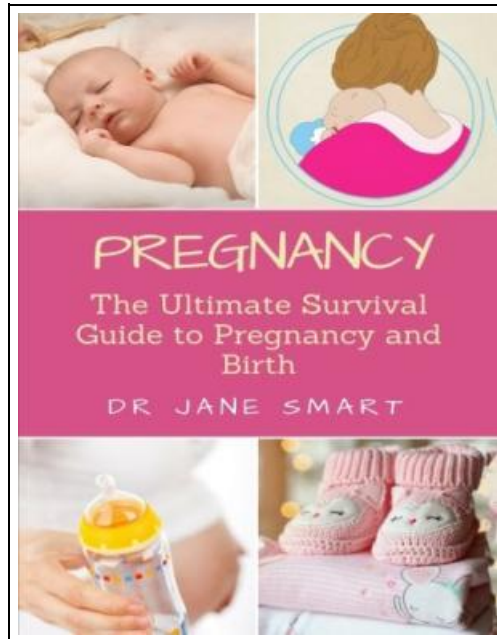


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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*Buy now for \$19.99 (The price will soon return to \$39.99)\*\*\* Whether your pregnancy was meticulously planned, medically coaxed, or happened by surprise, one thing is certain - your life will never be the same. If you are pregnant, or planning a pregnancy, then this book will be an asset to your journey. In practical wording and presentation, it covers essential topics such as: Antenatal screening, foetal development and high-risk pregnancy. The first stage of pregnancy can be challenging. You may not have informed others yet, but are still having to cope with symptoms, such as tiredness and nausea, with no outward signs of pregnancy. Chapter 1 can help you prepare for the whys and wherefores of symptoms, along with some tips to help you cope. If you are confused about the tests you will require, through pregnancy, look no further, Pregnancy: The Ultimate Guide to Pregnancy and Birth has a thorough guide to the relevant blood tests and antenatal scans. Nutrition in pregnancy is vitally important for mother and baby. The myth about eating for two, is simply not true. It is advised that only an extra 350 to 500 calories are needed, in your 2nd and 3rd trimesters. Without the correct balance of vitamins, minerals, nutrients and calories, you are putting both you and your baby at risk. Excess calories, in the way of fats and sugar, can cause gestational diabetes and birth complications. This guide will help you understand the dietary requirements of pregnancy, and covers foods that should be avoided. Exercising may not always be at the forefront of your mind, when pregnant; especially in the initial stages, if suffering morning sickness; or the late stages when just standing can...



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