



## 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

*Most of these pdf is the best pdf offered. It can be really fascinating through studying period of time. You may like just how the writer write this pdf.*

*-- Carlie Bahringer IV*

*It is one of the best publications. It is definitely simplistic but exciting in the 50% in the ebook. I am very happy to let you know that this is basically the greatest publication I have got to go through within my own existence and could be the greatest pdf for ever.*

*-- Dr. Anya McKenzie*