

Increased Sex Drive Mean Pregnancy

Abortion Bans Skirt a Medical Reality: For Many Teens, Childbirth Is ... - KFF Health News

Detecting Ovulation & How to Recognize Ovulation Symptoms - HealthDay

Second trimester FAQ: Everything you need to know - Today's Parent

[I Ate Libido Chocolate To Boost My Sex Drive—Here's What Happened - Well+Good](#)

Low libido: Causes in men and women - Medical News Today

Female sex hormones: Types, roles, and effect on arousal - Medical News Today

Pregnant and Horny? Your Pregnancy Sex Drive Explained - Healthline

Driving While Pregnant: Safety, Risks, and When to Stop - Healthline

We could end the AIDS epidemic in less than a decade. Here's how. - Livescience.com

[High prolactin levels: Effects, treatments, and more - Medical News Today](#)

Lowering High Testosterone Levels in Women - Verywell Health

Ovulation: Calculating, Timeline, Pain & Other Symptoms - Cleveland Clinic

Does Watching Adult Content Impact Libido? - Healthnews.com

[Low Sperm Count: Causes, Signs, Treatment, Pregnancy Chances - Healthline](#)

How Sex Drive Changes in Your 20s, 30s, 40s, 50s, and Beyond - WebMD

[Endometriosis and Ovulation Pain: Causes, Signs, and Relief - Verywell Health](#)

Sex Drive Myths: Why Misinformation About Libido Hurts Your Sex Life - Insider

People Are Getting Pregnant on TikTok's Trendy 'On-Demand' Birth Control - Rolling Stone

Feeling cold during pregnancy: Causes and symptoms - Medical News Today

Can horniness be a sign of pregnancy? What to look for - Medical News Today
Increased appetite: Why it happens, causes, and management tips - Medical News Today
How war-torn Ukraine is coping with pregnancy, abortion and rape - openDemocracy
Pregnancy Symptoms: 13 Early Signs You May Be Pregnant - Insider
Experts Say This Is the Surprising Age When Sexual Fantasizing ... - The Healthy
Pregnancy symptoms week 2: What to look for - Medical News Today
Extreme heat could impact the effectiveness of birth control and ... - The 19th*
What Is Ovulation? Cycle Timeline, Pain, and Other Symptoms - Healthline
When Are You Most Fertile? An Expert Explains Fertile Windows - HealthDay
Why Is My Libido So Low? 4 Reasons Why - Motherly Inc.
10 Hidden Pregnancy Signs You Might Not Know - Motherly Inc.
PCOS in Pregnant Women With Diabetes Linked to High Insulin ... - AJMC.com Managed Markets Network
Can you have sex while pregnant? Benefits, safety, and how it feels - Baby Center
What You Should Know About Postpartum Sex - Health Essentials
The Male Sex Drive — How it Changes With Age - Healthnews.com
What is dry humping? Risks, benefits, and more - Medical News Today
Pregnancy Mood Swings: Why You're Feeling Them and What to Do - Healthline
Sudden Change in Menstrual Cycle Length: Possible Causes - Verywell Health
Luteal Phase: Understanding This Phase Of The Menstrual Cycle ... - mindbodygreen
Ovulation Symptoms: 10 Signs of Ovulation to Know - What To Expect
How To Increase Your Sex Drive While Pregnant, If You Want To - Romper

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Bipolar and sex: What's the connection? - Medical News Today

Wife birth control: Her reaction to dropping BC has been a shock. - Slate

Poll: Most Minnesota voters support protections for abortion, equal ... - MinnPost

Does Birth Control Affect Your Sex Drive? 16 Signs, Tips, More - Healthline

More Sex Increases Chance of Conceiving (But Not Why You Think): Study - TIME

Can You Use a Vibrator While Pregnant? - Healthline

Hot Flashes in Early Pregnancy: Causes and Treatment - Verywell Health

High Progesterone Symptoms and Side Effects - Verywell Health

Motherhood and the 4 Symptom Domains of Borderline Personality ... - Psychiatric Times

2 Weeks Pregnant: Symptoms, Pictures & More - Baby Center

Why am I hornier at certain times of the month? Learn more here - Medical News Today

Is Horniness A Sign Of Early Pregnancy? Here's Why Your Sex ... - Romper

Alprazolam IR oral tablet: Dosage, side effects, uses, and more - Medical News Today

20 Weeks Pregnant: Symptoms, Belly Pictures & More - Baby Center

Why Your Partner Asks for Postpartum Sex - Motherly Inc.

