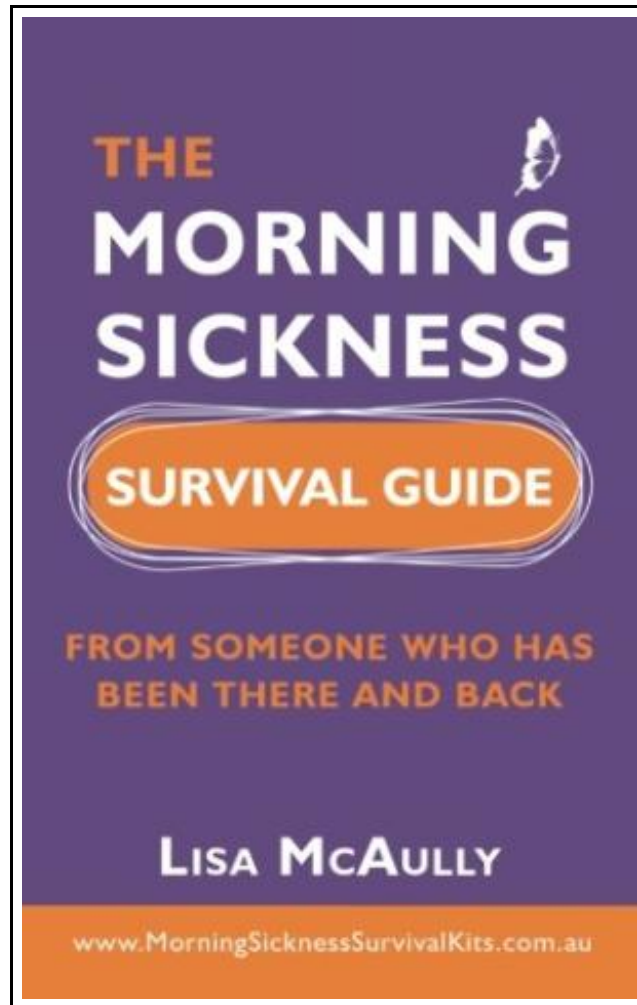


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Bowker Identifier Services, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.The Morning Sickness Survival Guide is an extremely useful guide for women experiencing pregnancy nausea and vomiting. Short and to the point, it offers real help and practical ideas. No gimmicks or platitudes, no dry medical fact sheets - just a practical guide aimed at helping women with morning sickness. The guide is all about helping you take care and feel better! Some of the topics covered in Morning Sickness Survival Guide include: How to combat nausea triggers - Dealing with hunger and food, drinking and snacking, and aversions. - Finding relief from pregnancy, handling sleep and fatigue, as well as nausea and vomiting. - Starting the day right, multi-vitamins, essential oils, ginger, aromatherapy, acupuncture, prescription medication, and supplements. Planning for your morning sickness journey - How to plan for your morning sickness journey in a practical way. The imperfect morning sickness diet - Being unable to eat as well as you d like for your baby s well being Managing vomiting - Practical tips for managing vomiting during pregnancy and how to stop permanent and irreversible damage to your teeth. Surviving morning sickness when you already have kids - Super-practical advice and tips. Surviving morning sickness at work Managing morning sickness symptoms in the workplace. - Everything from deflecting nosy colleagues to handling workplace vomiting like a pro. Journal notes - Personal journal notes from the book s author, starting at week 4 of pregnancy and going through to week 15, when her nausea finally eased. As the subtitle to Lisa McAully s book The Morning Sickness Survival Guide suggests - From someone who has been there and back - this author is well qualified...



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