

On-sale: April 21, 2005  
Price: \$20.00  
Trade Paperback Original

For information contact: Kathleen Schmidt  
Associate Director of Publicity  
[kathleen.schmidt@us.penguin.com](mailto:kathleen.schmidt@us.penguin.com) or 212-366-2212  
also, Robert Kempe  
[robert.kempe@us.penguin.com](mailto:robert.kempe@us.penguin.com) or 212-366-2833

**Finally, there's one book to guide parents through the worlds of complementary, alternative, and traditional medicine.**

# **The Whole Pregnancy Handbook**

An Obstetrician's Guide to Integrating Conventional and Alternative  
Medicine Before, During, and After Pregnancy

by Joel M. Evans, OB/GYN  
with Robin Aronson

---

**“At last! A grounded and highly readable scientific guide to pregnancy that combines the best of both worlds—conventional and alternative—to all pregnant women.”**

**—Christiane Northrup, MD,  
author of *Women's Bodies, Women's Wisdom* (Bantam, 1998)  
and *The Wisdom of Menopause* (Bantam, 2001)**

Five million women give birth or become pregnant in the U.S. each year, according to census figures. At the same time, visits to alternative healthcare providers have increased steadily. Cognizant of both these facts, and firmly believing that parents-to-be should be active participants and not mere observers of the complete pregnancy process, Dr. Joel Evans gives them **THE WHOLE PREGNANCY HANDBOOK** (Gotham Books; on-sale April 21, 2005), a singular resource providing information, support, and comfort before, during, and after pregnancy. With this book, parents-to-be will have the knowledge they need to make informed decisions as the stages of pregnancy unfold—choices that are right for them, their children, and their families.

—more—

A reflection of Dr. Evans' practice, **THE WHOLE PREGNANCY HANDBOOK** shows how an integrative approach to preconception, prenatal, and postpartum care brings together the very best of conventional medicine with the best of complementary and alternative medicine. By answering the questions many parents have, Dr. Evans helps them experience the joy, confront the fears, and meet the challenges that pregnancy can bring. Throughout the book are the voices of women describing their own experiences, as well as interviews with experts—complementary practitioners, midwives, doulas, and others—sharing important insights to build a better understanding of pregnancy and childbirth. By presenting them with a range of approaches, not only to their prenatal care but to their own unique pregnancy experiences, Dr. Evans guides readers to make this a special time of empowerment and self-discovery.

Arranged loosely chronologically, **THE WHOLE PREGNANCY HANDBOOK** lets readers find information on:

- How to improve your preconception health, when to seek infertility testing, the facts about fertility treatment options, and their likely costs
- Early symptoms, confirming, and dating your pregnancy
- Your OB/GYN, family practitioner, or nurse/midwife—how to choose and when to change
- Exercise and nutrition during pregnancy, with a fully-illustrated chapter on prenatal yoga with variations for all three trimesters of pregnancy and diet recommendations, including supplements and essential nutrients
- The complete facts on pre-natal testing: what each test is for, how and when they are done, whether or not you really need them, and what the results might mean
- Comparisons of childbirth classes and methods
- Pros and cons of home-birth
- What's done—and why—during assisted deliveries and c-sections
- Postpartum care—preparing what your baby will need, and assembling the care and support the new mother will need
  - Breastfeeding—the basics of latching, what can go wrong, and the possible solutions when it isn't working

A one-stop resource for parents to turn to at any point, before conception through postpartum, **THE WHOLE PREGNANCY HANDBOOK** puts politics, preaching, and value judgments aside to deliver the information they need. Whether you're thinking about getting pregnant, actively trying to conceive, currently pregnant, or have just given birth, there's something in **THE WHOLE PREGNANCY HANDBOOK** for you.

## praise for THE WHOLE PREGNANCY HANDBOOK

“THE WHOLE PREGNANCY HANDBOOK is one of the best prenatal guides available. It presents pregnancy as a fulfilling, natural life process instead of a medical problem. This is integrative healthcare at its best.”

—Larry Dossey, MD,  
author of *Healing Beyond the Body, Reinventing Medicine, and Healing Words*

“As a father of five I wish my wife and I had Joel Evans' book available to us when we were going through some difficult times. We learned the hard way, from experience, but readers of Evans' book can learn from his wisdom and the extensive information his book contains. I know from experience when you combine the readers' inspiration with the available information the results will exceed expectations.”

