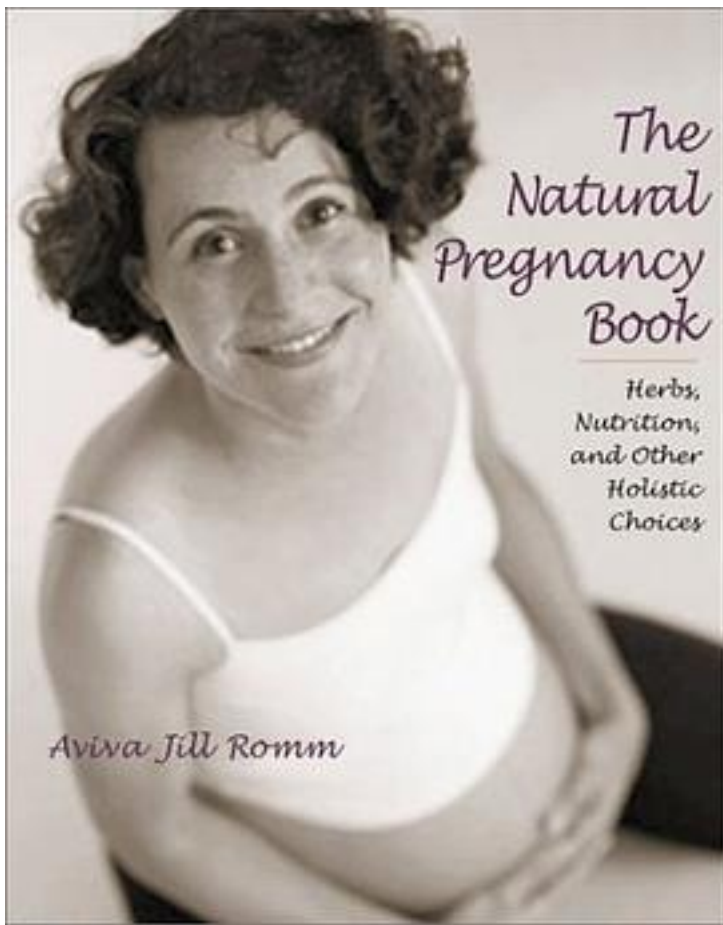


The Natural Pregnancy Book



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著者:Aviva Jill Romm

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Reading THE NATURAL PREGNANCY BOOK is like having your own personal herbalist and midwife at your side. Expertly written by Aviva Jill Romm, who has been providing family-centered natural health care for almost 20 years, it was one of the first books to explore botanical medicine and pregnancy. In this revised and updated edition, Ms.

Romm thoughtfully follows the woman's journey from conception to birth, focusing on natural health. She describes herbs that can promote and maintain a healthy pregnancy (along with those you should avoid during your term) and the basics of a healthy diet, with an emphasis on natural foods. THE NATURAL PREGNANCY BOOK is a complete guide for the woman who envisions a safe pregnancy without technological intervention, as nature intended.

作者介绍:

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