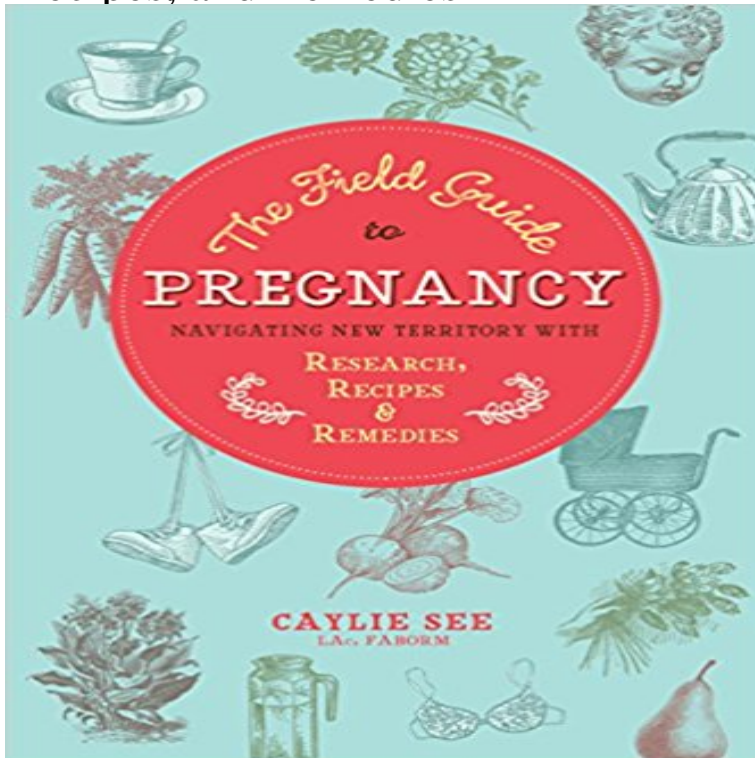


The Field Guide to Pregnancy: Navigating New Territory with Research, Recipes, and Remedies



This practical and straightforward guide to navigating the daunting, decision-filled months of pregnancy provides answers to many of the questions that expectant mothers grapple with, but often are afraid to ask. Balancing Eastern and Western medical perspectives, remedies, and recipes, Caylie See outlines the various symptoms that women might experience from month to month, in the typical order that they appear, and addresses the explanations for each symptom from both Eastern and Western viewpoints before going on to offer what medical research has to say about the symptom, mainstream solutions, and time-tested traditional Eastern remedies and recipes with a modern spin. She covers everything from nutrition, insomnia, exercise, travel, ultrasound, and childbirth classes to fatigue, acid reflux, leg cramps, and weight gain! Women who want to use natural food and plant-based remedies for happier, healthier, and more comfortable pregnancies will find a trustworthy, enjoyable, and comprehensive guide in this book. The Field Guide to Pregnancy helps readers outline and define specific issues and needs and normalizes the barrage of symptoms they experience without diminishing the importance or relevance of both the feelings and the symptoms themselves. It clarifies what to worry about and act on during pregnancy and teases out what is a medically legitimate concern versus what might be subjectively concerning for personal reasons, but not necessarily a cause for alarm. It suggests ways to find comfort in an inherently uncomfortable time and directs women toward the best information, resources, and foods to nourish their pregnancies. From the Trade Paperback edition.

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