15 Subtle Ways My Body Was Trying To Tell Me I Was About To Go ... - Romper

Why Am I So Horny? - Causes of Constant Arousal and High Libido - Prevention Magazine

What Is Libido? - Verywell Health

How To Increase Your Sex Drive - Tips And Tricks, Per Experts - Women's Health

Thank Eve for Human Evolution - Nautilus - Nautilus Magazine

Pregnancy Hunger: Why It Happens and How to Manage It - Healthline

Reasons for high prevalence of contraceptive withdrawal in Tehran ... - Nature.com

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[Why Is My Sex Drive So High Lately? 20 Causes, Changes Over ... - Healthline](#)
How to increase libido during pregnancy in 2023 - DISCOVER Magazine
This Is How Bipolar Disorder Can Influence Sex - PsychCentral.com
[Sex during pregnancy: Safety tips, positions, effects, and information - Medical News Today](#)
What To Know About Traveling While Pregnant - Health Essentials
[9 Hormonal Imbalance Symptoms: Periods, Skin, and More - Verywell Health](#)
[Ovulation Bleeding: Causes, Signs, and What You Can Do - Verywell Health](#)
[Cancers Diagnosed During Pregnancy, Postpartum May Have ... - Curetoday.com](#)
[How to Increase Precum - 5 Ways To Produce More Pre-Ejaculate ... - Washington City Paper](#)
15 Weeks Pregnant: Symptoms, Bump & More - Baby Center
19 Amazing Benefits of Sex During Pregnancy: 5 Disadvantages - MedicineNet
13 Weeks Pregnant: Symptoms, Belly, Cramping & More - Baby Center
[Sexual Response Cycle: Sexual Arousal, Orgasm, and More - WebMD](#)
Postmenopause: Signs, Symptoms & What to Expect - Cleveland Clinic
The Reason You Have A High Sex Drive During Pregnancy - Romper
Female Masturbation Doesn't Cause Infertility: 10 Things to Consider - Healthline
[How often do couples have sex? Statistics and affecting factors - Medical News Today](#)
[Sexual frustration: Symptoms and how to manage - Medical News Today](#)
Pregnancy and epilepsy - Epilepsy Society
How Understanding Your Cycle Can Help You Have Better Sex - Evie Magazine
[Pregnancy: Myths and facts - Medical News Today](#)
How Long Does Morning Sickness Last? Plus, Tips for Relief - Healthline

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Risky sexual behavior and self-rated mental health among young ... - BMC Public Health

When Does Horniness Start In Pregnancy? Usually During This ... - Romper

Texas abortion law: Answers to your questions - The Texas Tribune

How many days after ovulation can you get pregnant? - Medical News Today

Yes, Pregnancy Affects Sexual Fantasies Say The Moms ... - Romper

'It just didn't enter my mind to initiate sex;' Low sex drive in men ... - CNN

Working While Pregnant: Restrictions, Long Hours, More - Healthline

Age and Sex Drive: 20s, 30s, 40s, and Beyond - Verywell Health

Facing a Life-Threatening Pregnancy Under Tennessee's Abortion ... - ProPublica

Sex drive during pregnancy: Understanding libido changes - Medical News Today

9 Causes of Low Libido and How to Treat It - Livestrong

All Things Considered: Understanding Why Your Sex Drive Fluctuates - Giddy

Low sex drive (loss of libido) - NHS Website

Do Antidepressants Really Reduce People's Sex Drive? - The Swaddle

Baby Bumps - Amy Sprenger 2012-06-29

From the author of the award-winning blog Snarky Mommy comes a book that will make every woman who has ever been pregnant pee with laughter (not that that's hard). Wearing her highest heels and hottest pregnancy jeans, Amy

Sprenger marches into her doctor's office, beverage in hand, ready to finally see whether her baby is a boy or a girl. Sure, sure, this appointment is supposed to be about checking the health of the baby, but everyone who's ever been there knows it's really about looking for

