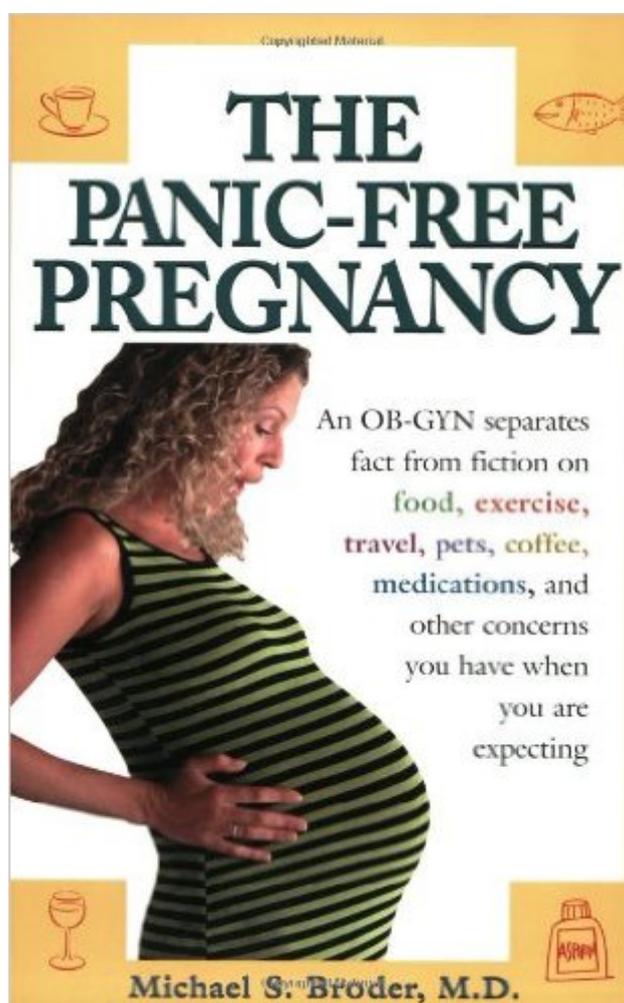


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# The Panic-Free Pregnancy: An OB-GYN Separates Fact From Fiction On Food, Exercise, Travel, Pets, Coffee, Medications, And Concerns You Have When You Are Expecting



## Synopsis

While most pregnancy books only address the stages of the baby's development, *The Panic-Free Pregnancy* comprehensively covers the lifestyle issues and questions that confront every mom-to-be. Dr. Broder separates fact from fiction, media hype from old wives tales, and drawing on the latest scientific research offers an accessible, comprehensive reference book that answers questions about... \* Caffeine\* Exercise\* Flying\* Prescription and over-the-counter medications\* Sex\* Cosmetics\* Alcohol\* Herbal remedies\* and more Organized in an easy-to-use question-and-answer format, this book will help women have the safest, healthiest, most anxiety-free pregnancy possible.

## Book Information

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## Customer Reviews

I purchased and read this book after a family member (incidentally, a NICU nurse) recommended it to me, and I am so glad I picked it up. First, as other reviewers have noted, this is *not* a book about what specifically occurs during pregnancy and fetal development. If you're looking for the day by day, week by week of what changes your body's undergoing - this isn't it. What this book is, however, is a supplement to those guides. It is a more in-depth exploration of the science and medicine behind all the "can do/can't do" lists for pregnant women -- it's the source material and the educational footnotes missing from all those kindergarten level lists contained in every other guide. It's the answer to all of us who are frustrated at hearing "no, because I said so" with no way to actually quantify or understand the risk(s) that drive the "no". I'm a relatively highly educated individual, early in my first pregnancy, and was already at the end of my rope with the list of strict

prohibitions: no meat unless it's cooked to charcoal, only one 6 oz can of tuna once every other month, no mayonnaise, no cheese, no lettuce or spinach unless you've personally scrubbed and soaked it, no medicine unless its tylenol and only if you're going to die otherwise....and if you eat a chicken mcnugget YOU'RE GOING TO BE A TERRIBLE MOTHER!! HOW COULD YOU!! YOU'VE DONE IRREPARABLE DAMAGE TO YOUR CHILD!!!! kind of wish I was exaggerating. But I know that I was, frankly, to the point where between all these guides, my professionals and support staff, I was functionally being told that if I dared to step outside during my pregnancy, I was putting my child at an unacceptable level of risk.

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