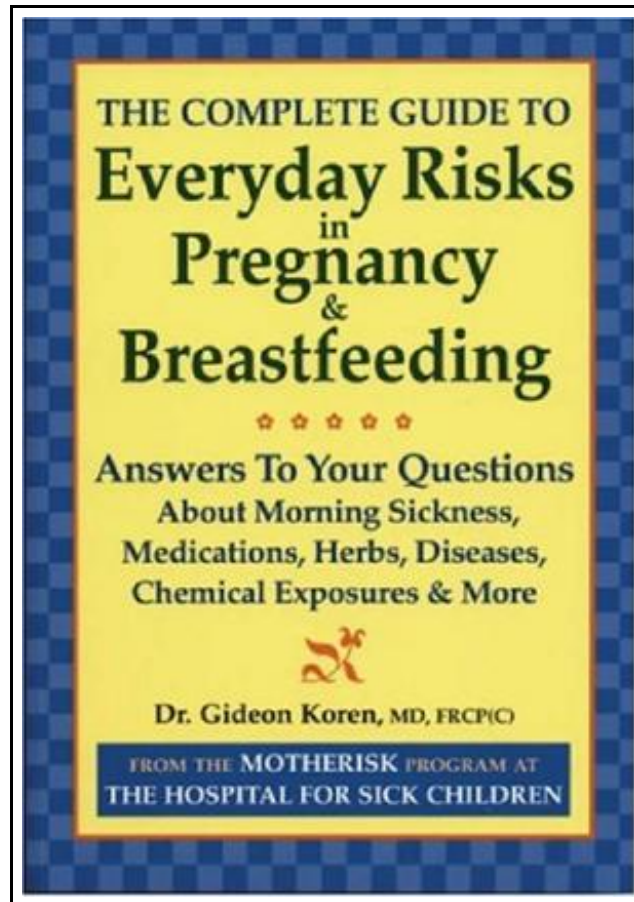


# The Complete Guide to Everyday Risks in Pregnancy and Breastfeeding



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*(Tomas Witting)*

## THE COMPLETE GUIDE TO EVERYDAY RISKS IN PREGNANCY AND BREASTFEEDING



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Firefly Books Ltd. Paperback. Book Condition: new. BRAND NEW, The Complete Guide to Everyday Risks in Pregnancy and Breastfeeding, Gideon Koren, "This book is an indispensable guide to the risks of medications, environmental toxins, and herbal remedies taken during pregnancy and breastfeeding." Since the discovery of birth defects caused by thalidomide, expectant mothers have questioned the effects of medications and other substances during pregnancy and breastfeeding. This book offers authoritative descriptions of the risks involved during pregnancy and breast-feeding, from prescription drugs, diseases, chemicals, vitamins, herbs, foods, alcohol, cigarette smoke, recreational drugs, and other abuse substances. Some of the topics covered: Tests for determining risks before conception, during pregnancy and after birth Charts and scores of answers to Frequently Asked Questions Charts of safe/unsafe medications, chemicals, vitamins, herbs and foods Practical advice for treating illnesses, avoiding exposure to toxic chemicals, and eating safely. The Complete Guide to Everyday Risks in Pregnancy and Breastfeeding has information that counselors for Motherisk share two hundred times a day. Since 1985, the Motherisk program at The Hospital for Sick Children has provided counseling based on the most up-to-date evidence research on teratogens, substances or environmental factors that can cause birth defects. Motherisk is one of the biggest programs of its kind worldwide, counselling some 2,000 callers per week. This book will be an invaluable reference throughout a pregnancy and while nursing.



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