Gurmukh, Guru to the Stars, is devoted to her work with pregnant couples. This book provides a blueprint for emotional, physical, and spiritual health for the nine months of pregnancy, delivery, and life with the baby. Every page offers supportive anecdotes, inspirational advice and information about motherhood. Suggested meditations and exercises answer the various needs of expectant and new mothers dealing with dramatic body changes. Gurmukh offers tools to explore, and if necessary, heal a reader's history and unconscious attitudes about pregnancy, birth, and parenting. Gurmukh's wise, gentle, and comforting voice infuses every page of this beautifully illustrated book, a perfect gift for every woman who is pregnant or planning to be.

Features:
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My Personal Review:
I bought this book after reading some very positive reviews on Amazon.com. Unfortunately there are grave misconceptions and mistakes in Gurmukh's book, which means I don't dare trust her advice. Some of the worst mistakes include:
Nourishment - Gurmukh claims there is more protein in broccoli than in meat (p 80). She suggests pregnant women should try a vegetarian or vegan diet. There is very little protein in broccoli (3.5%) whereas there is a lot in meat (15-20%). However there is plenty of protein in soy flour (37%), nuts (15-25%), beans, peas and tofu (8 - 10%). Gurmukh's claim is wrong, potentially harmful and unnecessary, since there are lots of great sources for vegetable protein, just not broccoli.

Exercise - Gurmukh says she once had a student who was a dancer on a fairly rigorous training schedule. She ended up having a C-section because her cervix would not dilate (p 151). Gurmukh thinks her abdominal muscles might have been so tight that she couldn't let go. I have studied the subject of pregnancy and exercise carefully and versions of this story are often used to scare women to take it easy during their pregnancy. Yes, there are exercising women who had to have a C-section. But this complication in childbirth is more common in women who exercise little or not at all! Abdominal muscles cannot get too tight to give birth, it is the cervix and uterus that are involved in the birth process. Exercising women who generally find it easier to relax than those who don't and recover faster after childbirth. Read James F. Clapp, Exercising through your pregnancy for well researched information.

Heavy Metal - Gurmukh says that heavy metal is bad for your baby p 88). This is a matter of opinion but my personal belief is that anything that makes mother feel good will make baby happy.

Men - Gurmukh thinks most men can't stand to see blood, are unsuitable as birth attendants and can only do one thing at a time. Now, let's not generalize... the men I know are intuitive, sensitive, brave and supportive. And I can only do one thing at a time!

Furthermore, Gurmukh says that religion doesn't matter but at the same time she recommends that everyone should try making an altar for the baby, celebrate the arrival of the child's soul and so on. If you like a lot of references to religion and God, this book may be right for you.

Anything good in the book? There is some wholesome advice against circumcision and planned C-sections and Gurmukh is in favour of family beds and attachment. But if these are subjects that interest you, you'll get better value for money if you buy a copy of Sears The Baby Book. The book is not as much about yoga as about how to expect, deliver and be a mother the Gurmukh way. There is a single yogic exercise at the end of each chapter, I would have preferred suggested exercise programs with routines to follow every day.

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