

Pregnancy - Good Health For Yourself And Your Baby



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Are YOU Worried About Having a Healthy Pregnancy? Are You Afraid You Dont Know What to do to Ensure Good Health for YOU AND YOUR BABY? DONT WORRY! We Can Help YOU and YOUR CHILD! Does this sound like YOU? * You are pregnant with your first child and you want to be sure to do things right * You are having another baby and you feel you did not take care of yourself well during your first pregnancy. * You dont have a clue what to do to stay healthy, well and feeling good during pregnancy. * You KNOW you dont have all the information you need to feel educated about your pregnancy and delivery. * You know that pregnancy is natural and normal but you are feeling overwhelmed and concerned and need more information. OF COURSE you want your child to be born healthy and happy! AND YOU WANT TO STAY HEALTHY AS WELL! We know how you feeland we are here to help! We can teach you about the stages of pregnancy and what you will experience! And we can teach you how to care for yourself and your child, and protect your health during pregnancy, and during labor. You dont need a lot of books, or video tapes and you dont need to have a medical degree. You just have to WANT A HEALTHY PREGNANCY and a HEALTHY BABY! And take the time to read this book!

You CAN manage your pregnancy and take the mystery out of childbirth. You CAN learn how to eat right, exercise and change your lifestyle. You CAN carry and deliver a healthy baby! Do You Want To Know HOW? Healthy Pregnancy - Good Health for Yourself and Your Baby has all the answers you need. We'll take you through your pregnancy step-by-step, one trimester at a time, and tell you what happens to your body and how to deal with the changes you experience. We will show you what to eat and how often, how to safely exercise and how to take care of your body during this critical time. Here is just some of what you will learn: Symptoms and Health Considerations During Pregnancy How to Plan for the Day your Baby Arrives Why it is important to compose a Birth Plan How to Manage and Talk to Your Doctor and Other Health Care Professionals Are you ready to feel confident and in control of your pregnancy? Do you hate wondering whether you will know the right things to do to stay healthy and to have a healthy child? Well WE are ready to tell YOU everything you need to know! And you can get all this information RIGHT NOW! You don't need to go to school or read a 300 page book. You can do all of this with this book. After you've read this book, you'll probably feel so confident that you can teach your partner and your family a few things about pregnancy and delivery! * Focus on Your Long-Term Goal of a Healthy Delivery * Understand the Signals Your Body is Giving You * Find Out What Happens To Your Baby at Every Stage of Pregnancy * Know What to Expect During Each Trimester Healthy Pregnancy - Good Health for Yourself and Your Baby will tell you all of that and more! DO YOU KNOW when to stop working during your pregnancy? DO YOU KNOW HOW to get a good night's rest when you are pregnant? DO YOU UNDERSTAND how to prepare for breast feeding your baby? Healthy Pregnancy - Good Health for Yourself and Your Baby gives you simple, easy to implement answers and solutions to all your questions. In this book, you will learn * Guidelines for Good Health During Pregnancy * How to plan and manage your labor * How to choose your doctor or midwife * How to interview the hospital or birthing center AND YOU WILL LEARN * What symptoms you will have during each trimester and how to handle those symptoms * When to call your doctor - What is a problem and what is normal? * Whether you might have morning sickness and how to handle it. If you buy and read Healthy Pregnancy - Good Health for Yourself and Your Baby you'll get all of this and MANY OTHER SURPRISES! You'll be able to Create your own PERSONAL BIRTH PLAN Assess your options for delivery, medication and intervention Figure out when you are in labor and when to go to the hospital Sleep, eat and live better during pregnancy! We'll TEACH you About the tests you can expect and when and how you will be examined How to get enough

vitamins and minerals to keep your baby growing healthy and strong. How to handle vegetarian or diabetic diets during pregnancy and MUCH MORE! If all this sounds like JUST THE ANSWER FOR YOU then JUST WHY ARE YOU WAITING? Get your copy of Healthy Pregnancy - Good Health for Yourself and Your Baby GET IT TODAY! It IS the ANSWER for which you have been waiting.

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