

choose the sex of your baby

Choose the Sex of Your Baby: Exploring Methods, Science, and Considerations

choose the sex of your baby is a topic that has fascinated couples and individuals for centuries. The desire to influence or select the gender of an unborn child can stem from cultural, personal, or medical reasons. Whether it's planning for family balance or avoiding sex-linked genetic disorders, many wonder if it's truly possible to sway nature in this intimate aspect of life. In this article, we'll explore the science behind baby gender determination, various methods people have tried or used, and the ethical and practical considerations involved in choosing the sex of your baby.

Understanding How Baby Gender Is Determined

Before diving into methods to choose the sex of your baby, it's important to understand the biological basics of how a baby's gender is determined. Human sex is typically determined by the combination of sex chromosomes inherited from the parents—XX for females and XY for males.

The Role of Chromosomes

- The mother's egg always carries an X chromosome.
- The father's sperm can carry either an X or a Y chromosome.
- Fertilization by an X-carrying sperm results in a female (XX).
- Fertilization by a Y-carrying sperm results in a male (XY).

This means that, biologically, the father's sperm ultimately determines the baby's sex. However, since sperm carrying X or Y chromosomes are usually produced in equal numbers, the odds of having a boy or a girl are roughly 50/50 under natural circumstances.

Natural Influences on Gender Ratio

Though the basic mechanics are simple, several factors can slightly influence the natural ratio of boys to girls born, such as:

- Timing of intercourse relative to ovulation
- pH levels in the reproductive tract
- Lifestyle and environmental factors

These subtle influences have paved the way for various theories and techniques aiming to sway the odds.

Methods People Use to Choose the Sex of Their Baby

Over the years, numerous methods have been proposed and tested to help couples choose the sex of their child. Some are rooted in scientific principles, while others are more anecdotal.

Timing Intercourse: The Shettles Method

One of the most well-known natural methods is the Shettles Method, developed in the 1960s by Dr. Landrum Shettles. It's based on the idea that Y chromosome (male) sperm are faster but less resilient, whereas X chromosome (female) sperm are slower but hardier.

According to Shettles:

- To conceive a boy, intercourse should happen as close to ovulation as possible, allowing the faster Y sperm to reach the egg first.
- To conceive a girl, intercourse should occur 2-4 days before ovulation, so only the hardier X sperm survive until the egg is released.

While popular, scientific studies on the Shettles Method have yielded mixed results. It may slightly influence gender chances but doesn't guarantee outcomes.

Diet and Lifestyle Adjustments

Some suggest that diet and overall health can influence the likelihood of having a boy or girl.

- Consuming more potassium and sodium (bananas, red meat, salty foods) is believed to favor male conception.
- A diet rich in calcium and magnesium (dairy, leafy greens, nuts) is thought to encourage female offspring.

Though these claims are widespread, the scientific evidence supporting diet-based gender selection remains limited. However, maintaining a balanced and healthy lifestyle is beneficial regardless and can improve fertility overall.

Preimplantation Genetic Diagnosis (PGD) and IVF

For couples seeking a more certain method, assisted reproductive technologies offer options.

- In vitro fertilization (IVF) combined with preimplantation genetic diagnosis (PGD) allows embryos to be tested for their sex before implantation.

- Only embryos of the desired sex are implanted into the uterus.

This approach is highly effective and widely used, particularly for avoiding sex-linked genetic diseases. However, it is expensive, invasive, and raises ethical questions about gender selection for non-medical reasons.

Sperm Sorting Techniques

Another medical method involves sorting sperm based on the chromosomes they carry.

- Techniques like MicroSort use flow cytometry to separate X and Y sperm.
- Couples then use the sorted sperm for artificial insemination or IVF.

While sperm sorting can increase the chances of conceiving a child of a specific sex, it's not 100% guaranteed and is not approved for non-medical gender selection in many countries.

Myths and Misconceptions About Choosing Baby Gender

With so much interest in this subject, various myths have emerged over time. It's important to approach such claims critically.

Old Wives' Tales

Some popular myths include:

- Holding a wedding ring on a string over the belly to predict gender.
- The shape or position of the pregnant belly indicating baby's sex.
- Cravings for sweet or salty foods predicting a girl or boy.

These fun traditions have no scientific basis, but they remain part of cultural folklore.

Gender Prediction Kits

There are at-home kits that claim to predict baby gender early in pregnancy based on urine samples or other indicators. While some may provide accurate results, these kits don't influence the gender, only predict it.

