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Aim to make half your plate nonstarchy vegetables, a quarter of your plate lean protein, and a quarter of your plate whole grains at each meal. It's important to eat a consistent amount of carbohydrates at each meal. Pair carbohydrates with protein and healthy fats.

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Bollywood actress Anushka Sharma has shared her pregnancy woes in her new social media post, with a touch of humour. Anushka posted a pre-pregnancy picture on Instagram. In the image, she is seen ...

The complete guide to pregnancy, day-by-day No other pregnancy book provides this level of detail, allied with such extraordinary photographs, 3D scans and illustrations which reveal in unprecedented clarity exactly what is happening to you and your baby every single day. From early fetal development to how your hormones prepare you for birth, learn from world-class experts. Plus, obstetricians, midwives and parents advise on your baby's development, medical matters, your changing body, diet, fitness and much more. A special hour-by-hour rundown of what to expect during and immediately after birth, plus further reassurance for the first two weeks of your baby's life, will give a helping hand through the culmination of your pregnancy, from pain relief to those first intimate and unique moments between you and your child.

In this practical and compassionate book, mothers will find a guide to managing their own well-being throughout pregnancy and parenthood. Topics include : prioritizing emotional health; setting boundaries and asking for help; making choices about birth, feeding, and parenting; getting good sleep; maintaining a relationship with your partner; and self care. Learn to trust your instincts and actually enjoy the hardest job you will ever love!

This Is A Book That Is Created Not Only For Already Pregnant Mothers, But Also For You If You'Re Planning A Baby. All That You Eat Before, During And After Your Pregnancy Is Largely Responsible For Your Health And Your Baby'S Too!..Read More...

For a Safe and Healthy Birth Your Way! Giving Birth with Confidence will help take the mystery out of having a baby and help you better understand how your body works during pregnancy and childbirth, giving you the confidence to make decisions that best ensure the safety and health of you and your baby. Giving Birth with Confidence is the first and only pregnancy and childbirth guide written by Lamaze International, the leading childbirth education organization in North America. Written with a respectful, positive tone, the full version of this book presents:

- Information to help you choose your maternity care provider and place of birth
- Practical strategies to help you work effectively with your care provider
- Information on how pregnancy and birth progress naturally
- Steps you can take to alleviate fear and manage pain during labor
- The best available medical evidence to help you make informed decisions

Previously titled The Official Lamaze Guide, this 3rd edition has updated information on:

- How vaginal birth, keeping mother and baby together, and breastfeeding help to build the baby's microbiome.
- How hormones naturally start and regulate labor and release endorphins to help alleviate pain.
- Maternity-care practices that can disrupt the body's normal functioning.
- The latest recommendations on lifestyle issues like alcohol, vitamins, and caffeine.
- Room sharing and cosleeping: the controversy, recommendations, and safety guidelines.
- Out-of-hospital births are on the rise: New research and advice on planned home birth, including ACOG's revised guidelines, which support women's choices and promote seamless transfer to hospital, if needed.
- The importance of avoiding unnecessary caesareans for mother and child. Includes the new ACOG

guidelines on inductions and active labor. • The research in support of the Lamaze International's "Six Healthy Birth Practices," which are: • Let labor begin on its own. • Walk, move around, and change positions throughout labor. • Bring a loved one, friend, or doula for continuous support. • Avoid interventions that aren't medically necessary. • Avoid giving birth on your back and follow your body's urges to push. • Keep mother and baby together—it's best for mother, baby, and breastfeeding.

Originally written in Marathi, "Ayurveda Garbha Sanskar" is a book that serves as a guide to a couple who are looking to start a family, starting out by getting pregnant, giving birth to a healthy child and nurturing the little one. The book comprehensively provides people everything that a person wants to know about conceiving, pregnancy and delivery to nurturing the little one for up to 2 years of age. Not simply a book laden with known-lectures, rather this book can be seen as an elaboration of various ancient Ayurvedic practices that leads to the complete well-being of the mother and child's physical, spiritual and psychological health. It also advises on the traditional herb mixes, yoga, music and mantras that the new-mothers or the mothers-to-be may find helpful. Besides, this book also charts a nutritious Ayurvedic diet-plan for the couples to detoxify their bodies and be healthy in the right sense of the term. Once a mother conceives, she must be able to nourish and condition the little one in her womb. Likewise, this book also provides a month-by-month nutrition plan that helps in proper nourishment of the baby. Yoga and full-body herbal oil massages during pregnancy are also recommended for the mothers-to-be along with a list of health tonics prescribed in this book. In order to reach out to more people worldwide, this book has been translated in English, and is available in hardcover.

In India, the arrival of a child is not very different from a wedding. It is a family event that every one looks forward to with great eagerness and enthusiasm. Each family member also knows of an age-old custom or belief they know to have benefited expectant mothers and newborns. But how does a first-time mother balance quirky community-based rituals alongside New Age, scientific norms? For Bumpier Times is an attempt to capture the complexities of being pregnant in our society and to arm you with information that enables you to make empowered decisions. By recording 101 practices from across the country, and by having them reviewed by an eminent panel of doctors and experts, the book hopes to dismiss your doubts and fears, trace the origin behind these myths and beliefs, and keep up with the latest in childbirth and care to help you achieve that balance crucial to welcoming your little one into your culture and world. Written in an easy-to-understand Q&A format, Ramanathan has managed to create an elaborate guide on pregnancy and childcare specific to Indian mothers.

With full coverage of the thirty-nine Shakespearian plays (including a synopsis, full character list, stage history, and a critical essay for each), this comprehensive guide is both a quick reference and an in-depth background guide for theatre goers, students, film buffs, and lovers of literature. Along with an exploration of the Bard's sonnets and narrative poems, The Globe Guide to Shakespeare features fascinating accounts of Shakespeare's life and the Globe Theater itself, with colorful details about each play's original performance. This comprehensive guide includes up-to-date reviews of the best films and audio recordings of each play, from Laurence Olivier to Baz Luhrmann, Kozintsev to Kurosawa. The Globe Guide to Shakespeare is the quintessential celebration of all things Shakespearian.

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