

<<孕期恶心与呕吐>>

图书基本信息

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### 内容概要

Nausea and vomiting is one of the earliest, commonest and most distressing symptoms associated with pregnancy. However, it is often dismissed as a normal consequence of early pregnancy without acknowledging the immense impact it can have on women and their families. In her latest book, Denise Tiran examines both traditional and complementary approaches to the care of women with this distressing condition. Different theories on the causes of nausea in pregnancy, as well as the current evidence supporting the use of acupuncture, reflexology, herbal remedies and hypnotherapy are discussed. No idea or therapy is discarded and all are properly researched and analysed, with no preconceived ideas or artificial categorisation applied. Finally, the author draws together the two themes of orthodoxy and alternative medicine to present an integrated and holistic approach to care in which complementary therapies can be integrated into conventional maternity care in order to enhance the care of pregnant women.

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