



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

Michael Broder

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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.

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