

Pregnancy Malayalam Guide

Eventually, you will definitely discover a extra experience and feat by spending more cash. still when? accomplish you take that you require to get those all needs gone having significantly cash? Why dont you try to get something basic in the beginning? Thats something that will guide you to comprehend even more not far off from the globe, experience, some places, subsequently history, amusement, and a lot more?

It is your unconditionally own mature to pretense reviewing habit. in the middle of guides you could enjoy now is **Pregnancy Malayalam Guide** below.

It **Ends with Us** Colleen Hoover 2020-07-28 In this “brave and heartbreaking novel that digs its claws into you and doesn’t let go, long after you’ve finished it” (Anna Todd, New York Times bestselling author) from the #1 New York Times bestselling author of All Your Perfects, a workaholic with a too-good-to-be-true romance can’t stop thinking about her first love. Lily hasn’t always had it easy, but that’s never stopped her from working hard for the life she wants. She’s come a long way from the small town where she grew up—she graduated from college, moved to Boston, and started her own business. And when she feels a spark with a gorgeous neurosurgeon named Ryle Kincaid, everything in Lily’s life seems too good to be true. Ryle is assertive, stubborn, maybe even a little arrogant. He’s also sensitive, brilliant, and has a total soft spot for Lily. And the way he looks in scrubs certainly doesn’t hurt. Lily can’t get him out of her head. .But Ryle’s complete aversion to relationships is disturbing. Even as Lily finds herself becoming the exception to his “no dating” rule, she can’t help but wonder what made him that way in the

first place. As questions about her new relationship overwhelm her, so do thoughts of Atlas Corrigan—her first love and a link to the past she left behind. He was her kindred spirit, her protector. When Atlas suddenly reappears, everything Lily has built with Ryle is threatened. An honest, evocative, and tender novel, It Ends with Us is “a glorious and touching read, a forever keeper. The kind of book that gets handed down” (USA TODAY). **Giving Birth with Confidence** Judith Lothian 2017-03-28 *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.

Nurture Erica Chidi Cohen 2017-10-24 "What a gift to new and expecting moms. You have no idea the mountain and rollercoaster you're about to embark on, but Nurture somehow gives you a peek in and gives you essential information to help ground you." —Catherine McCord, founder of Weelicious and One Potato A comprehensive and judgement-free pregnancy companion: Nurture is the only all-in-one pregnancy and birthing book for modern mothers-to-be and their partners who want a more integrative approach. Author Erica Chidi Cohen has assisted countless births and helped hundreds of families ease into their new roles through her work as a doula. Nurture covers everything from the beginning months of pregnancy to the baby’s first weeks. This empowering book includes: • Supportive self-care and mindfulness exercises, trimester-specific holistic remedies, nourishing foods and recipes for every month of pregnancy, and expert tips for every birth environment. • More than 40 charming and helpful illustrations, charts, and lists can be found throughout. • Dozens of important topics that every modern mom needs to know including fetal development, making choices for a hospital, home or birth center birth, the basics of breastfeeding, tips on what to expect postpartum, and more. Nurture is an all-inclusive pregnancy and birthing guide book that gives soon-to-be mothers and their partners the information they need to make decisions, feel confident, and enjoy the beauty of creating new life. Nurture is a thoughtful and helpful gift for expecting mothers and their partners. Erica Chidi is co-founder and CEO of Loom in Los Angeles, CA. She began her work in San Francisco, volunteering as a doula within the prison system, working with pregnant inmates. She went on to build a successful doula and health education practice in Los Angeles and has been featured in Women’s Health, Vogue, Goop, The Cut and Marie Claire.

The Immortals of Meluha Amish Tripathi 2012-12-20 Today, Shiva is a god. But 4,000 years ago, he was just a man. This is his journey . . . 1900 BC: the once-proud Suryavanshi rulers of the Meluha Empire are in dire peril. The empire’s primary river, the Saraswathi, is slowly drying up. There are devastating terrorist attacks from the east, the land of the Chandravanshis - and to make matters worse, the Chandravanshis appear to have allied with the Nagas, an ostracised race of deformed humans with astonishing martial skills. The only hope for the Suryavanshis is an ancient prophecy: when evil reaches epic proportions and all seems lost, a hero will emerge . . . **The Ten Basic Principles of Good Parenting** Laurence Steinberg 2005-05-09 A guide to raising children covers the principles of adapting a parenting style to match a particular child’s needs, establishing a structure and limits, and promoting such qualities as honesty, kindness, and independence.

