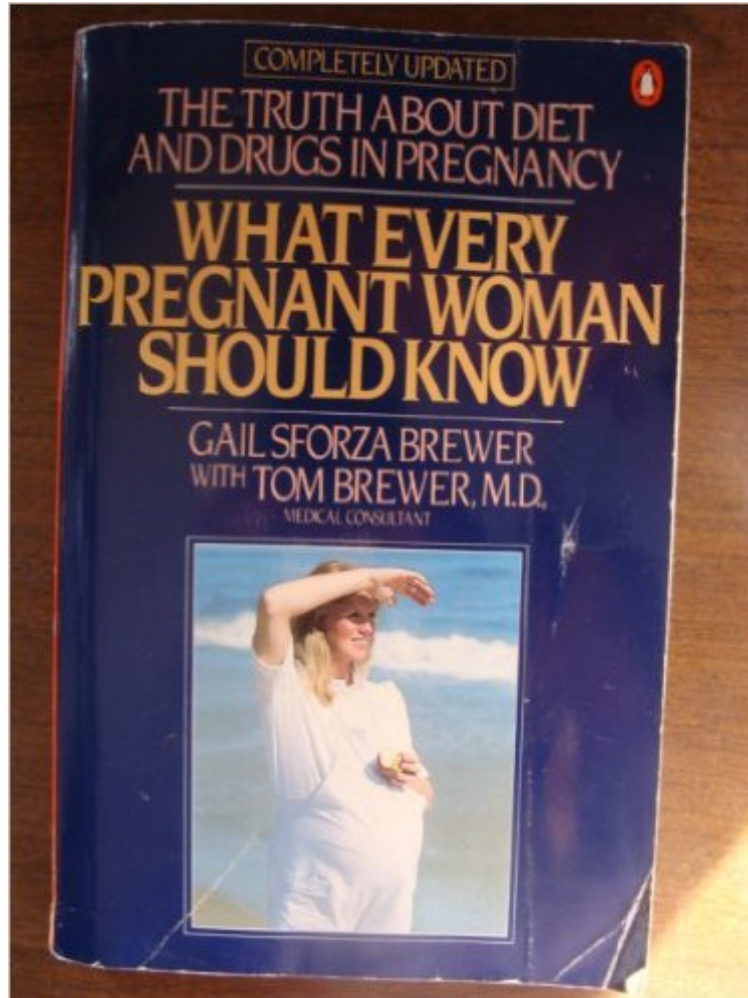


The book was found

# What Every Pregnant Woman Should Know



## Synopsis

What Every Pregnant Woman Should Know

## Book Information

Paperback: 272 pages

Publisher: Penguin Books; Rev Sub edition (December 3, 1985)

Language: English

ISBN-10: 0140079742

ISBN-13: 978-0140079746

Product Dimensions: 0.5 x 5.2 x 7.8 inches

Shipping Weight: 7.2 ounces

Average Customer Review: 4.7 out of 5 stars Â Â See all reviewsÂ (12 customer reviews)

Best Sellers Rank: #525,640 in Books (See Top 100 in Books) #9 inÂ Books > Medical Books > Pharmacology > Pharmacodynamics #938 inÂ Books > Health, Fitness & Dieting > Women's Health > Pregnancy & Childbirth #21530 inÂ Books > Parenting & Relationships

## Customer Reviews

The title of this book says it all. Every.Pregnant.Woman.Should.Read.This.Book. I found the beginning a little dated, because I did not think that obstetricians still emphasized weight gain (or lack thereof) nowadays to the degree that it was going on when this book was written in the 70's. However, I have found through discussion with pregnant friends, that this depends on your OB. So, I urge all pregnant women to educate themselves on the importance of good nutrition, NOT the number on the scale, when growing healthy babies. This knowledge is severely lacking in our culture. Modern science is keenly aware of the effect that nutrition has on the gestation of healthy farm animals, and traditional peoples reserve special power-packed foods for expectant parents, but pregnant women in the U.S. receive next to nothing in the way of nutritional information from their doctors or anyone else. Why is this? Perhaps because there is not enough money to be made in promoting proper nutrition (and saving babies' lives!)...In addition, it is important to recognize that the symptoms of pre-eclampsia and other complications of pregnancy are just that - symptoms. Weight gain, water retention and high blood pressure do not cause pre-eclampsia. Therefore, controlling them with drugs will not suppress the actual problem. Only proper nutrition can prevent or reverse these complications, as Dr. Brewer has done with amazing success. This is a very important book, and I recommend anyone who is pregnant or thinking of getting pregnant to read it.

[Download to continue reading...](#)

The Doula Guide to Birth: Secrets Every Pregnant Woman Should Know What Every Pregnant Woman Should Know Jokes Every Man Should Know (Stuff You Should Know) Dirty Jokes Every Man Should Know (Stuff You Should Know) Stuff Every Husband Should Know (Stuff You Should Know) Quotes Every Man Should Know (Stuff You Should Know) The Words You Should Know to Sound Smart: 1200 Essential Words Every Sophisticated Person Should Be Able to Use The Big Book of Words You Should Know: Over 3,000 Words Every Person Should be Able to Use (And a few that you probably shouldn't) Fertility: How to Get Pregnant - Cure Infertility, Get Pregnant & Start Expecting a Baby! (Childbirth, Gynecology, Fatherhood, Natural Birth, PCOS, Ovulation, Fertility Foods Book 1) Get Pregnant In 3 Months - The 'How to Get Pregnant Fast' Proven Program How to Get Pregnant Fast: Understanding Ovulation, Fertility, & Conception - And What You Can Do to Speed Things Up (Tips for Getting Pregnant Fast) Dr. Earl Mindell's What You Should Know About Fiber and Digestion (What You Should Know Health Management Series) 42 Guitar Chords Everyone Should Know: A Complete Step-By-Step Guide To Mastering 42 Of The Most Important Guitar Chords (Everyone Should Know Books) 100 Things Cubs Fans Should Know & Do Before They Die (100 Things...Fans Should Know) 100 Things Syracuse Fans Should Know & Do Before They Die (100 Things...Fans Should Know) 100 Things Sharks Fans Should Know and Do Before They Die (100 Things...Fans Should Know) 100 Things Rangers Fans Should Know & Do Before They Die (100 Things...Fans Should Know) Back Labor No More!!: What Every Woman Should Know Before Labor What Every Woman Should Know About Divorce and Custody (Rev): Judges, Lawyers, and Therapists Share Winning Strategies onHow toKeep the Kids, the Cash, and Your Sanity The Chicktionary: From A-line to Z-snap, the words every woman should know

[Dmca](#)