

"Empire mothers with researched data behind recommendations for what to do (and not do) during pregnancy ... authoritative and amusing."

— Publishers Weekly

DEBUNKING *the* BUMP

What the Data
Really Say About
Pregnancy's **165**
Biggest
Risks and Myths

Daphne Adler

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TRUTH
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LOOK
AND BUMP!



Daphne Adler

Debunking the Bump: A Mathematician Mom Explodes Myths About Pregnancy



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“In this important book, Adler, a mathematician, management consultant, and self-proclaimed “numbers junkie,” equips moms with researched data behind recommendations for how to proceed (and not do) during being pregnant. She writes in a tone that is both authoritative and assuring that of a mom rooting for all other mothers.” Publishers Weekly When Daphne Adler, a mom and mathematician, was pregnant, a colleague scolded her for sprinkling parmesan cheese on her pasta. After dutifully dumping her dinner in the trash, she made a decision to investigate to find out whether the admonishment and similar warnings were predicated on reality. What she discovered amazed her and can surprise you, too. Go through more at www.debunkingthebump.com. Filled with practical, actionable suggestions and obvious explanations of risks and trade-offs, this unique guide will help you make educated choices so you can like a relaxed and content pregnancy. In the longer set of forbidden foods, one category is usually 10,000 times more risky than others but its danger is not emphasized. Debunking the Bump units the record straight with eye-opening revelations such as for example: 44% of obstetricians never mention the most crucial avoidable cause of birth defects. Less than half of all women that are pregnant are counseled about the most harmful activity they could undertake while pregnant. Reality or fallacy? Many pregnant women cut down their intake of the single chemical that’s the most beneficial to their developing baby.com It addresses not only all of the hot pregnancy topics (Is it safe to eat sushi and drink espresso?) but also a number of additional subjects Adler’s exhaustive research uncovered that aren’t even mentioned generally in most pregnancy books. Her refreshing and reassuring book finally provides us with a way to distinct myth from actuality. After three years of research where she poured over thousands of studies, Adler offers reframed the parameters of what should and shouldn’t become allowable during pregnancy.debunkingthebump. Debunking the Bump is certainly a pregnancy reserve for females with a thirst for facts.



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Don't buy kindle edition. And many thanks for saving me from needing to avoid sushi for 40 weeks! First, I would not recommend the Kindle version. Essential read for all females who are, or are planning to become pregnant!... None of the graphs are legible, which I don't understand. Also, there are dozens of web pages of endnotes by the end of each chapter that you have to page through which is actually actually annoying (I wish they were all by the end of the publication). I literally read the most the book in a single sitting (admittedly I'm a fast reader, but I couldn't put it down). Second, I think there are better evidence-based books out there which are more enjoyable to read. I preferred Emily Oster's book "Expecting Better". Adler has put a very impressive amount of effort into carrying it out all pregnant women probably wish that they had the time to do -- research each and every possible risk to pregnancy to find out what the evidence shows when it comes to what is a really concern, and what isn't. I cannot await a similar publication to be created on infants! The Real Tale - A Breakthrough in Pregnancy Books Daphne Adler requires a thorough consider the food ladies should avoid during pregnancy. She reminds us of the fads, false alarms, movements and panic attacks the world provides blindly embraced, while laying out the research and wearing down the amounts in straightforward language to reveal the true stories. However the biggest plus of Debunking the Bump is usually that the information is normally unbiased and it places mothers-to-be at ease, along with everybody else who thinks about optimal wellbeing and enjoying life. We made unnecessary sacrifices during both of my pregnancies, 'rules' I followed based on they say you shouldn't eat this and that. First of all, who are 'they'? And just why are they producing blanket statements, like hand out your cat? Daphne Adler gets what pregnant women 're going through, trying to do EVERYTHING right because of their fetuses while feeling deprived and taken in multiple directions. Debunking the Bump cuts during that tension and frustration. An easy read and sometimes even funny, it offers the real dangers we have to know about, along with all the benefits which come from reassurance! Adler has done it!. Certainly recommended for mamas who want a panic-free pregnancy This is not the funnest read, but it's extremely informative. I could not recommend this reserve more highly, I just wish it had been around when I was pregnant! First of all, it's based on a fantastic amount of research. Adler had taken the time to analyze and write it. The writer offers researched EVERY pesticide, EVERY pathogen, EVERY environmental contaminant that could possibly cause damage, and then taken only the few topics which are actually important to include in the main section of the book. so when they don't, there was typically nothing at all anyone could did to prevent it. Secondly, despite its academic underpinnings, that it is a quick and highly entertaining read - the author is witty, and the written text is filled with amusing anecdotes. Overall, both of these problems make it not so fun or useful to read on a Kindle. Finally, I love the central theme, that is that pregnant women tend to worry an excessive amount of, when in fact "most pregnancies turn out fine; As a result, this book bears minimal resemblance to common pregnancy books, since it provides a top 5 set of behaviors that are those that are actually the most important." This is the first publication that had sufficient credibility to convince me never to be worried about common pregnancy myths (like eating sushi). Basically, rather than stressing about what they ought to and shouldn't do, pregnant women should be relaxing and taking pleasure in our pregnancies. This spells out the truth for you so you can make your own informed decisions on what to eat or what things to avoid while pregnant. Essential read for all women who are, or are preparing to become pregnant! I actually cannot give this book high enough compliment. Ms. "Debunking the Bump" covers more issues/fears than Oster's book, which can be helpful, but I find her grasp of the study to be less reassuring and I personally can't stand her writing design. It's difficult to grasp how much work such a task would need, but Ms.. With any situation where you'll be making medical decisions for yourself or another person, it helps to be educated so that you know you're making the right choices. There are so many opinions, studies and views on pregnancy (and after) that I was quite baffled. Then again you can find so many 5 star reviews on here therefore certainly it's a matter of flavor. Daphne uses her teaching to have a very methodical method of analyse

