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The guide was tested by many pregnant and breastfeeding families and contains some of their quotes. Available in English, French, Arabic, Bengali, Chinese (Simplified), Farsi, Gujarati, Hindi, Korean, Punjabi, Russian, Serbian, Somali, Spanish, Tamil, Tagalog, Urdu and Vietnamese.

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Aim to make half your plate nonstarchy vegetables, a quarter

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of your plate lean protein, and a quarter of your plate whole grains at each meal. It's important to eat a consistent amount of carbohydrates at each meal. Pair carbohydrates with protein and healthy fats.

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Bollywood actress Anushka Sharma has shared her pregnancy woes in her new social media post, with a touch of humour. Anushka posted a pre-pregnancy picture on Instagram. In the image, she is seen ...

The complete guide to pregnancy, day-by-day No other pregnancy book provides this level of detail, allied with such extraordinary photographs, 3D scans and illustrations which reveal in unprecedented clarity exactly what is happening to you and your baby every single day. From early fetal development to how your hormones prepare you for birth, learn from world-class experts. Plus, obstetricians, midwives and parents advise on your baby's development, medical matters, your changing body, diet, fitness and much more. A

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special hour-by-hour rundown of what to expect during and immediately after birth, plus further reassurance for the first two weeks of your baby's life, will give a helping hand through the culmination of your pregnancy, from pain relief to those first intimate and unique moments between you and your child.

Originally written in Marathi, 'Ayurveda Garbha Sanskar' is a book that serves as a guide to a couple who are looking to start a family, starting out by getting pregnant, giving birth to a healthy child and nurturing the little one. The book comprehensively provides people everything that a person wants to know about conceiving, pregnancy and delivery to nurturing the little one for up to 2 years of age. Not simply a book laden with known-lectures, rather this book can be seen as an elaboration of various ancient Ayurvedic practices that leads to the complete well-being of the mother and child's physical, spiritual and psychological health. It also advises on the traditional herb mixes, yoga, music and mantras that the new-mothers or the mothers-to-be may find helpful. Besides, this book also charts a nutritious Ayurvedic diet-plan for the couples to detoxify their bodies and be healthy in the right sense of the term. Once a mother conceives, she must be able to nourish and condition the little one in her womb. Likewise, this book also provides a month-by-month nutrition plan that helps in proper nourishment of the baby. Yoga and full-body herbal oil massages during pregnancy are also recommended for the mothers-to-be along with a list of health tonics prescribed in this book. In order to reach out to more people worldwide, this book has been translated in English, and is available in hardcover.

An A-Z listing of drugs by generic name. Each monograph summarizes the known and/or possible effects of the drug on

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the fetus. It also summarizes the known/possible passage of the drug into the human breast milk. A careful and exhaustive summarization of the world literature as it relates to drugs in pregnancy and lactation. Each monograph contains six parts: generic US name, Pharmacologic class, Risk factor, Fetal risk summary, Breast feeding summary, References

For a Safe and Healthy Birth... Your Way! Giving Birth with Confidence will help take the mystery out of having a baby and help you better understand how your body works during pregnancy and childbirth, giving you the confidence to make decisions that best ensure the safety and health of you and your baby. Giving Birth with Confidence is the first and only pregnancy and childbirth guide written by Lamaze International, the leading childbirth education organization in North America. Written with a respectful, positive tone, the full version of this book presents:

- Information to help you choose your maternity care provider and place of birth
- Practical strategies to help you work effectively with your care provider
- Information on how pregnancy and birth progress naturally
- Steps you can take to alleviate fear and manage pain during labor
- The best available medical evidence to help you make informed decisions

Previously titled The Official Lamaze Guide, this 3rd edition has updated information on:

- How vaginal birth, keeping mother and baby together, and breastfeeding help to build the baby's microbiome.
- How hormones naturally start and regulate labor and release endorphins to help alleviate pain.
- Maternity-care practices that can disrupt the body's normal functioning.
- The latest recommendations on lifestyle issues like alcohol, vitamins, and caffeine.
- Room sharing and cosleeping: the controversy, recommendations, and safety guidelines.
- Out-of-hospital births are on the rise: New research and advice on planned home birth, including

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ACOG's revised guidelines, which support women's choices and promote seamless transfer to hospital, if needed. • The importance of avoiding unnecessary caesareans for mother and child. Includes the new ACOG guidelines on inductions and active labor. • The research in support of the Lamaze International's "Six Healthy Birth Practices," which are: • Let labor begin on its own. • Walk, move around, and change positions throughout labor. • Bring a loved one, friend, or doula for continuous support. • Avoid interventions that aren't medically necessary. • Avoid giving birth on your back and follow your body's urges to push. • Keep mother and baby together—it's best for mother, baby, and breastfeeding.

