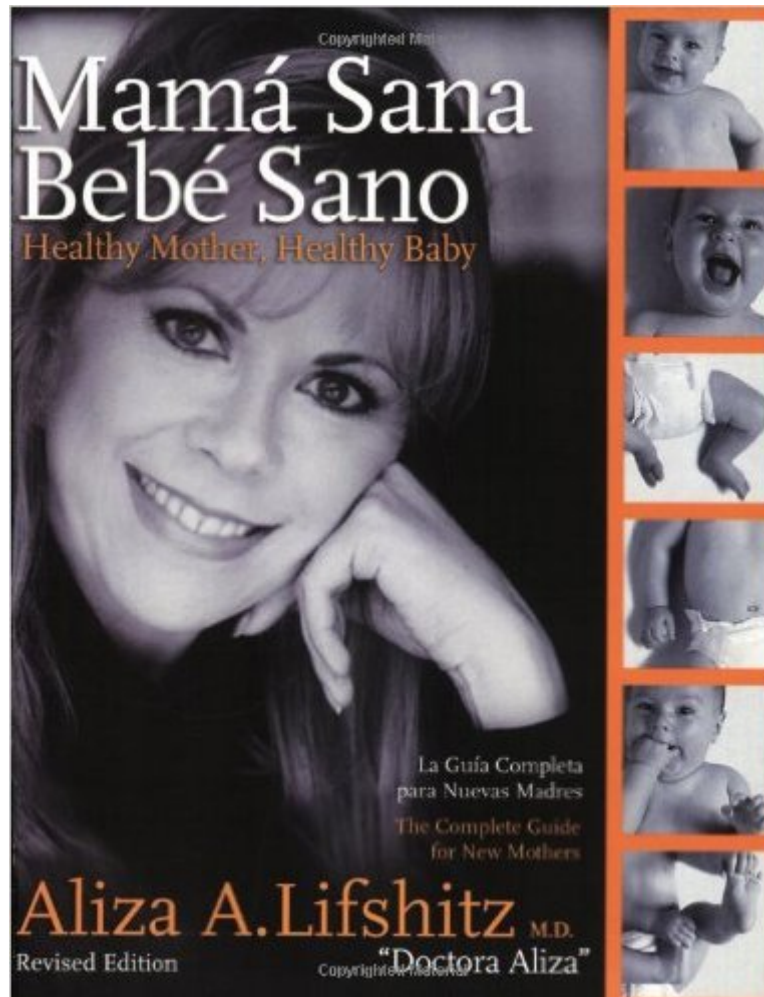


The book was found

Mama Sana, Bebe Sano: Healthy Mother, Healthy Baby (Spanish Edition)



Synopsis

From one of the most well respected names in Medicine, comes the most important bilingual guide for mothers-to-be, helping to ensure the success of not only a healthy pregnancy, but a healthy newborn as well. This essential and culturally sensitive resource includes vital information such as: Preparing for pregnancy and how to find the right doctor Weight, diet and exercise: staying healthy during those nine months How your body changes, month by month The baby's birth: delivery, post-partum discomforts, and how to take care of your newborn child An essential list of services that assist the expectant mother

Escrita por una de las figuras más respetadas en el mundo médico, Mamá Sana, Bebé Sano es la guía bilingüe más informativa para futuras madres que asegura no solo un embarazo saludable, sino también un bebé lleno de vitalidad. Esta guía esencial y culturalmente adaptada a Latinas, contiene información vital sobre: La preparación al embarazo, y cómo elegir al médico adecuado El peso, la dieta y el ejercicio: cómo mantenerse saludable durante esos nueve meses Mes por mes, cómo va cambiando su cuerpo El nacimiento: parto, molestias del post-parto y cómo cuidar del recién nacido

Book Information

Paperback: 464 pages

Publisher: Rayo; Bilingual edition (April 2002)

Language: Spanish

ISBN-10: 0060086157

ISBN-13: 978-0060086152

Product Dimensions: 9.2 x 7.4 x 1 inches

Shipping Weight: 1.3 pounds

Average Customer Review: 4.0 out of 5 stars See all reviews (1 customer review)

Best Sellers Rank: #4,002,207 in Books (See Top 100 in Books) #56 in Books > Libros en español > Medicina > Especialidades > Obstetricia y Ginecología - a #215 in Books > Libros en español > Padres y familia > Crianza > Bebes e Infantes #1522 in Books > Libros en español > Salud, mente y cuerpo > Salud Personal

Customer Reviews

perfect gift for the expecting mother..