Ethical and Emotional Considerations

Choosing the sex of your baby is not just a scientific or medical decision—it involves ethical and emotional layers as well.

Ethical Debates

- Gender selection for non-medical reasons raises concerns about reinforcing gender biases and societal imbalances.
- Some countries regulate or restrict gender selection to prevent misuse.
- The welfare of the child, potential psychological effects, and societal impacts are important topics in this debate.

Emotional Impact on Parents and Family

The desire to choose a baby's sex can be strong, but it's essential for parents to keep realistic expectations. Fertility treatments and gender selection methods can be emotionally taxing and financially demanding. Acceptance and love for the child regardless of sex is a vital part of a healthy family dynamic.

Natural Tips to Improve Fertility and Pregnancy Outcomes

While choosing the sex of your baby may be uncertain, optimizing fertility and pregnancy health is within everyone's reach.

- Maintain a balanced diet rich in vitamins and minerals.
- Manage stress through relaxation techniques and adequate sleep.
- Avoid smoking, excessive alcohol, and harmful substances.
- Track ovulation cycles for better timing of intercourse.
- Consult healthcare providers for personalized advice and prenatal care.

These steps support a healthy pregnancy journey and may indirectly affect conception outcomes.

Every couple's journey is unique, and while science has advanced in understanding human reproduction, the mystery and miracle of new life remain deeply special. Whether or not you choose the sex of your baby, focusing on love, health, and readiness for parenthood is what truly matters most.

Frequently Asked Questions

Is it scientifically possible to choose the sex of your baby?

While some methods claim to influence the sex of a baby, the only scientifically proven way to choose a baby's sex is through medical procedures like preimplantation genetic diagnosis (PGD) combined with IVF.

What is preimplantation genetic diagnosis (PGD)?

PGD is a technique used alongside IVF to screen embryos for genetic conditions and can also be used to select embryos of a desired sex before implantation.

Are natural methods effective in choosing the sex of a baby?

Natural methods, such as timing intercourse or dietary changes, have not been scientifically proven to reliably influence the sex of a baby and should be approached with skepticism.

What ethical considerations are involved in choosing the sex of a baby?

Choosing a baby's sex raises ethical concerns including gender imbalance, societal preferences, and the potential for discrimination, which is why it is regulated or restricted in many countries.

Can diets influence the baby's sex?

Some theories suggest that maternal diet may influence the likelihood of having a boy or girl, but there is no strong scientific evidence to support this claim.

Is sperm sorting a reliable method to choose the baby's sex?

Sperm sorting involves separating X and Y chromosome-bearing sperm to increase the chance of conceiving a particular sex, but its accuracy is not 100% and it is often used in conjunction with assisted reproductive technologies.

Are there legal restrictions on choosing the sex of your baby?

Yes, many countries have laws restricting or prohibiting sex selection for non-medical reasons to prevent ethical issues and gender imbalances in society.

Additional Resources

Choose the Sex of Your Baby: An In-Depth Exploration of Methods, Ethics, and Science

choose the sex of your baby is a topic that has fascinated prospective parents and medical professionals alike for decades. The desire to influence the biological sex of an unborn child stems from cultural, personal, or family balancing preferences. With advances in reproductive technology and genetics, the possibility of selecting a baby's sex has moved from myth and folklore into the realm of medical practice, albeit with ongoing debates and ethical considerations. This article delves into the scientific methods available today, the pros and cons associated with each approach, and the broader implications of choosing the sex of your baby.

The Science Behind Sex Determination

Human sex determination is fundamentally rooted in genetics. A baby's sex is typically determined by the combination of sex chromosomes inherited from the parents: females carry two X chromosomes (XX), and males carry one X and one Y chromosome (XY). The sperm from the father, which can carry either an X or a Y chromosome, essentially "chooses" the baby's sex at conception. If an X-bearing sperm fertilizes the egg (which always carries an X chromosome), the embryo will be female; if a Y-bearing sperm fertilizes the egg, the embryo will be male.

This biological mechanism has inspired various methods aimed at influencing which sperm fertilizes the egg, thus enabling parents to choose the sex of their baby.

Natural Methods and Their Limitations

Historically, couples have attempted natural methods to sway the odds of conceiving a boy or girl. Some popular theories include timing intercourse relative to ovulation, dietary changes, and sexual positions.

