



# The Mommy Docs' Ultimate Guide to Pregnancy and Birth

*Yvonne Bohn, Allison Hill, Alane Park*

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**The Mommy Docs' Ultimate Guide to Pregnancy and Birth** Yvonne Bohn, Allison Hill, Alane Park  
**The pregnancy resource you can trust: medically reliable information, mom-to-mom advice.**

If you want the real deal on pregnancy, you've come to the right book! Drs. Yvonne Bohn, Allison Hill, and Alane Park are three top obstetricians who have personally welcomed more than 10,000 babies into the world. But they've been on the other side of the ultrasound too--as mothers themselves, they have each experienced the joys and anxieties of pregnancy firsthand. Morning sickness . . . unexpected contractions . . . midnight feedings . . . even serious complications . . . they've been there! Now they share everything you need to know about this exciting, life-changing journey.

Written in a clear and friendly style, *The Mommy Docs' Ultimate Guide to Pregnancy and Birth* offers the most up-to-date medical guidance. It's packed with real-life stories from new moms and practical tips straight from the Docs' office. From pre-conception to postpartum, you'll find answers to your most pressing questions, including:

- Can birth control pills cause fertility problems?
- When will I start showing?
- Which prenatal tests do I really need?
- Is my baby getting the right nutrition?
- Is it true that I can't touch a cat, eat sushi, or color my hair for nine months?
- If I get a cold, is it safe to take medication?
- How do I create a birth plan?
- What if I go into labor alone?
- If I've had a cesarean delivery before, will I need to have one with my next pregnancy?
- How can I make breastfeeding easier?

This extraordinarily comprehensive guide also includes chapters on diet and exercise, high-risk pregnancies, and the most often-repeated myths. Complete with illustrations of your baby's development, *The Mommy Docs' Ultimate Guide to Pregnancy and Birth* is your reassuring resource for a healthy and stress-free pregnancy.

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#### **Virginia Warriner:**

People live in this new time of lifestyle always try and and must have the extra time or they will get large amount of stress from both daily life and work. So , if we ask do people have time, we will say absolutely yes. People is human not only a robot. Then we question again, what kind of activity have you got when the spare time coming to you actually of course your answer will probably unlimited right. Then ever try this one, reading ebooks. It can be your alternative inside spending your spare time, typically the book you have read is usually The Mommy Docs' Ultimate Guide to Pregnancy and Birth.

#### **Barbara Palmer:**

Is it anyone who having spare time after that spend it whole day simply by watching television programs or just telling lies on the bed? Do you need something new? This The Mommy Docs' Ultimate Guide to Pregnancy and Birth can be the reply, oh how comes? A fresh book you know. You are therefore out of date, spending your time by reading in this brand-new era is common not a nerd activity. So what these publications have than the others?

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