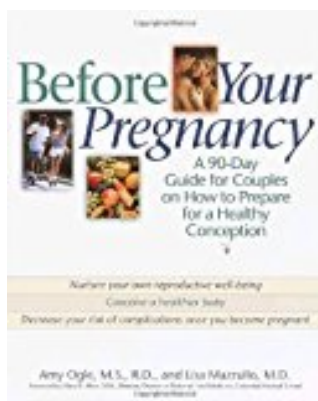


[PDF] Before Your Pregnancy: A 90 Day Guide For Couples On How To Prepare For A Healthy Conception

Amy Ogle, Lisa Mazzullo - pdf download free book



Books Details:

Title: Before Your Pregnancy: A 90 D
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Description:

From Library Journal This valuable pre-pregnancy resource should be welcomed by prospective parents. Ogle, a dietician, exercise physiologist, and personal trainer, and Mazzullo (OB-GYN,

Northwestern Univ. Medical Sch.) recognized that while the importance of optimal health during pregnancy is widely acknowledged, relatively little information is available to consumers about the significant 90 days that precede conception. Stressing that preconception counseling is relevant for all couples, not just those who may be "high risk," the authors present clear and realistic advice about a range of subjects relating to the smooth delivery of a healthy baby. Among the topics covered are women's health and gynecological well-being, nutrition, fitness evaluation and exercises, men's issues, medications and herbs (which are "baby-friendly"?), and emotional, environmental, and financial issues. Interspersed throughout the readable text are numerous checklists, tables of important facts and practical advice, and patient vignettes. Parents-to-be who read this book will approach parenthood with increased knowledge and self-confidence. Highly recommended for all public libraries and consumer health collections.

Linda M.G. Katz, Drexel Univ. Health Sciences Libs., Philadelphia

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From Many women with risk factors from age to medical conditions to genetic histories take advantage of pre-pregnancy counseling to ensure their health and that of their not-yet-conceived children. Ogle, a registered dietitian and exercise physiologist, and Mazzulo, a practicing OB-GYN, offer a revised edition of their guidebook for all women, at-risk or not, to ensure healthy pregnancies and babies. Drawing on the latest research on preconception health care, the authors offer 12 steps for women to optimize their health before conception, new body-weight guidelines, and preconception menu planning. The book also focuses on men's health and the issues that may affect the ability to conceive. The authors tackle everything from urban myths about pregnancy to the latest on technology and natural herbs and supplements, as well as new safety information on mercury and fish. Advice ranges from the basic (avoiding alcohol and tobacco and checking for environmental hazards in the home) to the more complex (getting fertility treatments). This is a comprehensive and user-friendly guide for couples who want to get pregnant. --Vanessa Bush

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