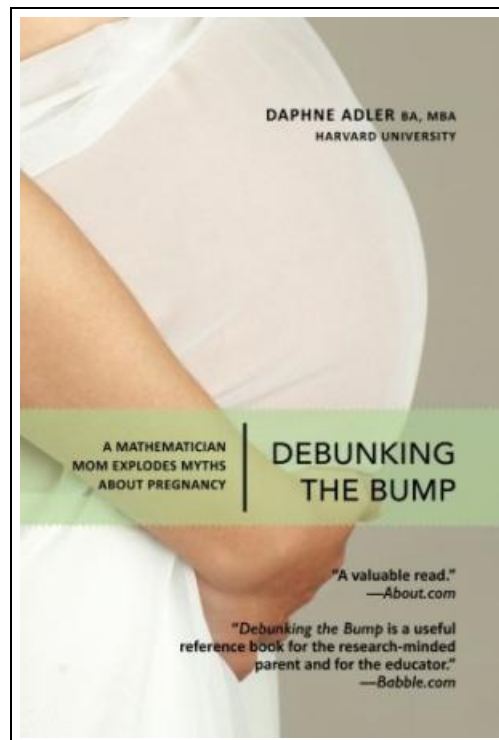


Debunking the Bump: A Mathematician Mom Explodes Myths about Pregnancy



Filesize: 8.05 MB

Reviews

It becomes an amazing pdf that I actually have ever go through. This is for those who statte that there had not been a worth reading through. You will like how the author create this pdf.
(Prof. Lonie Roob)

DEBUNKING THE BUMP: A MATHEMATICIAN MOM EXPLODES MYTHS ABOUT PREGNANCY



Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.When Daphne Adler, a mother and mathematician, was pregnant, a colleague scolded her for sprinkling parmesan cheese on her pasta. After dutifully dumping her dinner in the trash, she decided to investigate to find out whether the admonishment and similar warnings were based on fact. What she discovered surprised her-and will surprise you, too. After 3 years of research where she poured over thousands of studies, Adler has reframed the parameters of what should and shouldn't be allowable during pregnancy. Her refreshing and reassuring book finally provides us with a way to separate myth from reality. Fact or fallacy? Debunking the Bump sets the record straight with eye-opening revelations such as: 44 of obstetricians never mention the most important avoidable cause of birth defects. Less than half of all pregnant women are counseled about the most dangerous activity they could undertake while pregnant. In the long list of forbidden foods, one category is 10,000 times more risky than others.but its danger is not emphasized. Many pregnant women cut down their consumption of the single substance that's the most beneficial to their developing baby. Debunking the Bump is a pregnancy book for women with a thirst for facts. It covers not only all the hot pregnancy topics (Is it safe to eat sushi and drink coffee?) but also a variety of additional subjects Adler's exhaustive research uncovered that aren't even mentioned in most pregnancy books. Filled with practical, actionable recommendations and clear explanations of risks and trade-offs, this unique guide will help you make informed choices so you can enjoy a relaxed and happy pregnancy. Read more at.



[Read Debunking the Bump: A Mathematician Mom Explodes Myths about Pregnancy Online](#)



[Download PDF Debunking the Bump: A Mathematician Mom Explodes Myths about Pregnancy](#)

See Also



Let's Find Out!: Building Content Knowledge With Young Children

Stenhouse Publishers. Paperback. Book Condition: new. BRAND NEW, Let's Find Out!: Building Content Knowledge With Young Children, Sue Kempton, Ellin Oliver Keene, In her new book, Let's Find Out!, kindergarten teacher Susan Kempton talks about...

[Download ePub »](#)



Telling the Truth: A Book about Lying

Baker Publishing Group, United States, 2016. Paperback. Book Condition: New. 203 x 203 mm. Language: English . Brand New Book. Stories to Encourage Positive Behavior in Small Children The preschool and kindergarten years are some...

[Download ePub »](#)



Weebies Family Halloween Night English Language: English Language British Full Colour

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Children s Weebies Family Halloween Night Book 20 starts to teach Pre-School and...

[Download ePub »](#)



You Shouldn't Have to Say Goodbye: It's Hard Losing the Person You Love the Most

Sourcebooks, Inc. Paperback / softback. Book Condition: new. BRAND NEW, You Shouldn't Have to Say Goodbye: It's Hard Losing the Person You Love the Most, Patricia Hermes, Thirteen-year-old Sarah Morrow doesn't think much of the...

[Download ePub »](#)



Everything Ser The Everything Green Baby Book From Pregnancy to Babys First Year An Easy and Affordable Guide to Help Moms Care for Their Baby And for the Earth by Jenn Savedge 2009 Paperback

Book Condition: Brand New. Book Condition: Brand New.

[Download ePub »](#)