[Download to continue reading...](#)

Mama Sana, Bebe Sano: Healthy Mother, Healthy Baby (Spanish Edition) Baby Names : Unusual

and Surprising baby names with their meanings (FREE BONUS): Baby Names : Baby names 2016 (Baby names, baby names book, baby names ... names and meanings, baby names book free,) Yo Momma Jokes (151+ Funny Yo Momma Jokes - Yo Mama Jokes): Yo Mama Jokes, Your Mama Jokes, Funny Jokes, Hilarious Jokes (Funny Yo Mama Jokes) Yo Mama Joke Book (Funny Yo Mama Jokes): Funny Jokes - Yo Mama Jokes - Yo Momma Jokes - Jokes - Jokes Book (Funny and Hilarious Joke Books) Detox - Vida Sana Sin Toxinas - 130 Recetas de Diversas Regiones del Mundo para Desintoxicarse y Mantenerse Saludable (Detox - Vida Sana Sin Toxinas - ... Regiones del Mundo) (Spanish Edition) Homemade Baby Food: 17 Wholesome Baby Food Recipes for Easy, Nutritious, and Delicious Homemade Baby Food (How to Make Baby Food) Pregnancy: Childbirth, Motherhood, and Nutrition - Everything You NEED to Know When Having A Baby (Breastfeeding, Newborn, Infant Care, Baby Names, Baby Food, First Time Mom, Baby's First Year) DIY Baby Food: The Fastest, Easiest And Most Healthy DIY Baby Food Recipes (Homemade Baby Food - All Natural - Organic Recipes - Healthy Infants) Best Wok Recipes from Mama Li's Kitchen: Healthy, Quick and Easy One Pot Meals for Busy Families (Mama Li's Kitchen Book 1) Sweet Potato Mama Cookbook: The Savory Gluten Free Healthy Ecofriendly Side of the World's Most Nutritious Food: The Cholesterol Free Sweet Potato (Sweet Potato Mama Cookbooks Book 1) Introducing Solids & Making Your Own Organic Baby Food: A Step-by-Step Guide to Weaning Baby off Breast & Starting Solids. Delicious, Easy-to-Make, & Healthy Homemade Baby Food Recipes Included. Confidencias de una mamá primeriza, ante todo MAMÁ•FERA (Spanish Edition) Greatest Bromas NUEVO Yo Mama: Mejor Yo Mama Jokes jamás se ha hecho (MASTER COLECCIÓN.): Más de 320 chistes que te harán reír (1,2,3 nº 4) (Spanish Edition) Healthy You, Healthy Baby: A Mother's Guide to Gestational Diabetes by the Doctor's Dietitian Baby Signs: How to Talk with Your Baby Before Your Baby Can Talk, Third Edition Yo Mama Jokes Bible: Funny & Hilarious Yo Mama Jokes! (Funny Jokes) JOKES : Best Jokes 2016 Bundle (Jokes, Jokes Free, Jokes for Kids, Jokes for Kids Free, Best Jokes, Yo Mama Jokes, Yo Mama Jokes Free for Kindle) Mama Lolo's Cookbook - Recipes For Living With Kidney Disease (Mama Lolo's Cookbooks) (Volume 3) Baby Names: Baby Names for Boys and Girls, Baby Name Meanings, and Name Origins! Essential Oils For Babies: The Ultimate Guide On How To Use Essential Oils For Your Baby To Maximize His Health (Aromatherapy, Baby Health, Natural Remedies, Baby Care)