional medicine, mind-body medicine, acupuncture and herbal medicine *Comprehensive and compassionate information about genetic and prenatal testing *Techniques such as massage, acupressure, herbal medicine, and mind-body exercises to help you relax and feel more comfortable as your pregnancy progresses *A fully illustrated chapter on prenatal yoga with pose variations for all three trimesters. *How your pregnancy unfolds month by month and how you can connect with your baby while you are expecting

Reviews

This ebook is definitely not simple to begin on reading but really enjoyable to read through. This really is for all who state that there had not been a worth reading. You may like how the author publish this ebook.

-- **Demetrius Buckridge**

This book may be really worth a read through, and a lot better than other. It is really basic but excitement inside the 50 % in the pdf. I realized this pdf from my dad and i encouraged this publication to learn.

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