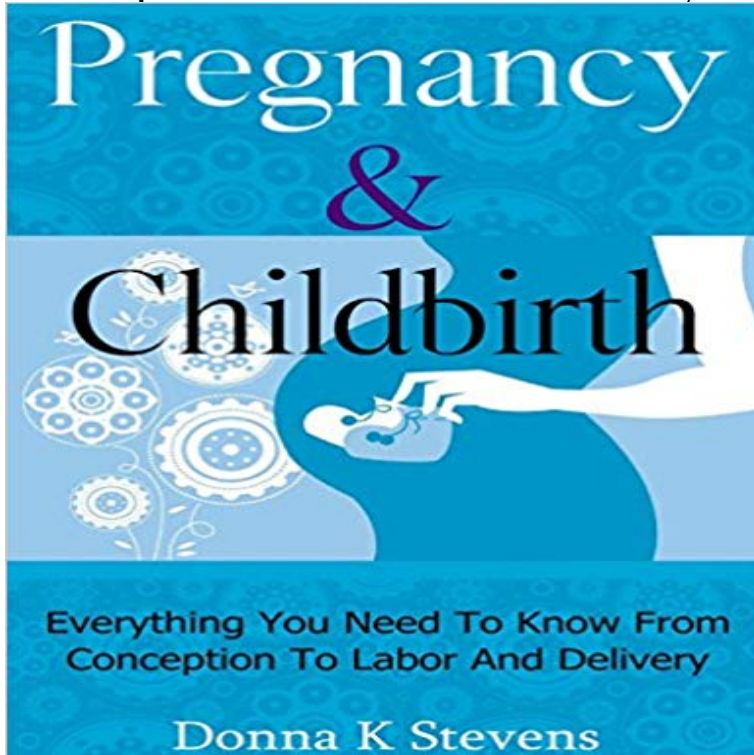


Pregnancy & Childbirth: Everything You Need To Know From Conception To Labor And Delivery



About the Book This book is a guide to pregnancy from conception to birth and everything in between. You will learn about methods for diagnosing pregnancy, tests used to determine how your baby is developing and the importance of communicating with your practitioner. You will also discover the importance of the pregnancy diet, prenatal vitamins and what things should be avoided during pregnancy, from tobacco and alcohol use to the use of illegal substances and caffeine, all of which pose negative risk factors for the development of your baby. You will also be provided with an outline of the next nine months of your life, including what you may be feeling emotionally and mentally, reassuring you that crying over spilled milk during pregnancy is often acceptable. Further, there is information on what you may be experiencing physically, from being exhausted and having to constantly pee to feeling nauseous and constipated all in the same day, again reassuring you that this is perfectly normal. The goal of this book is to provide you with the information you need to conduct a safe and healthy pregnant environment for your baby to grow and develop in. It is not meant, however, to scare you out of your mind with the different complications that can occur during pregnancy. If at any time you are reading this and you begin feeling overwhelmed by the information or are unsure about anything, ask your practitioner. After all, you chose this individual because of their expertise and experience in the field of pregnancy. With that said, sit back, put your feet up and enjoy learning about the life you should live for the next nine months while there is a child growing inside you, completely dependent on you taking care of them. Relaxation, rest, adequate nutrition and fluid intake are essential. So, grab a glass of water, read a few pages, take a nap, read a few more and become the best pregnant

mom you can be! Oh, and dont forget to go pee, because its likely you need to after reading this introduction, even though you just went five minutes ago!

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