- **Timing (Shettles Method):** The theory holds that Y chromosome-bearing sperm swim faster but live shorter than X chromosome-bearing sperm. Therefore, intercourse close to ovulation supposedly favors boys, while intercourse several days before ovulation favors girls.
- **Dietary Influences:** Some suggest that consuming foods rich in certain minerals or adjusting overall pH levels could impact the likelihood of conceiving a particular sex.
- **Sexual Positions:** Certain positions are believed to deposit sperm closer to the cervix, favoring the faster-swimming Y sperm.

However, scientific evidence supporting these techniques is sparse and inconsistent. Most studies conclude that natural methods provide no guaranteed way to choose the sex of your baby, and the success rates hover near the natural 50/50 chance.

Medical Techniques for Choosing the Sex of Your Baby

Advances in reproductive medicine have introduced more reliable methods for sex selection, primarily within the context of assisted reproductive technology (ART). These techniques vary in complexity, cost, and ethical considerations.

Preimplantation Genetic Testing (PGT)

Preimplantation Genetic Testing for Aneuploidy (PGT-A), formerly known as Preimplantation Genetic Diagnosis (PGD), is one of the most accurate methods for selecting the sex of an embryo. This process involves:

1. **In Vitro Fertilization (IVF):** Fertilization occurs outside the body, creating multiple embryos.
2. **Embryo Biopsy:** A few cells are carefully removed from each embryo.
3. **Genetic Analysis:** The cells are analyzed for chromosomal content, including sex chromosomes.
4. **Selective Embryo Transfer:** Only embryos of the desired sex are implanted into the uterus.

PGT boasts nearly 100% accuracy in sex determination. It is particularly used to prevent sex-linked genetic disorders but is also sought after for family balancing purposes.

Pros:

- High accuracy in sex selection
- Ability to screen for genetic diseases simultaneously

Cons:

- Expensive and invasive
- Requires IVF, which may not be suitable or accessible for all couples
- Ethical debates about non-medical use

Sperm Sorting Techniques

Sperm sorting is another medical approach where sperm carrying X or Y chromosomes are separated before insemination. Two notable methods are:

- **MicroSort:** Uses flow cytometry to sort sperm based on DNA content; X chromosome-bearing sperm contain slightly more DNA than Y-bearing sperm.
- **Ericsson Method:** Relies on differences in sperm motility and density through albumin gradients to separate sperm.

After sorting, the sperm sample enriched with the desired chromosome-bearing sperm is used for intrauterine insemination (IUI) or IVF.

****Advantages:****

- Less invasive than IVF with PGT
- Can be combined with artificial insemination

****Disadvantages:****

- Success rates vary; MicroSort claims around 90% accuracy for girls and 75% for boys
- Not universally available or legally permitted in all countries
- Potential viability reduction in sorted sperm

Ethical and Social Considerations

Choosing the sex of your baby raises significant ethical questions that vary across cultures and legal systems. While some argue that allowing parents to select sex promotes autonomy and family planning, others warn of potential societal consequences.

Gender Imbalance and Societal Impact

In regions where a strong cultural preference for one sex exists—typically male—sex selection can lead to skewed sex ratios, resulting in long-term demographic imbalances. Countries such as India and China have experienced such effects, prompting governments to restrict or ban non-medical sex selection.

Ethics of Non-Medical Sex Selection

Medical ethicists debate whether it is appropriate to use advanced reproductive technologies for non-medical reasons, such as personal preference. Critics argue that this could reinforce gender stereotypes or commodify children. Conversely, proponents highlight parental rights and the psychological benefits of family balancing.

Legal Landscape Surrounding Sex Selection

Regulations governing the choice of a baby's sex differ widely:

- ****Permissive Countries:**** Some nations, including the United States, permit sex selection for family balancing or personal preference, usually through PGT or sperm sorting.
- ****Restrictive Countries:**** Others, such as much of Europe and parts of Asia, limit sex selection to medical indications only, primarily to prevent sex-linked diseases.
- ****Banned Practices:**** A few jurisdictions have outright bans on sex selection technologies, reflecting ethical concerns and attempts to prevent gender discrimination.

Prospective parents should consult local laws and medical professionals before pursuing any sex selection method.

Future Directions and Emerging Technologies

Research continues into less invasive, more affordable, and ethically sound methods of influencing sex determination. Genetic editing tools like CRISPR have ignited discussions about their potential use in sex selection, though such applications remain highly controversial and are not currently practiced clinically.

Additionally, advances in non-invasive prenatal testing (NIPT) allow early determination of fetal sex during pregnancy but do not influence conception outcomes.

Balancing Science and Ethics

As reproductive technology evolves, the challenge lies in balancing scientific possibilities with ethical responsibility. Medical professionals emphasize counseling and informed consent to help parents understand the implications of sex selection.