What No One Tells You Alexandra Sacks 2019-04-23 Your guide to the emotions of pregnancy and early motherhood, from two of America’s top reproductive psychiatrists. When you are pregnant, you get plenty of advice about your growing body and developing baby. Yet so much about motherhood happens in your head. What everyone really wants to know: Is this normal? -Even after months of trying, is it normal to panic after finding out you’re pregnant? -Is it normal not to feel love at first sight for your baby? -Is it normal to fight with your parents and partner? -Is it normal to feel like a breastfeeding failure? -Is it normal to be zonked by “mommy brain?” In *What No One Tells You*, two of America’s top reproductive psychiatrists reassure you that the answer is yes. With thirty years of combined experience counseling new and expectant mothers, they provide a psychological and hormonal backstory to the complicated emotions that women experience, and show why it’s natural for “matrescence”—the birth of a mother—to be as stressful and transformative a period as adolescence. Here, finally, is the first-ever practical guide to help new mothers feel less guilt and more self-esteem, less isolation and more kinship, less resentment and more intimacy, less exhaustion and more pleasure, and learn other tips to navigate the ups and downs of this exciting, demanding time

Star Guide to Predictive Astrology K. B. Parsai 2001 Well-known scholar and astrologer, Pandit K.B.Parsai and his son, D.K.Parsai, present a blockbuster on astrological guidance and "prediction-sutras", never before passed beyond father to son or guru to a chosen disciple. This book details the subjects to be considered for making predictions under each of the 12 Houses in the birth-chart of a person and the effect of each planet, including its combination with another planet. Written in a lucid style, the book is replete with examples, personal observation and experience ranging from the erstwhile Indian states of pre-independence to the 21st century. The technical aspects of Predictive Astrology are reproduced here in a simple, easy to follow language for the average reader, students of astrology, and experts. Pandit K.B.Parsai, 79, belongs to a renowned family in Madhya Pradesh with a rich heritage of 25 generations of expertise in astrology. His ancestors have been astrologers to Indian Royals like the Rathor Maharajas of Jodhpur, Sisodiya Maharanas of Udaipur (Mewar), Rathor Rajas of Ratlam and Sitamau. *Buddhism for Mothers* Sarah Napthali 2017-01-01 Parenthood can be a time of great inner turmoil for a woman, yet parenting books invariably focus on nurturing children rather than the mothers who struggle to raise them. This book is different. It is a book for mothers. Buddhism for Mothers encourages mothers to gain the most joy out of being with their children. How can this be done calmly and with a minimum of anger, worry and negative thinking? How can mothers negotiate the changed conditions of their relationships with partners, family and even with friends? Using Buddhist practices, Sarah Napthali offers coping strategies for the day-to-day challenges of motherhood that also allow space for deeper reflection about who we are and what makes us happy. By acknowledging the sorrows as well as the joys of mothering Buddhism for Mothers can help you shift your perspective so that your mind actually helps you through your day rather than dragging you down. This is Buddhism at its most accessible, applied to the daily realities of ordinary parents.

Epilepsy and Pregnancy Torbjörn Tomson 1997 Epilepsy in pregnancy poses a serious threat to the mother and to her developing child. Even in previously well-controlled epilepsy, physiological changes in the mother during pregnancy and also during labour and delivery can alter the pharmacokinetic drug (AED) therapy causing increased seizure frequency.

The Mindful Mother Naomi Chunilal 2015-11-30 Mindfulness is perfect for new mothers - The Mindful Mother will support, nurture and guide you through pregnancy, labour and early motherhood. Naomi Chunilal shows you how to cultivate a daily practice of mindfulness, to be present through the joys and frustrations of becoming a mother of a newborn child. Using simple and powerful self-development practices based upon Buddhist and Yogic principles, you can steer a clear path through pregnancy and childbirth, into new motherhood. Speaking to the heart with wisdom, insight and humour, The Mindful Mother gives you a practical life and emotional lifeline, helping you to: Cope and thrive through common mothering dilemmas Find balance and equilibrium between work and home Restore and raise energy, vitality and resilience levels Engage your mind to work with you, rather than against you Survive and enjoy daily life with a newborn baby Awaken the heart to greater love, contentment and happiness

A Catholic Mother’s Companion to Pregnancy Sarah A. Reinhard 2012 In “A Catholic Mother’s Companion to Pregnancy,” popular Catholic blogger and speaker Sarah Reinhard offers the first book to accompany expectant mothers from conception to baptism with weekly reflections and prayers rooted in the mysteries of the Rosary and related to the babys physical development.

