



Waiting for Bebé

Aye Mijas, you want to know how the fall season is a time full of birthday parties? Well I will tell you, try counting back nine months from November...si, si, yeah we know what you did on Valentine's day Mija. Ah don't blush now, maybe you weren't expecting that special surprise in your tummy, pero I will tell you who was...Lourdes Alcañiz. Who is she? Great question, she is the author of a new book entitled, "*Waiting for Bebé.*"

Waiting for Bebé, is THE primary bible for Latina pregnancy! This twelve chapter, 391 page book answers any and all questions for all you soon-to-be or current Mija mamas. The book is so detailed it literally covers everything from nutrition, foods to watch out for, what to quit, workplace safety, over-the-counter prescription drugs, diabetes and chronic illnesses, immunizations, hereditary diseases, x-rays and dental care, pets and toxoplasmosis, exercise, hot tubs and saunas, prenatal care, health insurance and pregnancy, medical coverage for your newborn, maternity leave and workplace discrimination, questions for insurance companies covering your pregnancy, depression, hypertension, obesity, herbs during pregnancy, and that is just summarizing the first 5 chapters

Waiting for Bebé goes through each and every trimester month-per-month, week-per-week. I don't even have kids nor pregnant and I am excited about it! I have family and close friends that have had questions and concerns during their wicked nine-months and I could never answer their questions. I simply say to them, "I run a magazine, not a hospital." Then they throw something at me right on target. When I received Lourdes' book in the mail I looked up "emotions" and found the answer!

This book is a must buy for anyone that is going to have a little Mijita or a Mijito or planning on making one someday. Mija Magazine will post helpful tips from *Waiting for Bebé* in future issues for a limited time. For more information on Lourdes Alcañiz, you can email her directly at Lourdes@waitngforbebe.com or visit her website at www.waitingforbebe.com.

Written by: [Roberta M. Rosa](#)