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what lays, or doesn't lay, between the legs. So when the doctor tells her she has an incompetent cervix, Amy becomes immediately offended on behalf of her reproductive organs. Is that just a politically correct way of saying her cervix sucks? Unfortunately, as she's soon to learn, it's a lot more than that. The only way to keep that baby from falling out on the sidewalk (probably in front of Starbucks) is for her doctor to stitch her cervix closed and for Amy to stay in bed for the next four months. Four months that are carefully detailed in this "memoir." A memoir that, while basically true, has been embellished with Amy's signature brand of humor and hilarity. With more time off than a castoff contestant on "The Bachelor," Amy takes pen to paper and settles in for the ride. But instead of sitting around eating bonbons, she's popping hypertension drugs to stave off preterm labor. And complications? Oh, she's got your complications. She's gut-rehabbing her house. Her mother moves in to care for her. Her

husband takes a "mancation" while she's stuck in the hospital. And every time she has a contraction, she's convinced it's The Big One. Living by the adage that laughter is the best medicine, Amy fumbles her way through a series of sometimes serious and usually embarrassing situations. And just to be clear, using a bedpan qualifies as both serious and embarrassing. "Amy Sprenger's foray into factual fiction is a hilarious (and sometimes poignant) look at high-risk pregnancy from her view at the end of the bed. Sprenger offers a fresh and funny voice that readers will love!" -- New York Times bestselling author Jen Lancaster

Fats and Associated Compounds - Jose Manuel Miranda Lopez 2021-12-17

Through this book, the Editors have compiled the most up to date and well-documented information on many aspects of the development and application of novel dietary patterns related to fatty compounds, with special emphasis on beneficial effects.

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A Dance for Three - Louise Plummer 2000

Hannah: "Today, when Mama learns I'm pregnant, she doesn't ask about Milo. What will Milo think? She doesn't ask what I'm going to do about the baby, if I'm scared. She doesn't say, What about high school? She doesn't say, You're not old enough to drive yet. She doesn't say, What can I do? Trilby: "My mom thinks I should go visit Hannah, and she calls the hospital about visiting hours, but Hannah can't see anyone. I'm relieved. I don't know what I'd say to her....My head fills with questions I don't dare ask her. What is it like to have sex? What is it like to be pregnant? Roman: "I know why I'm mad. I want to hold the baby too. I want to be his uncle. I seem to be the only one in the family who even wants to consider that he is our relation. If only Hannah had fallen for me. If only, if only. Fat chance, next to Milo. When she finds out she's pregnant at age fifteen, Hannah Ziebarth believes she'll be all right. She'll start a family with Milo, and the three of them will live happily

ever after. Then reality hits hard. Louise Plummer tells Hannah's powerful story from three perspectives. But from every angle, this is a tale of loss, recovery and self-discovery. Trilby: "My mom thinks I should go visit Hannah, and she calls the hospital about visiting hours, but Hannah can't see anyone. I'm relieved. I don't know what I'd say to her. . . . What is it like to have sex? What is it like to be pregnant?"

Roman: "I know why I'm mad. I want to hold the baby too. I want to be his uncle." When she finds out she's pregnant at age 15, Hannah Ziebarth believes she will be all right. She will start a family with Milo, and the three of them will live happily everafter. Then reality hits hard. --> *The Pregnancy Countdown Book* - Susan Magee 2011-05-18

Expecting moms can count down the 280 days of their pregnancy with this delightful companion—complete with wise and witty advice and anecdotes from doctors, midwives, and other moms The average pregnancy lasts 280

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days—and the suspense can be excruciating! The Pregnancy Countdown Book counts down the biggest milestones every step of the way, with one page of helpful information for each day of your pregnancy. Here are tips from doctors and mothers, amusing anecdotes and quotes, and all of the uncensored details that other books won't tell you. 231 Days to Go: Your baby is now the size of a small blueberry. 209 Days to Go: Your baby's heartbeat is now audible. 124 Days to Go: Doctors recommend that you stop sleeping on your back. 91 Days to Go: The window for air travel is closing fast, so take that final vacation. 45 Days to Go: Better get started on that nursery. The perfect gift for expecting moms of all ages, The Pregnancy Countdown Book is a delightfully irreverent look at the craziest nine months of your life.

The Encyclopedia of Women's Health, Seventh Edition - Christine Ammer 2020-10-01
Praise for the previous edition: "...continues its tradition as a trustworthy guide...Very useful for

professionals and general audiences...recommended..."—Booklist The Encyclopedia of Women's Health, Sixth Edition covers the full range of women's health issues in clear, straightforward language. More than 1,100 A-to-Z entries offer up-to-date information on issues specific to women, as well as material on general health issues such as diet, exercise, and disease treatment. Perfect for students and professionals alike, this new resource explains the latest medical discoveries and treatments, providing concise information on health-related topics to enable women to become informed and active medical consumers. New entries include: Cervical cancer vaccine Chronic obstructive pulmonary disease Emphysema Fertility monitor Gout Hospitalist HPV Immunization Liver cancer Lung cancer Myositis Preconception care Probiotics Rett syndrome Serotonin poisoning Vertigo and more.

