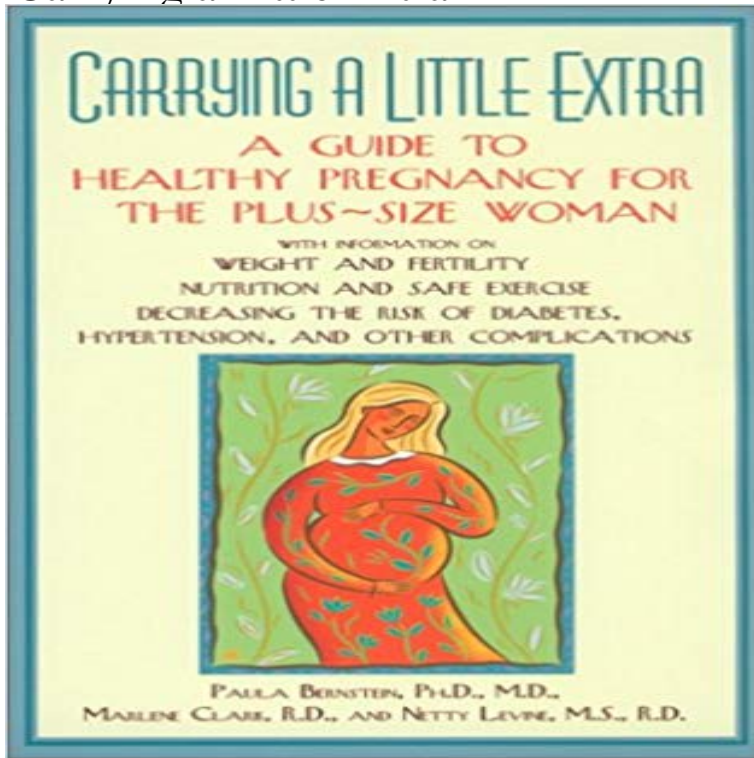


Carrying a Little Extra



The first health guide for plus-size moms-to-be. For the pregnant woman, or the woman trying to conceive, weight problems provide a special set of challenges. This is certainly not the time for strict dieting and strenuous exercise...yet sensible weight management is an essential part of mothers and baby's health. In this book women can find the facts they need on: How weight affects fertility Gaining enough weight for a healthy baby while avoiding the risk of excess pounds Gestational diabetes, pregnancy-induced hypertension, preeclampsia, and eclampsia Avoiding premature delivery, caesarean section, and other complications The dos and don'ts of exercise Nutrition: managing your weight while you wait Emotional issues Breastfeeding and postpartum health maintenance

What is be carrying a few pounds / a little bit etc. (phrase)? be carrying a few pounds / a little bit etc. (phrase) meaning, pronunciation and more by Macmillan Lovingly called my drag-bag, this verde purse-on-wheels has rolled with me for a long while. Yesterday, while prepping it for a speaking event near San Jose You see, a little extra weight may not cause any problems, but being 30 or more pounds over the recommended weight for your height The Paperback of the Carrying a Little Extra: A Guide to a Healthy Pregnancy for the Plus Size Woman with Information on Weight and Fertility, Carrying a Little Extra [Paula Bernstein, Marlene Clark, Netty Levine] on . *FREE* shipping on qualifying offers. An innovative guide to health for A little extra padding can help cushion brittle bones and decrease your risk of hip fracture. Also, to remain strong, bones need to carry weight so The first health guide for plus-size moms-to-be. For the pregnant woman, or the woman trying to conceive, weight problems provide a special set of challenges. You will definitely need more nutrients than a woman carrying one baby: not just more quality, but also more What you need to do is have a little extra. Letting go gives us freedom and freedom is the only condition for happiness. -Thich Nhat Hanh. Most people I know are carrying extra weight and I'm not Patients with type 2 diabetes who are overweight but not obese live longer than those who are underweight or normal-weight, according to a