Exposure of the Pregnant Patient to Diagnostic Radiations Louis K. Wagner 1985 The editors address the anxiety-provoking, but not uncommon, scenario of a woman learning that she is pregnant after diagnostic or therapeutic

radiologic exposure, or alternately, requiring X-rays, magnetic resonance, radioisotopes, or ultrasound after she becomes pregnant. Considerations span: the mechanisms for injury by diagnostic radiations, the units and measures of radiation, the amount of radiation absorbed by the conceptus, prenatal risk assessment, clinical management, and case reports (of diseases and traumatic injuries) exemplifying decision recommendations and counseling.

Appendix guide conceptus dose calculations for X-ray exams and radionuclide studies, and list half-lives of 23 radionuclides used in nuclear medicine (5,730 years for Carbon-14). Annotation copyrighted by Book News, Inc., Portland, OR

The Miracles of Your Mind Joseph Murphy 2018-12-18 In this book Dr. Joseph Murphy explains how the latent powers inherent in our subconscious can improve our lives. He discusses the two minds that each of us possess; the objective mind and the subjective mind, and how to integrate them. He also explains how to harness the power of mind, especially the subconscious mind. Dr. Joseph Murphy, the founder of 'The Church of Divine Science', produced books, tapes, and radio broadcasts on spiritual matters, the historical values of life, the art of wholesome living, and the teachings of great philosophers-both from the Eastern and Western cultures.

Managing Morning Sickness Miriam Erick 2004-01-01 Based on the author’s work with thousands of women, this new edition presents an added decade’s worth of information and experience that makes it the most up- to-date resource in the field of morning sickness. Included are remedies, nutritional guidelines, and recipes.

Delhi to Kolkata Footprint Focus Guide Vanessa Betts 2013-10-30 This region takes in the contrasts of India. From the brash and chaotic Delhi, through Varanasi, India’s holiest city, to the cultural hub that is Kolkata, these cities will truly provide an experience of India. Footprint Focus provides invaluable information on transport, accommodation, eating and entertainment to ensure that your trip includes the best of these dynamic destinations. • Essentials section with useful advice on getting to Delhi, Varanasi and Kolkata. • Comprehensive, up-to-date listings of where to eat, sleep and play. • Includes information on tour operators and activities, from tightly packed markets to visiting the holy riverbank. • Detailed maps for Delhi, Kolkata and other key destinations. • Slim enough to fit in your pocket. With detailed information on all the main sights, plus many lesser-known attractions, Footprint Focus Delhi to Kolkata provides concise and comprehensive coverage of one of India’s most fascinating regions. The content of Footprint Focus Delhi to Kolkata guide has been extracted from Footprint’s India Handbook.

Sunshine After the Storm Alexa Bigwarfe 2013-10-01 "This supportive guide to navigating pregnancy and infant loss will arm you with life-changing tools that will help you feel part of a dynamic community."—Back of book.

Covid-19 Infection and Pregnancy Ahmed M. Maged El-Goly 2021-08-03 Covid-19 Infections and Pregnancy provides the latest research on pregnant women and their potential increased risk for severe COVID-19 illness. Research has show that pregnant women have a greater instance of intensive care unit admission and receipt of mechanical ventilation. The book provides up-to-date information on the epidemiology, control, diagnosis and treatment of covid-19 in pregnancy, while also discussing evidence presented in the literature regarding the potential risks of COVID-19 infection among pregnant women and consequent fetal transmission. Provides a complete overview on the epidemiology, virology and clinical manifestations of COVID-19 Discusses the full extent of what is known to date and provide a thorough view on the effects of sars-cov2 in pregnancy Overviews the obstetric complications related to COVID-19 infection

A Malayalam and English Dictionary: The vowels Hermann Gundert 1872

AYURVEDIC GARBHA SANSKAR Dr. Shri Balaji Tambe 2020-05-09 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.

