

*"A revelation for curious mothers-to-be whose doctors fail to lay out the pros and cons of that morning latte, let alone discuss real science."
—THE NEW YORK TIMES*

Why the Conventional Pregnancy Wisdom Is Wrong—and What You Really Need to Know

EXPECTING BETTER

UPDATED for 2019

Emily Oster

Author of CRIBSHEET

*Drinking safely
during pregnancy*

*Why gaining
too much
weight might
be safer
than gaining
too little*

*Why sushi
and cheese
aren't so
bad—but
gardening
could be*

*Why bed rest
is a terrible idea*



Emily Oster

Expecting Better: Why the Conventional Pregnancy Wisdom Is Wrong--and What You Really Need to Know



[continue reading](#)

Newly Revised for 2019 What to Expect IF YOU ARE Expecting meets Freakonomics: an award-winning economist disproves regular recommendations about pregnancy to empower women while they're expecting. From the writer of Cribsheet, a data-driven decision making guideline to the early years of parenting Being pregnant—and the occasional glass of wine. Guidelines for prenatal screening are similarly unexplained. Pregnant women are told in order to avoid cold cuts, sushi, alcohol, and espresso without ever being told why they are forbidden. can reduce in any other case intelligent women to, well, babies. found, meaningful experiences of adulthood— Debunking myths and explaining everything from the real effects of caffeine to the surprising risks of gardening, Expecting Bettering is the book for each pregnant woman who wants to enjoy a healthful and relaxed pregnancy— When award-earning economist Emily Oster was a mom-to-end up being herself, she evaluated the data behind the accepted guidelines of pregnancy, and found that most are often misguided plus some are simply flat-out wrong. Moms-to-end up being desperately want a source that empowers them to make their own right options. unquestionably one of the most pro



[continue reading](#)

My #1 go-to pregnancy book! Does not treat you prefer an idiot. It's a pity this reserve got caught up in a kerfluffle about alcohol, when that's about 1% of the book's actual content material (I've placed *exactly* what the writer says about it at the bottom of the review for all people negative reviewers who couldn't be bothered reading the actual book!). This book was hands down the most readily useful pregnancy book I read, not because it tells you what to do, but because it calmly presents the info on every major decision you'll need to make during pregnancy, and then encourages you to form your *own* opinions predicated on it, instead of treating you prefer an idiot who can't be trusted to comprehend anything apart from black-and-white 'rules'. As the writer says: "I teach my learners that making great decisions requires a couple of things. First, the right data. Second, the best way to weigh the plusses and minuses of the decision *to you individually*." 3 cups? I love data (I'm an epidemiologist! Take something similar to amniocentesis. Is there anything safe you can do to bring about labor if you are overdue? Suggested read! She'd give me the data I required. or 2 cups? This is not what it was like *at all". Every pregnant woman knows this feeling. This book has the missing data that thinking parents need to help them make a lot of those decisions, including:- What *really* happens to your probability of conception after 35?- What's the data that having a sit down elsewhere will harm your child? She'd then sit back, and my husband and I would discuss it and we'd decide that worked for all of us.. When I looked at the info, I found no credible proof that low degrees of drinking (a typical glass of wine or so a day time) have any impact on your baby's cognitive development" (The author after that goes on to examine several studies in more detail, including an analysis of whether those research correctly separated causation from correlation). She actually is not really saying, yeah--go drink a wine (like many naysayers accuse her to do). It's not pushy or biased at all, it simply allows the reader to start to see the science behind "no deli meats while knocked up. How do you think about the omega 3 vs mercury risk for seafood?- What % of women are still experiencing morning sickness each week? That is honestly the only book that has provided me peace of mind during my pregnancies.- What should you understand before you decide to get antenatal testing for downs syndrome? Will amniocentesis genuinely have a 1 in 200 risk of miscarriage? She reveals the real statistics (while citing all of the research so you can appear it up yourself if you would like) about miscarriage, foods in order to avoid or consume, morning sickness and treatments, etc. (We finished up having the non-invasive test, while getting our results the doctor told us 'you appear really well informed upon this!'. Thanks a lot Emily :-)- Is normally emptying the cat litter box as harmful as gardening?. And what % of pre-term babies at each week will endure? I am so thankful I did.- Is there anything that will help you correctly guess the gender? Binge drinking in the initial trimester could cause physical deformities and in later on trimesters, cognitive problems. The author delivers the content (that could be quite dried out and boring) in a delightful way which makes me not have the ability to put the book down.- What is your potential for a pre-term birth, week by week?- What exactly are the real risks (and benefits! While I didn't follow all the recommendations she produced (or implied), I felt much calmer understanding that consuming sushi wasn't going to destroy my baby and that taking a sip of my husband's wine isn't just the end of the world. Are there any studies than display symptoms the infant might come quickly? I thought my doctor would outline the plusses and minuses.- What exactly are the risks and great things about induction? Provide it to your friends.- How long will the average labor really take?- What, statistically, are the advantages and disadvantages of a c-section or an epidural? I go through it in three days and was sad it was over.)... In fact, I examine it and chose not to drink in any case (I was too morning hours ill to

