



YOU Having a Baby The Owners Manual to a Happy and Healthy Pregnancy

By Michael F. Roizen

Simon & Schuster Audio. No binding. Book Condition: New. Audio CD. Dimensions: 5.8in. x 5.3in. x 0.8in. Can I get a cavity filled while pregnant Will avoiding spicy foods make my kid a picky eater Can I really increase my babys IQ while shes in utero Whether youre pregnant for the first time, are trying to start your family, or already have enough children to start your own basketball team, youre bound to have questions about what it means to be pregnant -- and how you can increase your odds of having a healthy and happy pregnancy. But no matter how much youve read, watched, studied, or talked about this amazing biological journey, you have never read anything like this. In this groundbreaking book, Dr. Michael Roizen and Dr. Mehmet Oz act as mythbusters for the hundreds of questions surrounding pregnancy in the same scientific, informative, and entertaining ways that have made them Americas Doctors. In these pages, youll learn everything you need to know about the miracles of fetal development, your health throughout the pregnancy, and providing the best possible environment for your growing child. Pregnancy is a complicated balancing act, but it doesnt have to be frightening. The doctors...



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