

[PDF] Get Ready To Get Pregnant: Your Complete Prepregnancy Guide To Making A Smart And Healthy Baby

Michael C. Lu - pdf download free book

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Description:

Review "This is the book that patients and doctors have been waiting for. Dr. Lu has pulled together a huge amount of critical information to help families prepare for pregnancy." (Laura E. Riley, MD, Medical Director of Labor and Delivery, Massachusetts General Hospital and Author of You and Your Baby: Pregnancy)

"Dr. Lu's pregnancy preparedness program is essential for every couple thinking about getting pregnant." (Alan Fleischman, MD, Senior Vice President and Medical Director of the March of Dimes)

Foundation)

“This information is invaluable and a ‘must read’ for anyone planning to get pregnant in the 21st century.” (Alan H. DeCherney MD, Editor-in-Chief, Fertility and Sterility)

“Dr. Lu provides a smart, evidence-based approach to help would-be parents understand how the decisions they make before getting pregnant can have a lasting impact on their children’s lives.” (Linda Rosenstock, MD, MPH, Dean, UCLA School of Public Health)

About the Author

Dr. Michael C. Lu is an associate professor of obstetrics and gynecology and public health at UCLA. He is the director of the UCLA Preconception Care Clinic and has been voted one of the Best Doctors in America since 2005. He lives in Los Angeles with his wife and their two smart and healthy girls.

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