

Pregnancy Guide



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A highly-resourceful and comprehensive book that provides essential information on what exactly happens during pregnancy, what to really expect, what you should and should not do and practically everything else that a pregnant mother should know. The symptoms you will have during each trimester and how to handle those symptoms. Your required nutrition, ideal diet and food you need to avoid. Guidelines for good health during pregnancy. The 3 stages of pregnancy (detailed explanation on how your baby develops and how your body changes during those phases so that you would know how to take care of yourself and your unborn child as your pregnancy progresses). Planning for your delivery. What happens and what to do during labor. Tags: pregnancy, conception, stages of pregnancy, pregnant, second trimester, 2nd trimester, third trimester, 3rd trimester, trimester pregnancy, pregnancy information, pregnancy advice, first pregnancy, planning pregnancy, pregnancy guide

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