

*A practical reference to drug-free remedies using
nutrition, herbs, exercise, acupuncture and massage*

The Pregnant Woman's Comfort Guide

*Safe, Quick
and Easy Relief from
the Discomforts of
Pregnancy & Postpartum*

Sherry L M Jiménez, RN



The Pregnant Womans Comfort Guide By Jiminez Sherry

Bette L. Waters



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Working Mother, 1993-09 The magazine that helps career moms balance their personal and professional lives

Mother Massage Elaine Stillerman, 2013-08-14 A Handbook for Relieving the Discomforts of Pregnancy Massage is a sensuous relaxing and loving treatment that has the added bonus of being especially good for you It's the perfect way to reduce stress and promote general well being During pregnancy your body is undergoing many changes some of them stressful and discomforting Mother Massage by licensed massage therapist Elaine Stillerman is a beautifully illustrated guide to help eliminate some of these adverse effects Designed to be used either alone or with a partner Mother Massage provides techniques for a variety of massages including full body massage preparation for labor and birthing massage massage during the postpartum and nursing stages and infant massage These techniques are explained in step by step illustrated detail You'll also learn special massages for treating such discomforts as Backaches Breast Soreness Charley Horse and Leg Cramps Headaches Heartburn Fatigue Morning Sickness Sciatica Stretch Marks Varicose Veins And Many Others Also included are sections on reflexology herbal remedies and nutritional requirements for pregnant and lactating women

Natural Healing for the Pregnant Woman Elizabeth Burch, Judith Sachs, 1997 A naturopathic physician licensed in natural childbirth offers common sense advice about conception pregnancy and childbirth with comprehensive information on nutrition drug free treatments natural therapies and more Includes a resource guide to supplies and health care professionals

Working Mother, 1993-09 The magazine that helps career moms balance their personal and professional lives

Pregnancy to Parenthood Linda Goldberg, Ginny Brinkley, Janice Kukar, 2001 With decades of experience behind them the authors lead expectant parents through the different stages of birth from pregnancy to early infant care 200 photos 50 illustrations

The Family Pregnancy Mary Jane Bovo, 1994 This comprehensive family guide to pregnancy combines thorough medical research with the author's own unique experiences and perspective as one of the country's leading obstetricians gynecologists and as a mother and grandmother herself Highlighted with anecdotes each chapter includes the most up to date medical information

To Have-- to Hold-- a Parents' Guide to Childbirth & Early Parenting Joyce L. Kieffer, 1985

The Whole Parenting Guide Alan Reder, Phil Catalfo, Stephanie Renfrow Hamilton, 1999 Health and hygiene religious life conduct of life

Massage During Pregnancy Bette L. Waters, 1995

Every Woman's Body Diana Korte, 1994 A definitive guide no home medical library should be without it EVERY WOMAN'S BODY is a book of extraordinary depth and information that is beautifully easy to read KARLA MORALES VICE PRESIDENT PEOPLE'S MEDICAL SOCIETY A thorough comprehensive and completely and informative alphabetical listing of medical conditions what to expect and what to do for them from abortion AIDS Alzheimer's Disease and Anemia to Uterine Fibroids Uterine Prolapse Vaginal Infections and Varicose Veins and everything in between

Parenting Sandra Feinberg, Barbara Jordan, Michele Lauer-Bader, Middle Country Public Library (Centereach, N.Y.), 1995 your key to a vast variety of texts on parenting both in and out of print from more than two decades resources on every stage of development FAMILY RESOURCE COALITION REPORT a unique and important tool belongs in every library's reference collection RQ **Working Mother** , 1993-09 The magazine that helps career moms balance their personal and professional lives New Natural Pregnancy Janet Balaskas, 1999 massage nutrition relaxation breathing simple yoga exercises making love posture self help **Pregnancy, Birth, And The Early Months** Richard I. Feinbloom, 1993-01-20 While there are many books advocating particular approaches to childbirth only Pregnancy Birth and the Early Months lays out all the most recent research and options so that parents can make their own informed decisions Widely acclaimed by obstetricians this warm honest guide has been updated to cover the latest advances in childbirth practices *American Book Publishing Record* , 1991 Getting Organized for Your New Baby Maureen Bard, 1995 This is a book containing everything parents to be will need in preparation for the birth of their baby It has checklists how to hints forms and charts to help parents to be scheduled budgeted and organized for the event The book includes financial and career considerations the latest medical information including diagnostic tests birthing techniques and nursery safety facts dietary restrictions and menu planners

Reinventing Fatherhood Jonathan Gould, 1993 Because family relationships have changed so dramatically in the past generation most men cannot turn to their own fathers for guidance This book shows men how to define and develop their own unique roles as fathers Includes practical exercises to help men clarify and shape positive new approaches to parenting

Serpents and Apples Karen Barrie, Kathleen Cain, 1992 Are working women liberated or imprisoned Work can be a blessing or a curse what each woman does with her workday determines whether or not she will be healthy wealthy and wise This book answers the question by helping each woman create her own Garden of Eden on the job New Win Publishing

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