Based on the author's work with thousands of women, this new edition presents an added decade's worth of information and experience that makes it the most up-to-date resource in the field of morning sickness. Included are remedies, nutritional guidelines, and recipes.

Are you confused about how to raise your kids? How many hours should they spend with the TV, iPad or Xbox? Do you worry about what they should eat, drink and read? As the urban, nuclear family is becoming the norm, replacing the traditional joint family, what happens to the children who grow up with a single support system? In *The Modern Gurukul*, Sonali Bendre Behl shares her three principles of parenting that will help you find a balance between tradition and modernity, and show you how to raise your child in the digital age. Personal, anecdotal and honest, it highlights the need for a return to our roots to raise a healthy, curious and, most importantly, compassionate child.

Enjoy a natural, positive, stress-free pregnancy. Trimester by trimester, this beautiful book gives you safe yoga, meditation,

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natural remedies, nutrition, and hypnobirthing techniques to match your stage of pregnancy. Encouraging, practical advice from midwife and positive birth expert, Tracy Donegan, will help you to understand your body, relish your pregnancy, and bond with your growing baby. Troubleshoot pregnancy aches and pains with appropriate exercises, quell morning sickness with natural remedies and food, bond with your baby through meditation and movement, and prepare your body and mind safely and healthily for childbirth using strengthening exercises and hypnobirthing techniques. Feel empowered to nurture and give birth to your baby with strength and confidence, and embrace your life as a new mum. "A must-read for all parents who want to create a healthier, more joyful, more peaceful world." - Deepak Chopra, MD

What you need to know to have the best birth experience for you. Drawing upon her thirty-plus years of experience, Ina May Gaskin, the nation's leading midwife, shares the benefits and joys of natural childbirth by showing women how to trust in the ancient wisdom of their bodies for a healthy and fulfilling birthing experience. Based on the female-centered Midwifery Model of Care, Ina May's Guide to Natural Childbirth gives expectant mothers comprehensive information on everything from the all-important mind-body connection to how to give birth without technological intervention. Filled with inspiring birth stories and practical advice, this invaluable resource includes:

- Reducing the pain of labor without drugs--and the miraculous roles touch and massage play
- What really happens during labor
- Orgasmic birth--making birth pleasurable
- Episiotomy--is it really necessary?
- Common methods of inducing labor--and which to avoid at all costs
- Tips for maximizing your chances of an

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unmedicated labor and birth • How to avoid postpartum bleeding--and depression • The risks of anesthesia and cesareans--what your doctor doesn't necessarily tell you • The best ways to work with doctors and/or birth care providers • How to create a safe, comfortable environment for birth in any setting, including a hospital • And much more Ina May's Guide to Natural Childbirth takes the fear out of childbirth by restoring women's faith in their own natural power to give birth with more ease, less pain, and less medical intervention.

This guide provides a full range of updated, evidence-based norms and standards that will enable health care providers to give high quality care during pregnancy, delivery and in the postpartum period, considering the needs of the mother and her newborn baby. All recommendations are for skilled attendants working at the primary level of health care, either at the facility or in the community. They apply to all women attending antenatal care, in delivery, postpartum or post abortion care, or who come for emergency care, and to all newborns at birth and during the first week of life (or later) for routine and emergency care. This guide is a guide for clinical decision-making. It facilitates the collection; analysis, classification and use of relevant information by suggesting key questions, essential observations and/or examinations, and recommending appropriate research-based interventions. It promotes the early detection of complications and the initiation of early and appropriate treatment, including time referral, if necessary. Correct use of this guide should help reduce high maternal and perinatal mortality and morbidity rates prevalent in many parts of the developing world, thereby making pregnancy and childbirth safer.

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