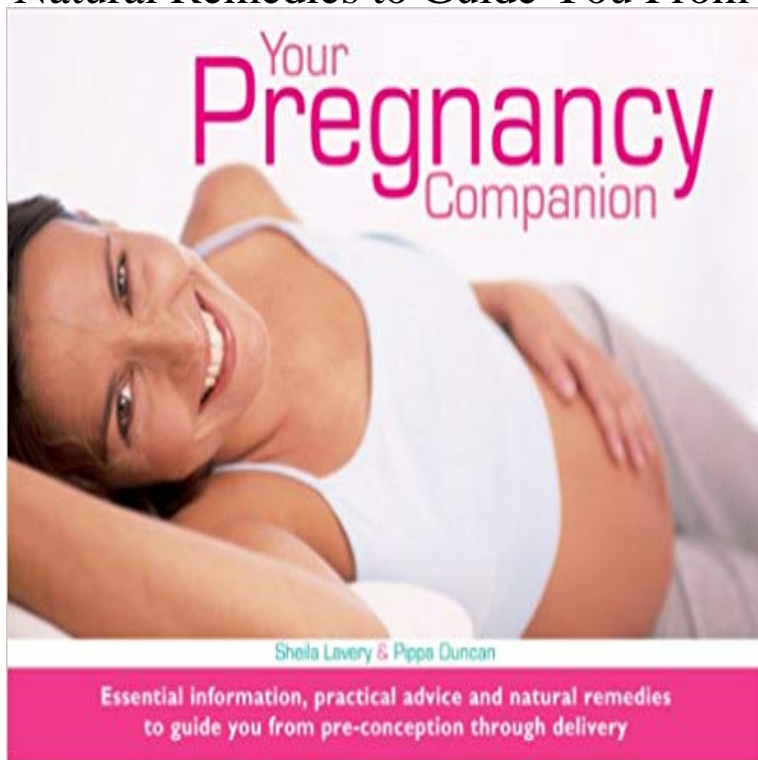


Your Pregnancy Companion: Essential Information, Practical Advice and Natural Remedies to Guide You From Pre-conception Through Delivery



Small enough to fit in a handbag, a fact packed guide to pregnancy and the preconception period. Packed with a wealth of useful information, this book will help ensure that pregnancy proceeds smoothly and promote the best possible condition to deliver a healthy baby. Throughout, it recommends using natural means for getting into shape to conceive and then to cope with the common complaints of pregnancy. It includes clarification as to what helps or hinders conception and how to promote fertility; a trimester-by-trimester look at the recommended foods, exercise, and activities for each; concise yet comprehensive information on what to expect during antenatal visits and diagnostic tests and examinations; and advice on combating stress, quitting bad habits, and avoiding environmental hazards.

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