



If you are like most pregnant women who are getting morning sick, by now you are “sick of it!” You are not having that “fun” pregnancy you dreamed about. Add to that, it could be a week or more before you see your doctor. You are tired of the receptionist’s advise to “eat one more cracker!” Your productivity at home and work has gone downhill — and your scale seems to be going in the wrong direction. You are worried about you..and your baby. You are wondering what to do next...

STOP! Help is right here!

Managing Morning Sickness: a survival guide for pregnant women

This book covers it all — from theories to food remedies that really work.

With over 400 pages, there is help for the most refractory cases. Written by a perinatal dietitian in a major Boston hospital with years of experience caring for hundreds of women with hyperemesis gravidarum (pronounced: hyper-em-e-sis gra-vid-dar-um), this “must have” resource will be to obstetrics what “Dr. Spock” was to pediatrics. **Order several copies today** — one for you, one for your family and one for your doctors’ office!

Please send this flyer to friends planning pregnancies, leave at your favorite maternity clothing store, post at the grocery store. Guarantee you will be helping some other queasy mom-to-be!

If you want to send a book as a “get better” present, we can include a gift card with your specific message to the recipient. (Please provide details — including “send book to” and “from” information. Please provide your phone number and/or email in case we need to clarify) Books can be autographed if requested.

- ___ books “Morning Sickness Management” @ \$17 _____
- ___ videos “Morning Sickness: all day & all night” _____
- @ \$40 _____
- ___ audios “Morning Sickness” 35 min. @ \$6 _____
- ___ “Take Two Crackers and Call Me in the Morning!” _____
- a real life guide for surviving morning sickness” _____
- (a serious cartoon book) 72 pg. @ \$10 _____
- ___ “Take Two Crackers” in Spanish @ \$10 _____

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