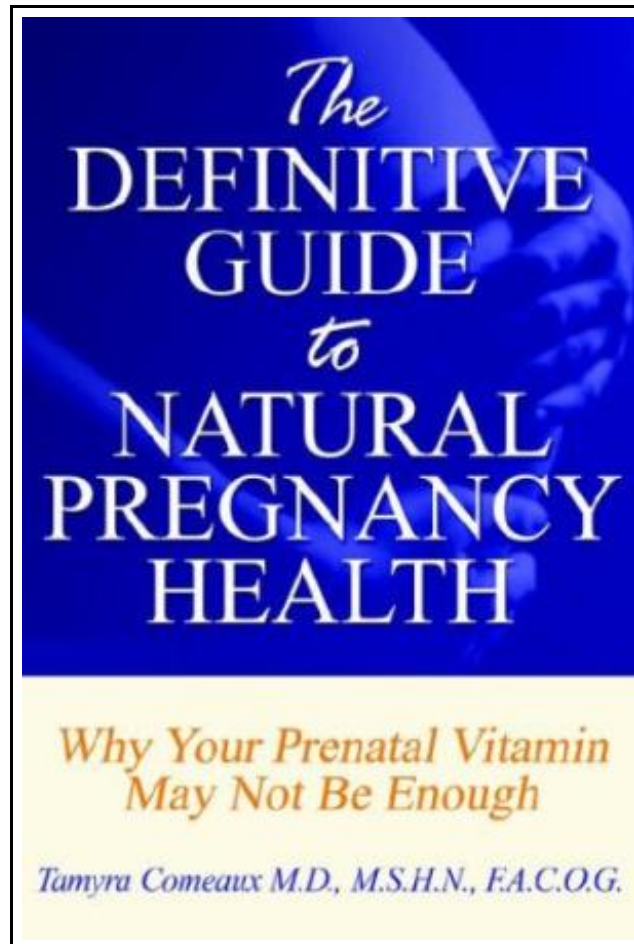


The Definitive Guide to Natural Pregnancy Health - Why Your Prenatal Vitamin May Not Be Enough



Filesize: 5.46 MB

Reviews

Basically no words to clarify. Of course, it is perform, still an amazing and interesting literature. Its been printed in an exceptionally basic way which is only soon after i finished reading through this ebook where actually altered me, change the way i really believe.

(Newton Runolfsson)

THE DEFINITIVE GUIDE TO NATURAL PREGNANCY HEALTH - WHY YOUR PRENATAL VITAMIN MAY NOT BE ENOUGH

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Dog Ear Publishing, United States, 2007. Paperback. Book Condition: New. 230 x 156 mm. Language: English . Brand New Book ***** Print on Demand *****.Pregnancy is a major life event. As a mother, you want to know all there is to know about your pregnancy. Dr. Tamyra Comeaux, a practicing Obstetrician and Gynecologist, developed The Definitive Guide to Natural Pregnancy Health to help mothers take the right steps toward a healthy, natural pregnancy. There aren't a lot of resources for pregnant women looking for ways to treat their problems using orthomolecular medicine. This is a school of thought encouraging the use of vitamins, minerals, and amino acids to create balance in the body. Dr. Comeaux combines multiple resources into one easy-to-use guide, so expecting mothers can optimize their use of supplements to combat common and uncommon pregnancy ailments. Dr. Comeaux has found that prenatal vitamins, while they are a good start for any pregnancy, cannot be administered in a cookie cutter fashion. Women enter pregnancy having different levels of stress or medical issues that should be remedied by more or less of a particular nutrient. Many women are taking over the counter products or prescription medications before they become pregnant and question continuing these supplements for fear that they may harm the baby. Over the course of her many years of private practice, Dr. Comeaux has compiled numerous articles, studies and specific cases with her patients in order to make her findings available to a wider audience of responsible, soon-to-be mothers. The guide describes a variety of different supplements, lists common problems that she has encountered in her practice, and details the maximum amount of each supplement to be taken during a healthy pregnancy. Dr. Tamyra Comeaux is an obstetrician and gynecologist practicing in Houston, TX. She...



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