- Ensure awareness of success rates and limitations of each method.
- Consider emotional, financial, and health impacts.
- Respect legal frameworks and cultural contexts.

Choosing the sex of your baby remains a complex topic that intertwines biology, technology, ethics, and societal values. While medical advancements have made sex selection feasible with high accuracy, the decision to pursue such options requires careful reflection on the broader implications.

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choose the sex of your baby: How to Choose the Sex of Your Baby Landrum B. Shettles, David M. Rorvik, 2011-03-23 More Than 1.5 Million Copies Sold! Now Revised and Updated to Include the Latest Scientific Information and Even More Success Stories For almost forty years, How to Choose the Sex of Your Baby has been the standard reference for couples trying to increase their chances of having the son or daughter they hope for. In this new edition of their classic book, Dr. Shettles and David Rorvik provide authoritative scientific studies and compelling anecdotal evidence demonstrating that the Shettles method continues to produce results unmatched by any other method. Dozens of testimonials confirm its ease of use and rate of success. How to Choose the Sex of Your Baby explains the simple, at-home, noninvasive Shettles method and presents detailed steps to take to conceive a child of a specific gender. The properly applied Shettles method gives couples a 75 percent or better chance of having a child of the desired sex. Some researchers have reported success rates of up to 90 percent!

choose the sex of your baby: *Choose The Sex Of Your Baby* ,

choose the sex of your baby: Guarantee the Sex of Your Baby Robin Elise Weiss,

2006-12-21 Science changes everything. Take the sperm. Sort it. Use the ones that are likely to produce to desired sex. In vitro fertilize an egg. Test the fertilized egg to confirm 100% that the sex is correct. Implant the egg. The results are perfect. This book tells how to do it.

choose the sex of your baby: How to Choose the Sex of Your Baby Landrum B. Shettles, Landrum Shettles, David M. Rorvik, 1984-02-16

choose the sex of your baby: **India's Missing Girls** United States. Congress. House. Committee on Foreign Affairs. Subcommittee on Africa, Global Health, Global Human Rights, and International Organizations, 2014

choose the sex of your baby: *Listen to Your Body* Niels H. Lauersen, 2000 Completely revised and updated with the latest medical information, Listen to Your Body is the classic guide to women's health. Using a sensitive Q&A format, trusted physician and well-known advocate for women's health Dr. Niels Lauersen demystifies the medical issues that deeply concern today's women, among them: How to recognize and treat PMS and menstrual cramps The most effective ways to overcome endometriosis What causes infertility in women and men, and explanations of The newest fertility treatments Choosing the contraceptive that fits your lifestyle Fibrocystic disease and other breast conditions How to cope with miscarriage, ectopic pregnancy, and abortion State-of-the-art treatment options for sexually transmitted diseases, including HIV How to avoid unnecessary surgery for fibroids and ovarian cysts Reliable, sympathetic, and comprehensive, Listen to Your Body encourages you to take charge of your gynecological health.

choose the sex of your baby: **From Boys to Men** Emily Senay, Rob Waters, 2004 The CBS medical correspondent offers a book on the health of boys and men designed for women, the unsung heroes who make most of every family's healthcare decisions. Charts.

choose the sex of your baby: **Sexual Paradox: Complementarity, Reproductive Conflict and Human Emergence** Christine Fielder, Chris King, 2006 Unlocks the keys to the paradox of how sexual selection fertilized the explosion of culture, and the resulting fallout, in sexual dominion of man over woman and nature. How sexuality generates the universe, through symmetry-broken complementarity. The implicit conflict of interests of sexual intrigue, in the prisoners' dilemma, and its ecstatic resolution in the cosmology of love. Sexual dominance as a koan for planetary crises. 560 pages containing 270 illustrations.

choose the sex of your baby: **Unnatural Selection** Mara Hvistendahl, 2011-06-07 Finalist for the Pulitzer Prize A Slate Best Book of 2011 A Discover Magazine Best Book of 2011 Lianyungang, a booming port city, has China's most extreme gender ratio for children under four: 163 boys for every 100 girls. These numbers don't seem terribly grim, but in ten years, the skewed sex ratio will pose a colossal challenge. By the time those children reach adulthood, their generation will have twenty-four million more men than women. The prognosis for China's neighbors is no less bleak: Asia now has 163 million females missing from its population. Gender imbalance reaches far beyond Asia, affecting Georgia, Eastern Europe, and cities in the U.S. where there are significant immigrant populations. The world, therefore, is becoming increasingly male, and this mismatch is likely to create profound social upheaval. Historically, eras in which there have been an excess of men have produced periods of violent conflict and instability. Mara Hvistendahl has written a stunning, impeccably-researched book that does not flinch from examining not only the consequences of the misbegotten policies of sex selection but Western complicity with them.

