



Conceiving Healthy Babies: An Herbal Guide to Support Preconception, Pregnancy and Lactation (Paperback)

By Dawn Combs

New Society Publishers, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book. Healthy babies don t just happen. The lifestyle of the prospective parents is a crucial factor in promoting fertility and ensuring a successful pregnancy. But the average North American diet is saturated with processed foods and environmental toxins are rampant-we must take responsibility for what we put into and onto our bodies to create optimum conditions for the childbearing year. Drawing on the author s own personal triumph over infertility, Conceiving Healthy Babies is a unique herbal guide geared to helping couples achieve balance in preconception, pregnancy, lactation, and beyond. Its individualized approach to fertility explains the importance of: * Understanding, accepting, and celebrating our own bodies * Basing our diets on organic, nutrient-dense foods that have been traditionally prepared * Using whole plants in their original form for their medicinal benefits Packed with detailed information on hundreds of different herbs with a focus on their roles in building healthy babies, this comprehensive manual is a roadmap to wellbeing. The reference guide is rounded out by complete information on herbal use before, during, and post-pregnancy, and special attention is paid to supporting nursing and lactation....



Reviews

This composed book is wonderful. It is amongst the most awesome book i actually have read through. You will like the way the author create this publication.

-- Miss Fanny Osinski V

Very useful to all of class of people. It is really simplified but unexpected situations within the 50 % in the ebook. I am delighted to let you know that this is actually the best book i have read in my personal daily life and can be he finest ebook for at any time.

-- Gwen Schultz

See Also



Hitler's Exiles: Personal Stories of the Flight from Nazi Germany to America

New Press. Hardcover. Book Condition: New. 1565843940 Never Read-12+ year old Hardcover book with dust jacket-may have light shelf or handling wear-has a price sticker or price written inside front or back cover-publishers mark-Good Copy- I ship FAST with FREE tracking!! *...



Weebies Family Halloween Night English Language: English Language British Full Colour

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Children's Weebies Family Halloween Night Book 20 starts to teach Pre-School and Junior Children how to read with this...



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.



A Smarter Way to Learn JavaScript: The New Approach That Uses Technology to Cut Your Effort in Half

Createspace, United States, 2014. Paperback. Book Condition: New. 251 x 178 mm. Language: English . Brand New Book ***** Print on Demand *****. The ultimate learn-by-doing approach Written for beginners, useful for experienced developers who want to sharpen their skills and dont mind...



Environments for Outdoor Play: A Practical Guide to Making Space for Children (New edition)

SAGE Publications Ltd. Paperback. Book Condition: new. BRAND NEW, Environments for Outdoor Play: A Practical Guide to Making Space for Children (New edition), Theresa Casey, 'Theresa's book is full of lots of inspiring, practical, 'how to go about it ideas' coupled with...



Index to the Classified Subject Catalogue of the Buffalo Library; The Whole System Being Adopted from the Classification and Subject Index of Mr. Melvil Dewey, with Some Modifications.

Rarebooksclub.com, United States, 2013. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book ***** Print on Demand *****. This historic book may have numerous typos and missing text. Purchasers can usually download a free scanned copy of the...