—Bernie Siegel, MD,  
author of *Help Me To Heal* and *365 Prescriptions For The Soul*

“I learned so much while skimming and skimming again through *The Whole Pregnancy Handbook* that I'll recommend it to pregnant women and health professionals as well.”

—Michel Odent, MD, author of *Birth Reborn* and *The Caesarean*

### ABOUT THE AUTHORS:

Joel M. Evans, M.D., is a board certified OB/GYN and the Founder and Director of the Center for Women's Health, an integrative holistic health center in Darien, Connecticut. He is a member of the teaching faculty of both the Albert Einstein College of Medicine and the College of Physicians and Surgeons of Columbia University. As a member of the senior faculty of the acclaimed Center for Mind-Body Medicine in Washington D.C., Dr. Evans teaches health professionals from around the world advanced skills in mind/body medicine and nutrition. He is a recognized leader in the holistic medicine movement, a Founding Diplomate of the American Board of Holistic Medicine and lectures extensively across the country as well as internationally. In addition to the Center in Darien, he maintains an office in New York City. Dr. Evans lives in Stamford, Connecticut with, his wife, Robin and their two sons.

For information about Dr. Evans' clinical and consulting practice, lecture and workshop schedule, or the latest information on pregnancy, log onto [www.wholepregnancy.com](http://www.wholepregnancy.com).

**Robin Aronson** is the former editor-in-chief of Parents.com, the website for *Parents* magazine. The mother of newborn twins, she lives in Philadelphia, Pennsylvania, with her family.

more praise for THE WHOLE PREGNANCY HANDBOOK

**"Finally, prospective parents will now have a comprehensive and informative pregnancy resource written by a respected physician who is a leader in combining the best of modern medicine with safe and effective holistic practices."**

**Irwin R. Merkatz, MD,**

Professor and Chairman of the Department of Obstetrics & Gynecology and Women's Health at the Albert Einstein College of Medicine and Montefiore Medical Center and fellow in the American College of Obstetricians and Gynecologists

**"This is by far the most comprehensive book available on becoming pregnant and carrying through to a healthy childbirth. Dr. Evans has left no topic uncovered, and his breadth and depth of knowledge is matched by only by his unique ability to integrate high-tech medicine and natural health approaches. Whether you are easily pregnant or struggling with fertility issues, this book will guide you gently and wisely through the whole process."**

**Martin L. Rossman, M.D.,**

Department of Medicine, University of California, San Francisco, author of *Preparing for Childbirth* and *Guided Imagery for Self-Healing*

**"Every OB/GYN and pregnant woman should use this book as their reference for all aspects of pregnancy. It is a comprehensive, well-researched, and easy to read book on everything one needs to know in order to have a healthy pregnancy. It is the ideal book for obstetricians to give to their pregnant patients as a reference guide... it is an amazing body of work!"**

**Judith Balk, MD MPH,**

Assistant Professor, University of Pittsburgh, Magee-Womens Hospital

**"A tour de force! Everything the pregnant woman needs to know to optimize her health and the health of her baby. I especially like the stories of real patient experiences. Dr. Evans's effective integration of conventional and natural medicine provides comprehensive, authoritative guidance."**

**Joe Pizzorno, ND,**

President Emeritus, Bastyr University; Co-Author, *Encyclopedia of Natural Medicine*

**"We have needed the book *The Whole Pregnancy Handbook* authored by Dr. Joel Evans for several years. The information surrounding how to optimize the outcome of pregnancy for the baby and mother has been exponentially growing the past decade. The problem has been making this information accessible and able to be easily. Dr. Evans who is both Board certified in obstetrics and gynecology as well as an expert in integrative medicine has captured the latest information on how to improve the outcome of pregnancy, and the delivery to the reader of this message in a manner that is readily applicable. On behalf of the many doctors and their patients that will value from this book I applaud Dr. Evan's efforts."**

**Jeffrey Bland, Ph.D.,**

Chairman, Institute for Functional Medicine

**"*The Whole Pregnancy Handbook* is a wonderful gift for women. Dr. Evans has created a goldmine of information, practical and comprehensive."**

**Leo Galland, MD,**

author of *Superimmunity for Kids*