



Before Your Pregnancy: A 90-Day Guide for Couples on How to Prepare for a Healthy Conception

By Amy Ogle, Lisa Mazzullo

Random House USA Inc. Paperback. Book Condition: new. BRAND NEW, Before Your Pregnancy: A 90-Day Guide for Couples on How to Prepare for a Healthy Conception, Amy Ogle, Lisa Mazzullo, "Before Your Pregnancy " is a breakthrough book for prospective parents--a completely detailed resource that prepares mothers and fathers-to-be to conceive the healthiest baby possible, to make pregnancy and delivery easier, and to foster the mental and physical well-being of their infant child. Created by two experienced health-care professionals, this unique handbook not only discusses virtually every aspect of preconception that affects a healthy baby, it tells you how to handle each one. The authors spell out what each parent needs to do, starting at least ninety days before conception (the minimum time needed for sperm to mature). The hundreds of topics covered--many for the first time in any book--include - Men's Health: Building healthy sperm before conception (nutrition, fitness, and medical influences)- Women's Health: Gynecologic well-being, preexisting medical conditions, genetic legacy, boosting fertility, becoming a mother at an older age - Becoming an Informed Patient: Choosing a doctor, what a complete preconception exam includes, important questions and how to ask them, insurance coverage- Nutrition: Improving the health of future generations,...

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