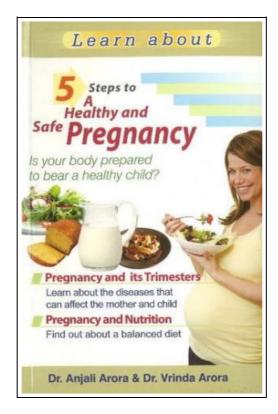
### 5 Steps to a Healthy & Safe Pregnancy



Filesize: 2.24 MB

### Reviews

A brand new electronic book with a new standpoint. It is writter in basic phrases rather than confusing. Its been designed in an extremely basic way which is merely right after i finished reading through this publication where basically altered me, change the way i believe. (Kitty Crooks)

#### 5 STEPS TO A HEALTHY & SAFE PREGNANCY



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Sterling Publishers Pvt.Ltd. Paperback. Book Condition: new. BRAND NEW, 5 Steps to a Healthy & Safe Pregnancy, Anjali Arora, Vrinda Arora, Pregnancy is a time filled with pleasant anticipation. Over the last few decades prenatal tests and counselling have become important factors in monitoring the health of the baby as well as the mother. This is to prevent complications. This book gives a detailed description of the tests required during each trimester and the diseases that might affect the mother and the baby. It enumerates simple measures to deal with nausea and other irritants faced by pregnant women. Diet advice and the do's and don'ts to help eat right are some of the salient features of this book.

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