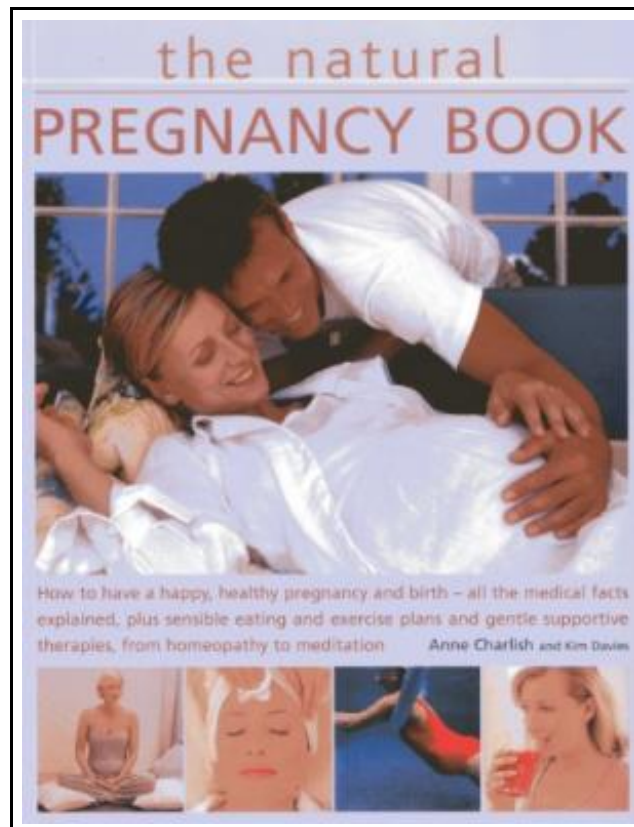


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Anness Publishing. Paperback. Book Condition: new. BRAND NEW, The Natural Pregnancy Book: How to Have a Happy, Healthy Pregnancy and Birth - All the Medical Facts Explained, Plus Sensible Eating and Exercise Plans and Gentle Supportive Therapies, from 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 a wealth of natural therapies that will improve and ease any pregnancy and make childbirth as comfortable and fulfilling as possible. Developmental changes are tracked and explained every step of the way, using clear, fully annotated artworks, while medical tests and interventions are thoroughly discussed. Home and water births are all explored, as well as any aspects of days spent in hospital. The book also offers a guide to the baby's first months, offering essential advice on caring for and bonding with an incredible new life.



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