Weight Gain During Pregnancy National Research Council 2010-01-14 As women of childbearing age have become heavier, the trade-off between maternal and child health created by variation in gestational weight gain has become more difficult to reconcile. Weight Gain During Pregnancy responds to the need for a reexamination of the 1990 Institute of Medicine guidelines for weight gain during pregnancy. It builds on the conceptual framework that underscored the 1990 weight gain guidelines and addresses the need to update them through a comprehensive review of the literature and independent analyses of existing databases. The book explores relationships between weight gain during pregnancy and a variety of factors (e.g., the mother’s weight and height before pregnancy) and places this in the context of the health of the infant and the mother, presenting specific, updated target ranges for weight gain during pregnancy and guidelines for proper measurement. New features of this book include a specific range of recommended gain for obese women. Weight Gain During Pregnancy is intended to assist practitioners who care for women of childbearing age, policy makers, educators, researchers, and the pregnant women themselves to understand the role of gestational weight gain and to provide them with the tools needed to promote optimal pregnancy outcomes.

Hamnet Maggie O’Farrell 2021-12 "In 1580's England, during the Black Plague a young Latin tutor falls in love with an extraordinary, eccentric young woman in this "exceptional historical novel" (The New Yorker) and best-selling winner of the Women's Prize for Fiction. Agnes is a wild creature who walks her family's land with a falcon on her glove and is known throughout the countryside for her unusual gifts as a healer, understanding plants and potions better than she does people. Once she settles with her husband on Henley Street in Stratford-upon-Avon she becomes a fiercely protective mother and a steadfast, centrifugal force in the life of her young husband, whose career on the London stage is taking off when his beloved young son succumbs to sudden fever. A luminous portrait of a marriage, a shattering evocation of a family ravaged by grief and loss, and a tender and unforgettable re-imagining of a boy whose life has been all but forgotten, and whose name was given to one of the most celebrated plays of all time, Hamnet is mesmerizing, seductive, impossible to put down—a magnificent leap forward from one of our most gifted novelists"—

Protection in Diagnostic Radiology Benjamin Paul Sonnenblick 1959

Safe Abortion Organització Mundial de la Salut 2003-05-13 At a UN General Assembly Special Session in 1999, governments recognised unsafe abortion as a major public health concern, and pledged their commitment to reduce the need for abortion through expanded and improved family planning services, as well as ensure abortion services should be safe and accessible. This technical and policy guidance provides a comprehensive overview of the many actions that can be taken in health systems to ensure that women have access to good quality abortion services as allowed by law.

Guide to Indian Periodical Literature 2007

A Thousand Splendid Suns Khaled Hosseini 2009-02-24 Mariam is only fifteen when she is sent to Kabul to marry Rasheed. Nearly two decades later, a friendship grows between Mariam and a local teenager, Laila, as strong as the ties between mother and daughter. When the Taliban take over, life becomes a desperate struggle against starvation, brutality and fear. Yet love can move a person to act in unexpected ways, and lead them to overcome the most daunting obstacles with a startling heroism.

Drugs in Pregnancy and Lactation Gerald G. Briggs 2012-03-28 An A-Z listing of drugs by generic name. Each monograph summarizes the known and/or possible effects of the drug on the fetus. It also summarizes the known/possible passage of the drug into the human breast milk. A careful and exhaustive summarization of the world literature as it relates to drugs in pregnancy and laccation. Each monograph contains six parts: generic US name, Pharmacologic class, Risk factor, Fetal risk summary, Breast feeding summary, References

Catalogue of Malayalam Books in the British Museum British Museum. Department of Oriental Printed Books and Manuscripts 1971

Counselling for Maternal and Newborn Health Care World Health Organization. Department of Making Pregnancy Safer 2010 The main aim of this practical Handbook is to strengthen counselling and communication skills of skilled attendants (SAs) and other health providers, helping them to effectively discuss with women, families and communities the key issues surrounding pregnancy, childbirth, postpartum, postnatal and post-abortion care. The MNH Counselling Handbook is chiefly designed to be used by groups of SAs with the help of a facilitator. It can also be used by individual SAs who can get together with colleagues for discussions and activities where needed. It relies on a self-directed learning approach, allowing SAs to work at their own pace, drawing on their past counselling experience. The way it is used will be determined by each country s context, and the SAs preference. The MNH Counselling Handbook is divided into three main sections. Part 1 is an introduction which describes the aims and objectives and the general layout of the Handbook. Part 2 describes the counselling process and outlines the six key steps to effective counselling. It explores the counselling context and factors that influence this context including the socio-economic, gender, and cultural environment. A series of guiding principles is introduced and specific counselling skills are outlined. Part 3 focuses on different maternal and newborn health topics, including general care in the home during pregnancy; birth and emergency planning; danger signs in pregnancy; post-abortion care;

support during labour; postnatal care of the mother and newborn; family planning counselling; breastfeeding; women with HIV/AIDS; death and bereavement; women and violence; linking with the community. Each Session contains specific aims and objectives, clearly outlining the skills that will be developed and corresponding learning outcomes. Practical activities have been designed to encourage reflection, provoke discussions, build skills and ensure the local relevance of information. There is a review at the end of each session to ensure the SAs have understood the key points before they progress to subsequent sessions.

