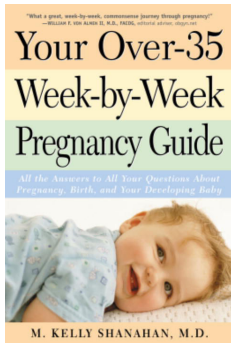


FITNESSNECTAR.COM Ebook and Manual Reference

YOUR OVER 35 WEEK BY WEEK PREGNANCY GUIDE EBOOKS 2019



Author: Kelly M. Shanahan, M.D.

Release Date: Expected @@expectedReleaseDate@@

What to Expect Week-by-Week: Preparing for the arrival of a new baby is both a joy and a challenge. This is true at any age, but as an expectant mother over the age of 35 you want real answers for your unique needs and concerns. With wisdom and compassion, Dr. Kelly Shanahan shares her own experiences as an obstetrician and over-35 mom. Her detailed and reassuring approach will help you understand the significant changes in your body and life as well as your baby's development. Inside, you will find:

- Explanations and answers for your special health concerns
- Advice about making career, relationship, and lifestyle adjustments
- Practical tips for safe weight gain, exercise, and travel
- Excerpts from Dr. Shanahan's journal of her over-35 pregnancy

From pregnancy planning and proper nutrition to labor and delivery, this informative book will fully prepare you for the birth of your healthy, happy baby. A must-read for expectant couples over the age of 35 and a valuable reference for pregnancy at any age.

—Lynn D. Montgomery, M.D., director, Maternal-Fetal Medicine, Rocky Mountain Perinatal Center, Missoula, Montana

"This book addresses virtually all of the questions commonly asked by expectant couples. Great job."

—E. Albert Reexed M.D., professor and chairman, Department of Obstetrics and Gynecology, Temple University

"A work of art and a work of love, with a lot of good science thrown in along the way."

—R. Daniel Braun, M.D., FACOG, clinical professor, Department of Obstetrics and Gynecology, Indiana University School of Medicine

"What a great, week-by-week, commonsense journey through pregnancy!"

—William F. von Almen II, M.D., FACOG, editorial adviser, obgyn.net

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