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Your complete guide to: A healthy pregnancy. Labour and childbirth The first weeks with your new baby. The Department of Health would like to thank all those involved in shaping the updated edition of The Pregnancy Book, including the mothers and fathers, medical and health professionals, and the

**The Pregnancy Book - St George's Hospital**

There's a growing trend towards embracing holistic health principles and ancient traditions during pregnancy and childbirth. For those interested in learning more, there is The Mama Natural Week-by-Week Guide to Pregnancy and Childbirth. Written by Genevieve Howland, whose popular blog Mama Natural receives over one million views a month, the book includes advice and insights from a certified nurse midwife, a registered nurse, a doula, and a lactation consultant.

**The 8 Best Pregnancy Books of 2020 - Verywell Family**

This manual is designed to guide physicians, nurses, and corpsmen and other health care providers in the safe and effective care of women in these settings. Covered topics are: Routine Gynecologic Care, Pap Smears, Birth Control Pills, Other Contraceptive Methods, Bleeding, Vaginal Discharge and Itching, Human Papilloma Virus, The Vulva, Problems with Menstruation, Abdominal and Pelvic Pain, Breast Problems, Sexual Assault and Normal Pregnancy.

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**The Pregnancy Guide | Continance Foundation of Australia**

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