Bibliographic Guide to Dance New York Public Library. Dance Collection 1997

GUIDE TO THE ANTHROPOLOGICAL EXHIBITS C. J. JAYADEV 1964

South and Southeast Asia Video Archive Holdings University of Wisconsin–Madison. South and Southeast Asia Video Archive 1991

“A” Malayalam and English dictionary Hermann Gundert 1872

Traditional Recipes for Pregnancy & Motherhood Sonal Chowdhary and Supriya Arun 2019-08-14 Includes 80 Recipes from across India and 6 Superfoods Pregnancy is a transformative stage in a woman’s life. Everything she eats, does or even thinks may have an effect on the development of her baby. The health and wellbeing of a baby—inside the womb as well as outside—is completely dependent on the mother’s diet. Rich and wholesome food for the mother equals a robust and happy baby. This is where the wisdom from grandma’s kitchen comes in to play. Before you crinkle your nose, did you know that moringa, fenugreek, shatavari and garlic can help to improve

lactation, while edible gum/gond and Turkey berry are ingredients that can provide strength to the mother post her delivery? Remember, it worked for your mother and your grandmother, so why not give it a try? Most new moms-to-be worry about weight gain during pregnancy and to top it, many feel our desi food has too many calories. Traditional Recipes for Pregnancy & Motherhood is an attempt to build a bridge between the traditional and the modern by getting new mothers acquainted with the richness and wisdom of Indian cuisine. Along with detailed information on 6 superfoods that is vital in any pregnant woman’s diet, this book also provides medicinal values of all the major

ingredients—most of them rooted in Ayurveda—used in the recipes inside. In addition, it also doles out tips on the much-discussed topic—how to maintain an ideal weight throughout pregnancy and after! SONAL CHOWDHARY is a Holistic Nutrition Consultant with specialisation in weight management, sports and clinical nutrition. She is a Certified Holistic Cancer Coach from Centre for Advancement in Cancer Education, Richboro, PA, USA. SUPRIYA ARUN

is a Nutrition and Wellness Consultant certified in clinical, weight management and sports nutrition. She is also certified in Personal Training from American College of Sports Medicine. “Just what the doctor ordered!” —Dr. Rajeev Aganwal, Director, Care IVF “Simple, easy to read and an interesting book. Well recommended!” —Rekha Sudarshan, Lactation Expert “A book that beautifully merges nutritional science with tradition and I highly recommend it.”

—Kinita Kadakia Patel, Award-winning Sports Nutritionist & Author

Pregnancy Day By Day Maggie Blott 2009-08-17 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.

The History of Tom Jones Henry Fielding 1836

Willings Press Guide 2007-02

Speaking of Child Care Suraj Gupte 2007-12-05 This book, of value to parents, doctors, nurses, midwives, home science students and teachers, offers practical help in child birth and child care. It tells you about changing nappies and birth weight, infant feeding and vaccination, toilet training and accident prevention, and discipline and how to sail through those stormy teenage years. In short, it tells you all you need to know.

Mindful Pregnancy Tracy Donegan 2020-02-06 Enjoy a natural, positive, stress-free pregnancy. Trimester by trimester, this beautiful book gives you safe yoga, meditation, natural remedies, nutrition, and hypnobirthing techniques to match your stage of pregnancy. Encouraging, practical advice from midwife and positive birth expert, Tracy Donegan, will help you to understand your body, relish your pregnancy, and bond with your growing baby. Troubleshoot pregnancy aches and pains with appropriate exercises, quell morning sickness with natural remedies and food, bond with your baby through meditation and movement, and prepare your body and mind safely and healthily for childbirth using strengthening exercises and hypnobirthing techniques. Feel empowered to nurture and give birth to your baby with strength and confidence, and embrace your life as a new mum. "A must-read for all parents who want to create a healthier, more joyful, more peaceful world." - Deepak Chopra, MD

International Film Guide 1985

Mayo Clinic Guide to a Healthy Pregnancy Roger Harms 2011-05-01 Offers a reference guide to pregnancy and childbirth, discussing morning sickness, back pain, gestational diabetes and breast-feeding with a week-by-week guide to changes in both mother and baby. Original.