want anything regarding alcohol! Women who record binge drinking during being pregnant will have children with serious cognitive defects. What I have already been able to read certainly warrants 5 superstars though! That is repeated over and over in other research.- What's the evidence on whether Kegels help?In case you are binge drinking, stop.However, this does not directly imply light or occasional drinking is usually a problem. How come there so much conflicting advice upon this?-----I did not read that as a licence to go drinking even though pregnant.-----Appendix: *Exactly* what this book says about alcohol during being pregnant:"There is no question that extremely heavy drinking during pregnancy is bad for your baby.- A good example of an evidence-based birth plan is included, but emphasis directed at choosing what functions for you. Just what I needed! I would highly recommend it to anxious pregnant people, as I believe it could help assuage many unnecessary fears, those thinking about/trying to have a baby, and anyone who wants an unpedantic summary of the relevant evidence-based research. Bottom Line: You CAN Eat Sushi (and also have a far more relaxed pregnancy) Oster's book saved me personally from following a bunch of unexplained, illogical rules during my first and second pregnancies. She advocates for moderation instead of restriction when coming up with behavioral decisions and has the data to back again it up. Are your morning hours sickness symptoms 'worse' compared to the average girl and how risky will be the drugs for this? I wish she would write another one about parenting! Each one of these 1 star evaluations are fricken nuts This book was amazing. It had been factual, it experienced a TON of national/international research studies to better assist you to (or whomever is pregnant) make the best decision about what to eat, drink, which meds are okay, labor, and delivery.We literally can not understand how this publication has 1 star evaluations.- Exactly how much airplane travel is definitely risky?Like, what?"Seriously, read this book. It just astound me.I've cross referenced Oster's sources and discovered them to, actually, be incredibly legitimate.In the unknown world of pregnancy, Oster attempts to assemble numbers/percentages/ numbers and studies to give the reader OPTIONS.- Same for alcohol, by trimester- What's the likelihood of miscarriage each week? I REALLY LIKE this book! (I came across this super reassuring)- What's the statistical probability of issues arising from consuming deli meats, eggs, fish, shellfish, soft cheeses, and sushi?Therefore, in conclusion, the data have to make your own important decisions on the way.. You don't like evidence based study?) of gaining more excess weight than the recommended amount? I read the information a trimester at a time and was relieved at every one of the things I felt like We didn't need to stress about This book gave me peace of mind throughout my pregnancy. I read the details a trimester at a time and was relieved at all the issues I experienced like I didn't need to stress about. (also reassuring)- For full term babies, what's the chance of the baby arriving each week, if it didn't come the other day? As a scientist, I came across her method of be clear, dependable and transparent. Better than what to expect This book provides scientific research on the risks of pregnancy and a more analytic view on a whole lot of topics. Of the numerous pregnancy books I've read, this was by far the best. Worth it I like this reserve because it's an easy go through and she gets right to the point. Very informative and helpful! LOVE the book, but frustrated by missing/misprinted pages We are really enjoying the reserve - love all of the data - but feel just like I'm missing a whole lot because of all the missing and misprinted pages. And I respected the writer for providing me the evidence, and not blindly repeating something others got said. She presents the data and lets the reader determine whichever approach is most beneficial for them. Also Sheryl Sandburg tackled her perspective (bias) in Lean In!- How do i understand the data on which drugs are safe during being pregnant? Is CVS more or less risky than amnio? If you are somebody who likes all

the facts before making decisions, this is the publication for you! If you get overwhelmed quickly and just want you to definitely make the decisions for you, this might not be your preferred book. However, it is empowering and gives you cases to speak to your doctor about. I discovered a lot. In one Australian study, women who binged in the next and third trimester had been 15 to 20% more likely to possess children with language delays than females who didn't drink. Real life information Great true to life information This book is empowering and seriously helpful. Purchase it. Do you really need to be induced for 'low amniotic fluid'? I highly recommend this book. How about cord-clamping, homebirth, doulas, types of fetal monitoring, episiotomy, and cord bloodstream storage? I would recommend this reserve to any pregnant female prone to anxiousness like I am. I like that Oster provides reader some credit and leeway to make up their own mind in what constitutes tolerable risk and good choices- she simply summarizes the very best available proof behind common 'do's' and 'don'ts' passed out to pregnant females at all times so that we can make our own informed decisions. She's advocating for ladies to have more agency in these options and her book will help you feel self-confident to do so. I experienced empowered after reading the book to create decisions about my own body and my babies health and protection for myself. It helped me counter the creeping feeling that I had been treated like a child, being told to do or not do stuff by doctors, family, friends, strangers etc. because I was pregnant but without anything to back up several statements. Here's to getting treated with respect if you are pregnant, nothing like an idiot. Day driven but lacking important discussions about diversity I read this book based on the recommendation of a friend who suggested reading it before I was pregnant myself. So naturally, when I did have a baby I thought this is one way pregnancy decision making works too. in fact correction, she did mentioned (once) that home births as generally among highly educated, rich white females.) and was *astonished* never to read actually one reference or debate about the racial and public economic disparities connected with pregnancy, birth and birth outcomes in america; I've read lots of pregnancy books right now, and this is among my favorites. There were definitely some interesting details but not all pregnancies, births or outcomes are created equal. Read this publication! And there's just a little humor to it aswell.



[continue reading](#)

download Expecting Better: Why the Conventional Pregnancy Wisdom Is Wrong--and What You Really Need to Know epub

download Expecting Better: Why the Conventional Pregnancy Wisdom Is Wrong--and What You Really Need to Know pdf

[download Pure, White, and Deadly: How Sugar Is Killing Us and What We Can Do to Stop It mobi](#)
[download Finding Your Element: How to Discover Your Talents and Passions and Transform Your Life e-book](#)