



The Natural Pregnancy Book: How to Have a Happy, Healthy Pregnancy and Birth - All the Medical Facts Explained, Plus Sensible Eating and Exercise Plans and Gentle Supportive Therapies, from Homeopathy to Meditation

By Anne Charlish, Kim Davis

Anness Publishing. Paperback. Book Condition: new. BRAND NEW, The Natural Pregnancy Book: How to Have a Happy, Healthy Pregnancy and Birth - All the Medical Facts Explained, Plus Sensible Eating and Exercise Plans and Gentle Supportive Therapies, from Homeopathy to Meditation, Anne Charlish, Kim Davis, This is a guide to pregnancy, birth and the baby's first weeks. It provides and describes all the medical facts, routines and checklists as well as considering and suggesting natural holistic approaches. How to use a wide range of natural therapies, from acupuncture, meditation, herbalism, Alexander Technique and many more, during pregnancy and childbirth. It provides complete plans for healthy eating and exercise suited to each specific stage, and explores emotional and psychological as well as physical issues. It includes clear visual guides and exercise plans, and advice on how to use natural therapies, devise a birth plan, decide on pain relief and look after your new baby. This is the ideal guide for any parent-to-be who wants all the best traditional medical advice while also making maximum use of the fund of holistic wisdom currently available. Here is information on eating and exercising for a healthy pregnancy and for the best possible birth, with...

Reviews

Good eBook and helpful one. It really is written in straightforward words and phrases and never confusing. I am just effortlessly could possibly get a enjoyment of looking at a published book.

-- **Romaine Rippin**

The book is great and fantastic. it absolutely was written very properly and beneficial. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Lyda Davis II**

Other Books



My Best Bedtime Bible: With a Bedtime Prayer to Share

Lion Hudson Plc. Paperback. Book Condition: new. BRAND NEW, My Best Bedtime Bible: With a Bedtime Prayer to Share, Sophie Piper, Claudine Gevry, This heartwarming collection of ten Bible stories is ideal for reassuring and comforting toddlers at the end of the...



The Sunday Kindergarten Game Gift and Story: A Manual for Use in the Sunday, Schools and in the Home (Classic Reprint)

Forgotten Books, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Excerpt from The Sunday Kindergarten Game Gift and Story: A Manual for Use in the Sunday, Schools and in...



The Curse of the Translucent Monster! (in Color): Warning: Not a Kids Story!!

Createspace, United States, 2013. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.Have you been searching for a great, horrifying read? Something that will really scare the pants off you? Something so...



Everything Ser The Everything Green Baby Book From Pregnancy to Babys First Year An Easy and Affordable Guide to Help Moms Care for Their Baby And for the Earth by Jenn Savedge 2009 Paperback

Book Condition: Brand New. Book Condition: Brand New.



Runners World Guide to Running and Pregnancy How to Stay Fit Keep Safe and Have a Healthy Baby by Chris Lundgren 2003 Paperback Revised

Book Condition: Brand New. Book Condition: Brand New.



Preventing Childhood Eating Problems : A Practical, Positive Approach to Raising Kids Free of Food and Weight Conflicts

Book Condition: Brand New. Book Condition: Brand New.