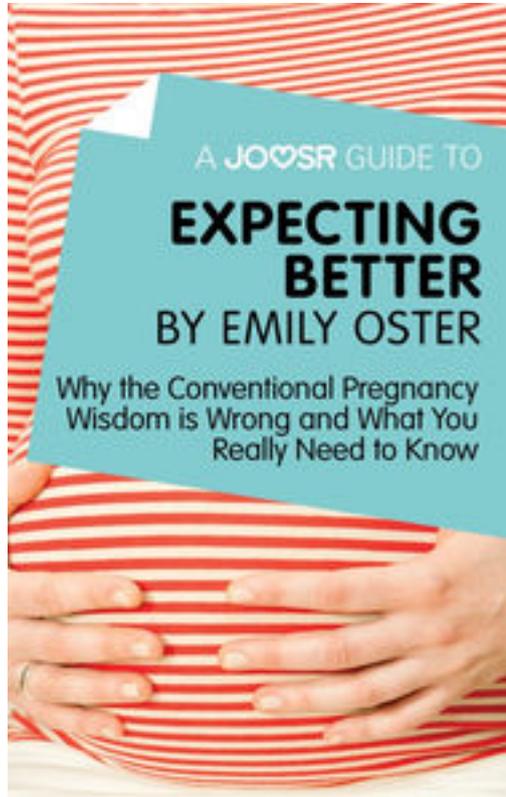


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Pregnancy now brings with it a litany of rules for mothers-to-be: stay away from caffeine; don't change the cat litter tray; avoid eating deli sandwiches. Moreover, the risks behind various medical procedures such as antenatal screenings and induction tests are often unclear. If you've been left feeling concerned or confused, it's time to find out what is really best for you and your baby

Fortunately you don't need to spend the next nine months in constant fear or worry. Expecting Better debunks many of the myths associated with pregnancy, providing you with the facts. If you're questioning how much coffee is too much coffee, or are unsure on whether or not to have an epidural, this book will offer you everything you need to make the right decision for the safety of you and your baby.

You will learn:

- That you don't necessarily have to cut out caffeine
- How to ensure induction tests and antenatal screenings are accurate
- The risks and benefits of pain relief during labor.

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