

Essential Exercises For The Childbearing

Elizabeth Noble, Leo Sorger

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regarding their maternity care and delivery options. The birthing stories and section on care of the newborn are valuable to anyone about to become a parent One of the highlights of this book is the collection of amazing birth tales that replaces misconceptions about childbirth with an awareness of the rights of mothers and babies to experience a conscious and loving process Birthing tales from ladies who were babies in earlier editions of Spiritual Midwifery and stories of Amish women from a nearby community who were delivered by The Farm Midwives bring a fresh perspective Also new to this edition is information on postpartum depression and maternal death along with updated information on the safety of natural childbirth and the safety of popular practices such as labor induction and cesarean operations Photos of ecstatic faces of mothers and babies permeate the pages The section on instructions to midwives provides excellent clinical information for all health professionals who attend births The stories and information in this volume will remain relevant to women for generations to A Practical Guide to First Trimester of Pregnancy Mala Arora, Alok Sharma, 2014-05-30 The first trimester of pregnancy is a period of major development for a foetus It can also be a dangerous time with the highest risk of miscarriage during the first few months This book is a comprehensive guide to the first trimester of pregnancy for obstetricians and gynaecologists Beginning with the basics of physiology the following chapters describe changes in the body screening dietary advice exercise travel and the effects of smoking and alcohol The book covers the management of numerous disorders that may be associated with first trimester pregnancy including ectopic pregnancy recurrent miscarriage breast diseases sepsis and gynaecological problems The final chapters examine termination and medicolegal aspects Key points Guide to first trimester pregnancy for obstetricians and gynaecologists Covers management of numerous associated disorders Includes surgical procedures and anaesthesia during the first trimester Nearly 170 images illustrations and tables Prenatal Handbook Diane Musselwhite, 1989 Mothering Magazine's Having a Baby, Naturally Peggy O'Mara, 2007-11-01 For more than twenty five years Mothering magazine has captured an audience of educated women who appreciate its well inform you choose approach to parenting Having a Baby Naturally reflects this spirit with straightforward uncensored information about pregnancy and childbirth addressing common concerns and questions in a compassionate nonjudgmental style Written by Peggy O Mara the longtime publisher editor and owner of Mothering magazine it synthesizes the best theories and safest practices used in natural childbirth including recommendations from the World Health Organization the American Academy of Pediatrics and the American College of Obstetricians and Gynecologists Throughout O Mara reinforces her belief that each woman's pregnancy and birth experience is a one of a kind event She covers such topics as Nutrition diet and exercise Emotional self awareness during and after pregnancy A trimester by trimester guide to what is happening in your body and your child's Birth choices offering suggestions not rules Pain medication alternatives Birth locations from hospitals to home birth Relieving morning sickness with natural remedies Prenatal testing Breastfeeding Prematurity and multiple births Balancing work and family The father's role during pregnancy and beyond Difficult subjects such as birth

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