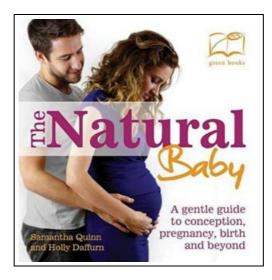
# The Natural Baby: A gentle guide to conception, pregnancy, birth and beyond (Paperback)



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### Reviews

Very helpful to all of class of folks. This is certainly for all who statte there had not been a worthy of studying. Once you begin to read the book, it is extremely difficult to leave it before concluding.

(Jayda Lehner Jr.)

## THE NATURAL BABY: A GENTLE GUIDE TO CONCEPTION, PREGNANCY, BIRTH AND BEYOND (PAPERBACK)



GREEN BOOKS, United Kingdom, 2017. Paperback. Condition: New. Language: English . Brand New Book. The Natural Baby is a one-of-a-kind fully comprehensive guide to natural parenting, taking the reader on a week-by-week journey that starts from preconception, continues through a healthy holistic pregnancy right up to the first year with your child. Combining anatomical knowledge with complementary therapies this book includes essential information for a natural pregnancy and birth, recipes for homemade skincare products and natural remedies, nutritional guidance and exercise regimes. The authors are committed to empowering women through their pregnancy and birthing journey and the book is written in a sensitive and nurturing way that encourages women and makes them feel supported. Each chapter of the book also contains a special section for the Natural Dad which explores the father s needs, how they can care for their partner and the baby and also look at ways to bond with their child. Personal insights make this book easy to relate to as it covers everything from increasing chances of conception, through to caring for a new mother s post-natal welfare.



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