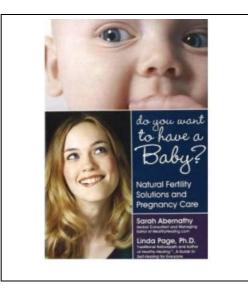
Do You Want to Have a Baby?: Natural Fertility Solutions and Pregnancy Care



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Reviews

I just started looking over this ebook. I could possibly comprehended everything out of this published e publication. You are going to like the way the author compose this publication. (Giles Vandervort DDS)

DO YOU WANT TO HAVE A BABY?: NATURAL FERTILITY SOLUTIONS AND PREGNANCY CARE



Healthy Healing Publications, US. Paperback. Book Condition: new. BRAND NEW, Do You Want to Have a Baby?: Natural Fertility Solutions and Pregnancy Care, Sarah Abernathy, Linda Page, Experience the journey of fertility, conception, pregnancy and birth, naturally! Millions of people struggle with fertility problems. Most can overcome them with simple lifestyle changes and natural therapies. Written by two experts in the field of Natural Health, "Do You Want to Have a Baby?" covers optimal nutrition for conception, the best fertility-enhancing supplements, and the documented success of bodywork therapies. The book also addresses the heartbreak of miscarriage and how to improve your chances if you are at risk. The book includes a step-by-step diet for nutritional demands during pregnancy with special suggestions for women expecting multiples. It provides detailed recommendations on herbs you can use safely during pregnancy and nursing, and what to avoid. An expanded section on the special problems of pregnancy reveals the best natural therapies to reduce fatigue, haemorrhoids, morning sickness, labour pain, stretch marks, swollen ankles and many other common complaints. The book also explains your options for labour and delivery, how to avoid unnecessary medical interventions, and even offers special recommendations for losing post-pregnancy weight. Look for the bonus section on natural baby care!.

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