A Simple Guide to Pregnancy & Baby's First Year - Princess Ivana Pignatelli Aragona Cortes,

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Magdalene Smith & Marisa Smith 2013-04-22
Winner of 5 parenting awards including: Mom's Choice, National Parenting Publication, SheKnows Parenting Award & Editor's Choice. A positive approach to parenting. Every new mom deserves the royal treatment. As soon as that plus sign first appears (whether long-awaited or a total surprise!), your life becomes a whirlwind of advice, expectations, and uncertainties. Never fear, your award winning guide to happily ever after is here! A Simple Guide to Pregnancy & Baby's First Year is like your best friend who's been there before: this book will make you laugh, while giving you the real answers and seasoned solutions that all new moms are looking for. Simple steps to better health and happiness for you and baby Solutions for each trimester, including how to ace the worry factor Nutrition guidelines that are good for you and your budget Checklists on the essentials from nursery to hospital bag and must-have baby gear A month-by-month guide to developmental

milestones for baby's first year Quick & Easy tips for breastfeeding, sleep training and going back to work Much, much more!

Great Expectations: Pregnancy & Childbirth

- Marcie Jones Brennan 2012-09-04

The most empowering, informative, and reassuring pregnancy guide for moms-to-be is now thoroughly revised! This new edition of Great Expectations: Pregnancy and Childbirth still has everything moms loved about the first book, including the quick-reference format and appealing mom-to-mom voice. Prospective moms will find the most current and comprehensive week-to-week section and Internet resources, as well up-to-date advice on prenatal testing, c-sections, newborns, weight and nutrition, and pregnancy for older women. Great Expectations: Pregnancy and Childbirth gives readers the confidence they need to ask their obstetrician, midwife, or family practitioner the right questions at the right time.

Epilepsy and Pregnancy - Torbjörn Tomson

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1997

Epilepsy in pregnancy poses a serious threat to the mother and to her developing child. Even in previously well-controlled epilepsy, physiological changes in the mother during pregnancy and also during labour and delivery can alter the pharmacokinetic drug (AED) therapy causing increased seizure frequency.

100 Pregnancy Tips for First Time Moms - Mey Irtz 2021-05-02

Be prepared for the changes. Every week in your pregnancy period, there are sure changes that you can set yourself up for. For instance, it is generally at the 6th and seventh weeks that you would encounter disposition changes. Beside that, when you approach the multi week, that is additionally when you may have morning disorder. Expansion in sex drive. During the second trimester of pregnancy, you can encounter expanded sex drive. As such, you might need to have intercourse with your life partner all the more regularly. Since this is

typical, at that point there is no compelling reason to stress over it. Beside that, your infant really would not get injured when you carry out the thing with your better half. The possibly times when specialists don't suggest it is the point at which a lady is encountering pregnancy issues, like dying.

Pregnancy Day by Day - Paula Amato 2013-12-23

An illustrated reference for expectant parents explains in intricate detail every stage of a pregnancy, in a comprehensive resource that also covers labor, birth, and life with a new baby.

Youth Violence - Catherine Ward 2012-01-25
Youth violence: Sources and solutions in South Africa thoroughly and carefully reviews the evidence for risk and protective factors that influence the likelihood of young people acting aggressively. Layers of understanding are built by viewing the problem from a multitude of perspectives, including the current situation in

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which South African youth are growing up, perspectives from developmental psychology, the influences of race, class and gender, and of the media. The book then reviews the evidence for effective interventions in the contexts of young people's lives - their homes, their schools, their leisure activities, with gangs, in the criminal justice system, in cities and neighbourhoods, and with sexual offenders. In doing so, thoughtful suggestions are made for keeping an evidence-based perspective while (necessarily) adapting interventions for developing world contexts, such as South Africa. **Youth violence in South Africa: Sources and solutions** is a valuable addition to the library of anyone who has ever wondered about youth violence, or wanted to do something about it. **Surviving the Joy of Pregnancy** - Women's Healthcare Topics.com 2006-07