choose the sex of your baby: **Everywoman** Derek Llewellyn-Jones, 1998-09-24 The definitive voice in women's health and gynaecological study with over TWO MILLION COPIES sold worldwide. 'Everywoman deals sensitively and thoroughly with every physical and psychological aspect of internal female development' VOGUE Everywoman is the essential manual to women's health. This book will provide you with the knowledge to ask questions and make empowered decisions about your own wellbeing. A leading pioneer in gynaecology, Derek Llewellyn-Jones' balanced and clear-cut advice provides medical guidance and a comprehensive exploration of women's sexuality. Everywoman will educate you on: · Adolescence and sexual development · Birth control and family planning · Pregnancy and labour · Postpartum care Newly revised with up-to-date information,

Everywoman is a gynaecological guide for life for the twenty-first century women.

choose the sex of your baby: Choosing the Sex of Your Baby Paul Gouda, 2012-07-16 For the past fifteen years I have run into many couples, friends of the author - some of whom specifically wanted a girl, and a few others who specifically wanted a boy most of whom are now close friends of mine. Each and every one of them under the guidance of Dr. Paul Gouda, has succeeded in securing the desired gender of their baby. Last year, in a casual conversation, I mentioned that I wanted to breed my expensive German Sheppard, an elite line of breeding from which the local police has a duty dog. I commented that several friends wanted a pup, and they all wanted a male. I asked my friend Paul, the author, for his advice. He put the male and the female on a special supplementary diet he provided, and he performed the artificial insemination after performing a specific semen treatment. Two months later, a litter of 11 pups, 11 males. In fact, for the past 8 years it never ceased to amaze me how Dr. Gouda, who is a Great Dane lover, has bred his Danes with a bold online announcement months prior to the whelping of the puppies that they all will be males or they all will be females! And yes, he was never wrong. And, two years ago, coaching a Chinese couple, mutual friends, Dr. Gouda published a congratulatory ad in the local metropolitan newspaper congratulating them in advance on their yet-to-be conceived son. 11 months later, they named him Paul. This book is an invaluable tool for every couple. Dr. Timothy Bucha, Ph.D. Dr. Paul H. Ramses Gouda is a renowned research scientist and an analytical chemist. After first attending the medical school, he decided to specialize in chemical pharmaceutical research. He is the scientist behind the invention of three new, patent-pending, pharmaceutical drugs designed around the concept of chemical manipulation of hormonal compounds. His personal experience in mammal sex selection, both human conception and animal breeding, has an unquestionable record of 100% success rate. This book is one of a kind. A must for every library. Dr. R. R. Redmond, MD.

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choose the sex of your baby: Experimentation with Human Beings Jay Katz, Alexander Morgan Capron, Eleanor Swift Glass, 1972-07-24 In recent years, increasing concern has been voiced about

the nature and extent of human experimentation and its impact on the investigator, subject, science, and society. This casebook represents the first attempt to provide comprehensive materials for studying the human experimentation process. Through case studies from medicine, biology, psychology, sociology, and law—as well as evaluative materials from many other disciplines—Dr. Katz examines the problems raised by human experimentation from the vantage points of each of its major participants—investigator, subject, professions, and state. He analyzes what kinds of authority should be delegated to these participants in the formulation, administration, and review of the human experimentation process. Alternative proposals, from allowing investigators a completely free hand to imposing centralized governmental control, are examined from both theoretical and practical perspectives. The conceptual framework of Experimentation with Human Beings is designed to facilitate not only the analysis of such concepts as harm, benefit, and informed consent, but also the exploration of the problems raised by man's quest for knowledge and mastery, his willingness to risk human life, and his readiness to delegate authority to professionals and rely on their judgment.

