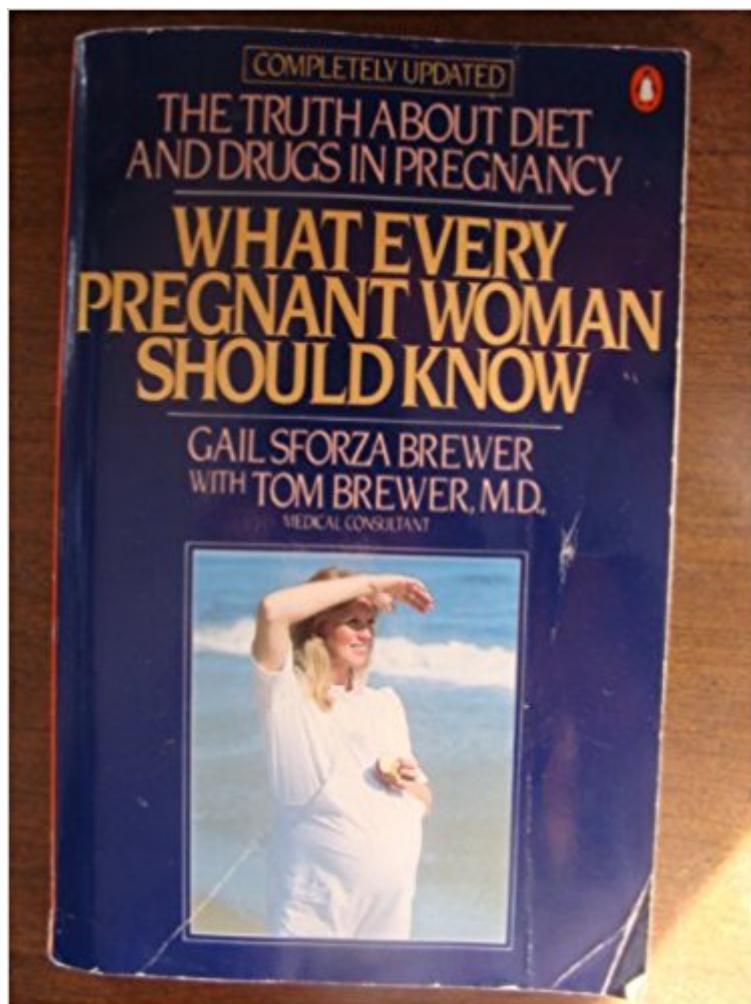


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What Every Pregnant Woman Should Know



Synopsis

What Every Pregnant Woman Should Know

Book Information

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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.

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