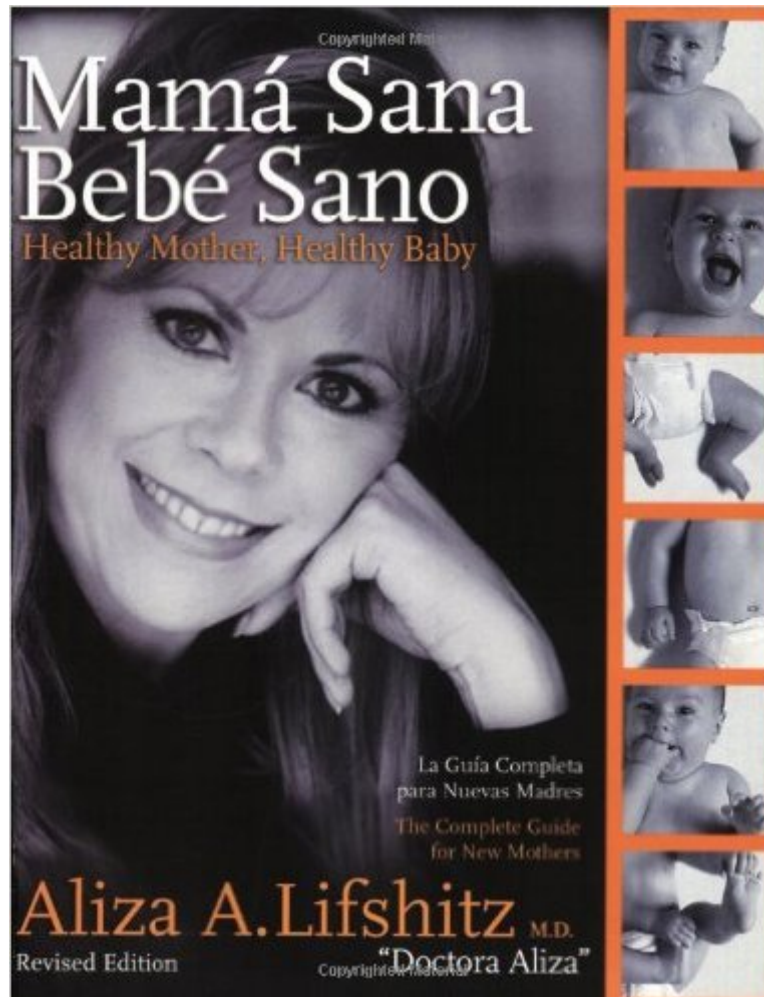


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Mama Sana, Bebe Sano: Healthy Mother, Healthy Baby (Spanish Edition)



Synopsis

From one of the most well respected names in Medicine, comes the most important bilingual guide for mothers-to-be, helping to ensure the success of not only a healthy pregnancy, but a healthy newborn as well. This essential and culturally sensitive resource includes vital information such as: Preparing for pregnancy and how to find the right doctor Weight, diet and exercise: staying healthy during those nine months How your body changes, month by month The baby's birth: delivery, post-partum discomforts, and how to take care of your newborn child An essential list of services that assist the expectant mother

Escrita por una de las figuras más respetadas en el mundo médico, Mamá Sana, Bebé Sano es la guía bilingüe más informativa para futuras madres que asegura no solo un embarazo saludable, sino también un bebé lleno de vitalidad. Esta guía esencial y culturalmente adaptada a Latinas, contiene información vital sobre: La preparación al embarazo, y cómo elegir al médico adecuado El peso, la dieta y el ejercicio: cómo mantenerse saludable durante esos nueve meses Mes por mes, cómo va cambiando su cuerpo El nacimiento: parto, molestias del post-parto y cómo cuidar del recién nacido

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