Adolescent Pregnancy - Dr. Naomi Farber, Ph.D., MSW 2009-06-16

"Adolescent pregnancy is an important public health issue and this valuable, well-referenced book covers the risk factors, child-family outcomes, and prevention. This is a very useful book for social workers and other professionals as a single source of current information about adolescent pregnancy and prevention." --Doody's
This new edition of **Adolescent Pregnancy** contains everything a social worker needs to know to address adolescent sexual health risks and the recent rise in teen pregnancy rates. The second edition presents a new focus on cultural competence, presenting up-to-the-minute research on ethnically diverse populations. This edition goes beyond just adolescent pregnancy, discussing STI and HIV risks, as well as drug and alcohol abuse. Other cutting-edge topics include the sexualization of children, secondary prevention, the impact of abstinence-only programs, and controversies over access to birth control and abortion. Key features: Guidelines for identifying pregnancy risk levels in

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adolescents, and determining appropriate interventions New information about STI and HIV/AIDS prevention strategies Theories of illegitimacy and teen pregnancy, and why pregnancy rates vary among ethnic groups Research on pregnancy prevention programs that help both young men and women avoid unwanted pregnancy Chapters on adolescent parenting, and secondary prevention among adolescent parents With this book, practitioners can provide young men and women with the tools they need to regain control of their lives and their sexual health. A critically important read for social workers, health professionals, and policy makers who are concerned about adolescent pregnancy.

Reclaiming Desire - Andrew Goldstein, M.D.
2009-06-09

A holistic approach to the problem of low libido in women explains how a variety of physical, emotional, spiritual, and intellectual factors, as well as such events as pregnancy, marriage,

childbirth, menopause, and divorce, can affect a woman's sex drive and offers a variety of medical and psychological treatment options to help women reinvigorate their intimate relationships. 35,000 first printing.

Crib Notes - Kelly Perotti 2008-12-19

Am I ready to be a mom (and will I be good at it)? How do I make that happen (Sex Ed. was so long ago)? When does morning sickness end (and why does it last all day)? Why is everyone touching my belly (and how do I make them stop)? Are contractions supposed to hurt this bad (or am I being a sissy)? Is this kid supposed to eat so often (and will my shirts ever button again)? Where is the old me (and do I even want her back)? The frank humor and refreshing honesty with which *Crib Notes* approaches conception, pregnancy, and parenthood will not only provide a welcome distraction from all those questions in your pretty little head, but will offer some explanations along the way as well. True Confessions of real moms at various

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stages of motherhood, and a mini Daddy

Dictionary are added bonus features!

Mayo Clinic The Menopause Solution -

Stephanie S. Faubion 2016-04-26

Confront menopause symptoms such as weight gain, mood swings, and low sex drive with clear advice from a trusted source.

Mayo Clinic The Menopause Solution is the definitive guide to making your life change a positive one. Drawing on the latest information, leading women's health expert Dr. Stephanie Faubion covers common questions, lifestyle strategies, and treatment options.

Unlike other books, *Mayo Clinic The Menopause Solution* is comprehensive, easy to navigate, and authoritative.

Features include:

- A complete look at what happens to your

body before, during, and after menopause.

- Up-to-date information on over-the-counter medications, nutritional supplements, and hormone therapy
- Sidebars, lists, and summaries to make finding information a cinch

Dr. Faubion knows that what works for one woman doesn't necessarily work for another. In approachable terms, she presents a balanced, unbiased overview of what to expect in midlife and beyond. You'll find accurate information on perimenopause, premature menopause, menopause symptoms, long-term effects of estrogen loss, and a wide variety of therapies to enhance health.

Professional, accessible, and essential for any woman entering menopause, *Mayo Clinic The Menopause Solution* offers everything you need to take charge of your own health and get the best care from your doctor.

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The Human Placenta - C. Redman 1993-01-18

The placenta is fascinating and complex. Basically foreign to the maternal body, it can be thought of as an organ transplanted onto the mother's host tissue. As such it embodies all the principles of tissue acceptance and rejection. Many of the risks of pregnancy and labor have now been eliminated and the placenta is likely to be at the root of many of the dangers to the unborn child that remain. A breakdown of the relationship between the placenta and the maternal tissue may turn out to be the cause of the majority of early lost pregnancies.

