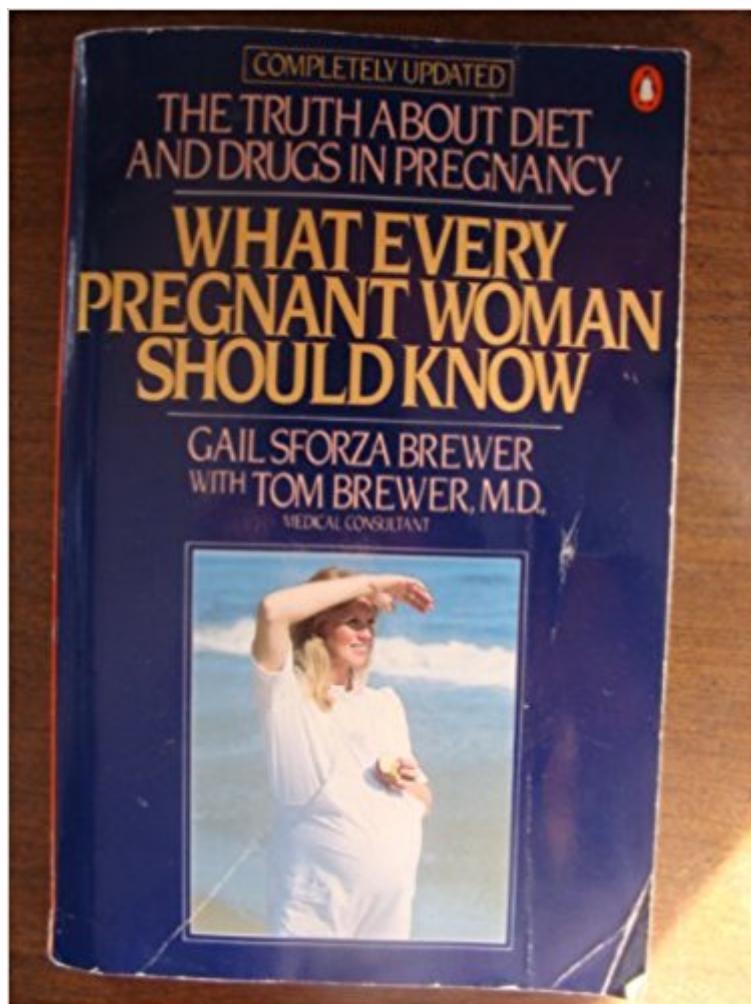


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# What Every Pregnant Woman Should Know



## Synopsis

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## Book Information

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## Customer Reviews

What Every Pregnant Woman Should Know

Let's take pregnancy back "old-school" folks. That's what this book is about. Common sense really, which most of us have lost touch with when it comes to dieting (or not) in pregnancy. I bought this book because my daughter was born at 26 & 1/2 weeks in 2001. Fast forward 12 years later, the purchase of this book helped save my pregnancy. My son was delivered full-term and was as healthy as could be. This pregnancy I increased my protein and fiber significantly, as well as my water. I didn't limit my salt and walked when I started getting puffy to reduce water retention. (Some may say, "Walking to reduce water retention?" Yes.) Dr. Brewer was a leader in progressing the advancements in antenatal care, specializing in preventing pre-term deliveries. Don't hesitate to fork over the extra money for this "old" gem.

I followed this diet with all 7 of our children. It is important information every woman should know and follow in order to have healthy mom and baby. Great book!

This wonderful book was on my shelf when I was a childbirth educator and one I recommended often. I'm now purchasing a copy to give to our expectant daughter.

A must read for any pregnancy she goes over clearly what good nutrition is and how it is vital during pregnancy.I was one who read very much this was one of my fav's

I am the mother to 6 living children. With my 5th pregnancy I developed pre-eclampsia (toxemia) and it ended up with abruption of the placenta and a stillborn baby boy. Three years later I was pregnant again. I was always very involved in my pregnancies and read every 'natural childbirth' and 'healthy pregnancy' book that there was but this time, it was critical. I'm so glad that I found this book because it saved the life of my daughter. I had the original copyright 1977. In those days if you gained too much weight you were put on a diet. As I entered my 3rd trimester, my blood pressure started rising and my doctor started with the 'no salt' thing. Thankfully, I had Dr. Brewer to rely on! His work and research was so well founded that I was determined to follow his advice. I ignored my own doctor and salted my food as usual. I upped my protein intake and if I started swelling, heaven forbid that I go to bed and stay there so that I could continue to swell! I walked and within the hour, my bladder was full and the swelling was down. The recipes are really good. As a matter of fact, I kept the book in the kitchen so that I had them handy all the time. I made sure that I got plenty of protein whatever the form. Dr. Brewer's phone number was even in the back of the book and at one point when I got really paranoid, I called him. HE answered the phone and was reassuring and gave me the added support that I needed. But the book is really all you need. Follow the advice and you will do exceedingly better than if you follow the standard OB's 'trained directions'. And by the way, I had a healthy baby girl with no complications thanks to Dr. Brewer.

The title of this book says it all. Every.Pregnant.Woman.Should.Read.This.Book. I found the beginning a little dated, because I did not think that obstetricians still emphasized weight gain (or lack thereof) nowadays to the degree that it was going on when this book was written in the 70's. However, I have found through discussion with pregnant friends, that this depends on your OB. So, I urge all pregnant women to educate themselves on the importance of good nutrition, NOT the number on the scale, when growing healthy babies. This knowledge is severely lacking in our culture. Modern science is keenly aware of the effect that nutrition has on the gestation of healthy farm animals, and traditional peoples reserve special power-packed foods for expectant parents, but pregnant women in the U.S. receive next to nothing in the way of nutritional information from their doctors or anyone else. Why is this? Perhaps because there is not enough money to be made in promoting proper nutrition (and saving babies' lives!)...In addition, it is important to recognize that

the symptoms of pre-eclampsia and other complications of pregnancy are just that - symptoms. Weight gain, water retention and high blood pressure do not cause pre-eclampsia. Therefore, controlling them with drugs will not suppress the actual problem. Only proper nutrition can prevent or reverse these complications, as Dr. Brewer has done with amazing success. This is a very important book, and I recommend anyone who is pregnant or thinking of getting pregnant to read it. If you want more information on preventing complications and birth defects, as well as all aspects of bringing up healthy, happy children, I also suggest the book - *Healing Our Children: Because Your New Baby Matters! Sacred Wisdom for Preconception, Pregnancy, Birth and Parenting (ages 0-6)* by Ramiel Nagel.

I can't say enough good things about this book. The menus alone make the book worth the purchase price!!! If you can find it, buy it. The author knows what a pregnant woman needs to eat, and why, and what proper nutrition can prevent - eclampsia, pre-eclampsia, toxemia, underweight babies, poor breast milk production etc. This is a fabulous book. I read it first when my sister was pregnant in 1991. I've kept a copy ever since and given copies to several pregnant friends and relatives. Bravo!!!

When I was pregnant with my first child (25 years ago!) I read a gazillion books about all aspects of pregnancy, childbirth, and nursing. This book would be at the top of the list. The information about diet and nutrition for pregnant women (particularly in the prevention of toxemia) was easy to understand and backed by solid research/clinical observations. Assuming this edition is similar to the one I read, it also included a thorough list of the nutritional content of common foods. Highly recommended!

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