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definitions of the names that you're considering. But, it also teaches you how to pick a really great name for your little bundle of joy... So, if you just want definitions, this book's got those. If you just don't know what name you want, or if you're scared of choosing the wrong name, this book can help. thefamilylog.com

choose the sex of your baby: Origins Annie Murphy Paul, 2010-09-28 What makes us the way we are? Some say it's the genes we inherit at conception. Others are sure it's the environment we experience in childhood. But could it be that many of our individual characteristics—our health, our intelligence, our temperaments—are influenced by the conditions we encountered before birth? That's the claim of an exciting and provocative field known as fetal origins. Over the past twenty years, scientists have been developing a radically new understanding of our very earliest experiences and how they exert lasting effects on us from infancy well into adulthood. Their research offers a bold new view of pregnancy as a crucial staging ground for our health, ability, and well-being throughout life. Author and journalist Annie Murphy Paul ventures into the laboratories of fetal researchers, interviews experts from around the world, and delves into the rich history of ideas about how we're shaped before birth. She discovers dramatic stories: how individuals gestated during the Nazi siege of Holland in World War II are still feeling its consequences decades later; how pregnant women who experienced the 9/11 attacks passed their trauma on to their offspring in the womb; how a lab accident led to the discovery of a common household chemical that can harm the developing fetus; how the study of a century-old flu pandemic reveals the high personal and societal costs of poor prenatal experience. *Origins* also brings to light astonishing scientific findings: how a single exposure to an environmental toxin may produce damage that is passed on to multiple generations; how conditions as varied as diabetes, heart disease, and mental illness may get their start in utero; why the womb is medicine's latest target for the promotion of lifelong health, from preventing cancer to reducing obesity. The fetus is not an inert being, but an active and dynamic creature, responding and adapting as it readies itself for life in the particular world it will enter. The pregnant woman is not merely a source of potential harm to her fetus, as she is so often reminded, but a source of influence on her future child that is far more powerful and positive than we ever knew. And pregnancy is not a nine-month wait for the big event of birth, but a momentous period unto itself, a cradle of individual strength and wellness and a crucible of public health and social equality. With the intimacy of a personal memoir and the sweep of a scientific revolution, *Origins* presents a stunning new vision of our beginnings that will change the way you think about yourself, your children, and human nature itself.

choose the sex of your baby: The Mama's Boy Myth Kate Stone Lombardi, 2012-03-15 A New York Times contributor offers a radical reexamination of a hot-button issue of the mother and son relationship and advocates the end of the mama's boy taboo. New York Times contributor Kate Stone Lombardi unveils the surprisingly close relationship between mothers and sons. Mother after mother confessed to Lombardi that her husband, brothers, and even female friends and family criticize the fact that she is too close to her sons. Many of these women are often startled by the strong connection they feel with their sons; but rarely do they talk about it because society tells them to push their little boys away and not baby them with too much cuddling and comforting. It is as if there were an existing playbook-based on gender preconceptions dating back to Freud, Oedipus, and beyond—that prescribes the way mothers and their sons should interact. Lombardi's much-needed narrative is the first and only book to share truly revealing interviews with mothers who have close relationships with their sons, as well as interviews with these women's sons and husbands. Lombardi persuasively argues that the rise of the new male—one who is more emotionally intelligent and more sensitive without being less manly—is directly attributable to women who are rejecting the mama's boy taboo. Highlighting new scientific studies, *The Mama's Boy Myth* begins a fresh story—one that will be welcomed by mothers, fathers, and sons alike.

choose the sex of your baby: What to Expect When You're Expecting 6th Edition Heidi Murkoff, 2024-05-09 FULLY REVISED AND UPDATED 6TH EDITION OF THE WORLD'S BESTSELLING PREGNANCY GUIDE. 'My best friend during my pregnancy' Mariella Frostrup With

18.5 million copies in print, *What to Expect When You're Expecting* is read by 93 per cent of women who read a pregnancy book and was named one of the 'Most Influential Books of the Last 25 Years' by USA Today. This cover-to-cover new edition is filled with must-have information, advice, insight, and tips for a new generation of parents. With Heidi Murkoff's trademark warmth, empathy, and humour, *What to Expect When You're Expecting* answers every conceivable question expectant parents could have, including dozens of new ones based on the ever-changing pregnancy and birthing practices, and choices they face. Advice for partners is fully integrated throughout the book. All medical coverage is completely updated for the UK, including the latest on prenatal screening and the safety of medications during pregnancy, as well as a brand-new section on postpartum birth control. Current lifestyle trends are incorporated, too: juice bars, raw diets, e-cigarettes, push presents, baby bump posting, the lowdown on omega-3 fatty acids, grass-fed and organic, health food fads, and GMOs. Plus expanded coverage of IVF pregnancy, multiple pregnancies, breastfeeding while pregnant, water and home births, and caesarean trends (including VBACs and 'gentle caesareans'). The best pregnancy guide just got even better.

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