The Best Intentions - Institute of Medicine 1995-07-02

Experts estimate that nearly 60 percent of all U.S. pregnancies are unintended. Yet the topic of preventing these unintended pregnancies has long been treated gingerly because of personal sensitivities and public controversies, especially the angry debate

over abortion. Additionally, child welfare advocates long have overlooked the connection between pregnancy planning and the improved well-being of families and communities that results when children are wanted. Now, current issues—health care and welfare reform, and the new international focus on population—are drawing attention to the consequences of unintended pregnancy. In this climate *The Best Intentions* offers a timely exploration of family planning issues from a distinguished panel of experts. This committee sheds much-needed light on the questions and controversies surrounding unintended pregnancy. The book offers specific recommendations to put the United States on par with other developed nations in terms of contraceptive attitudes and policies, and it considers the effectiveness of over 20 pregnancy prevention programs. *The Best Intentions* explores problematic definitions—“unintended” versus “unwanted” versus “mistimed”—and presents data on

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pregnancy rates and trends. The book also summarizes the health and social consequences of unintended pregnancies, for both men and women, and for the children they bear. Why does unintended pregnancy occur? In discussions of "reasons behind the rates," the book examines Americans' ambivalence about sexuality and the many other social, cultural, religious, and economic factors that affect our approach to contraception. The committee explores the complicated web of peer pressure, life aspirations, and notions of romance that shape an individual's decisions about sex, contraception, and pregnancy. And the book looks at such practical issues as the attitudes of doctors toward birth control and the place of contraception in both health insurance and "managed care." The Best Intentions offers frank discussion, synthesis of data, and policy recommendations on one of today's most sensitive social topics. This book will be important to policymakers, health and social

service personnel, foundation executives, opinion leaders, researchers, and concerned individuals.

My Pregnancy Guide - Attilio D'Alberto
2021-01-01

My Pregnancy Guide is based on my 20 years clinical experience in helping women during pregnancy and the latest scientific evidence sourced from over 750 research studies. This self-help guide blends modern fact-based research together with the ancient theories of Chinese medicine to deliver a powerful and concise understanding of pregnancy and labour. My Pregnancy Guide explains what to expect in pregnancy, problems you may experience and what to do about them, the impact of COVID-19, an optimal pregnancy diet, supplements to take, pregnancy for dads and how to reduce your baby's chances to developing autism. It explains what tests you can have and the various dangers to your baby and how to avoid them, from chemicals in the environment, in foods,

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cosmetics and household products to pollution, plastics, heavy metals and pharmaceutical drugs. Advice is given on how to minimise your baby miscarrying or developing any abnormalities and how you can enhance your health for optimal breast-milk production and post labour health. In-depth explanations are given on how to optimise your lifestyle from exercising, work, sleep to clothing, footwear and even baths versus showers all based on the latest cutting-edge research together with the tried and tested theories of Chinese medicine. Week by week explanations on how your baby is growing is given along with advice on how to enhance your baby's development. A large range of supplements are listed to improve mother and baby's health. Based on the latest scientific research, My Pregnancy Guide also explains how to deal with various pregnancy problems that may develop from gestational diabetes, preeclampsia to constipation and slow baby growth. Explanations are given on the stages of

labour and how to prepare for each step. Fact-based research is given advising on going over 40 weeks and how to prepare for labour, treat a breech baby, pain relief options and acupressure points to encourage labour and a reduction in labour pain. A large range of natural herbs are given to help reduce miscarriage and aid labour. Dr (TCM) Attilio D'Alberto has been supporting women in pregnancy and labour since 2004, from those who fell pregnant naturally to those that conceived with IVF. This book is a treasure-trove of information that is invaluable to all women who are pregnant. "I safely delivered a baby boy. I defiantly feel he helped to reduce the pain too, as I felt ready to give birth all over again the next day"-Dr (TCM) Attilio D'Alberto - Bachelor of Medicine (Beijing), BSc (Hons) TCM
Why Did No One Tell Me? - Emma Brockwell
2021-02-04

A reassuring, no-nonsense guide to caring for your body before, during and after giving birth. For too long, women have been told that

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debilitating conditions following pregnancy are normal, to be expected, and something to just put up with. Emma Brockwell is on a mission to change this. Having been through two difficult pregnancies herself, Emma combines her expertise as a specialist women's health physiotherapist with personal experience to create a warm, honest, informative and essential handbook to help pregnant women and new

mums take control and care for their changing bodies. Find out how to: -Protect your pelvic floor -Heal effectively from birth - both vaginal deliveries and caesarean sections -Tackle common - and TREATABLE - post-birth problems -Exercise safely after birth Every woman has the right to be informed and this empowering guide gives you all the tools you need to look after your amazing body throughout motherhood.

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