100s of studies done and presents the outcomes in ways which is easy to digest. I have already bought a copy for myself, a duplicate as a gift, and look forward to sharing it with friends who get pregnant in the future. and maybe buy Emily Oster's reserve instead. Many thanks Ms. This was my favorite during pregnancy book.. I love how she broke down the studies and recommendations and gave a risk score for every item discussed in line with the severity and probability of potential outcomes. A must read. Such an excellent book to start my pregnancy! It had been engaging, thoughtful, easy to read, and with tips you can USE! When you're pregnant EVERYONE has an opinion on EVERYTHING, also different from doctor to doctor. I'll certainly be recommending it to all my expectant friends. Highly recommend!! Definitely recommended for mamas who want a panic-free pregnancy. I could not advocate this book more I could not recommend this book more." She's done that, and I thank her for saving women that are pregnant everywhere from thousands of hours of function! It is clearly created, well researched and cited, and a straightforward and exciting read. So essentially she has done the effort of reading all of the papers for you personally. The book doesn't offer a particular theory but is certainly neutral and targets evidence, it enables the reader to understand about the risks related to particular pregnancy 'taboos' (Alcoholic beverages, driving, taking fish etc) and make an informed decision for themselves. I came across it very refreshing and helpful. I'm sure it's better than many pregnancy books out there, but I wouldn't recommend it to a pal!!! I read several pre, during, and post pregnancy books. Adler for your amazing function! I think I would have liked reading it even easily weren't pregnant. Like, love, love the way the fact is compiled. And cuts that long list of douts in two. I liked my pregnancy and felt less guilty after scanning this book and have recommended it to all my pregnant friends!! I wish more people would analyze data like Adler did to give a far more detailed response as . Highly recommend!. I wish more folks would analyze data like Adler did to give a far more detailed response as to "why" you should or should eat/participate in/whatever while pregnant. Highly recommend. Five Stars This book had all the answers I needed as a pregnant lady! Strongly suggested Five Stars Entertaining and noteworthy Excellent reference! We am still going through the appendices of this book, and We am so thankful that Ms. To my understanding, this is the first-time anyone has ever carried out a single, integrated analysis of the risks to pregnancy - not even any educational publication or government company has ever used on the monumental job of evaluating and quantifying every single potential risk to a fetus. Being in the medical field, I understand the worthiness of evidence and she has taken great pains to present the facts as they are and leave the decision up to the reader. Since beginning to try for a baby, I've picked up several different books in order to be more informed, and I believe that this one offers the most data minus the bias I came across in other books. So glad this is the first publication I read when I discovered of my pregnancy! It could be tough to dissect scientific studies and determine whether and the way the info applies to your unique situation, and this book does just that. As she claims in her publication: "The intent of this book has been to cast aside the frightening wives tales, turning rather to insights based on scientific inquiry and data. Many of us aren't likely to be finding out about research studies in journals (and may not even be able to do so since journals may require a subscription or professional org membership), and the information out on the web might not be reliable.



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