



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
- *The best practices...

Reviews

Completely among the finest book I have actually read through. It is probably the most remarkable book we have study. I discovered this book from my dad and I suggested this book to learn.

-- **Georgiana Pacocha**

It is simple in go through preferable to comprehend. It is full of wisdom and knowledge It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Leif Predovic**