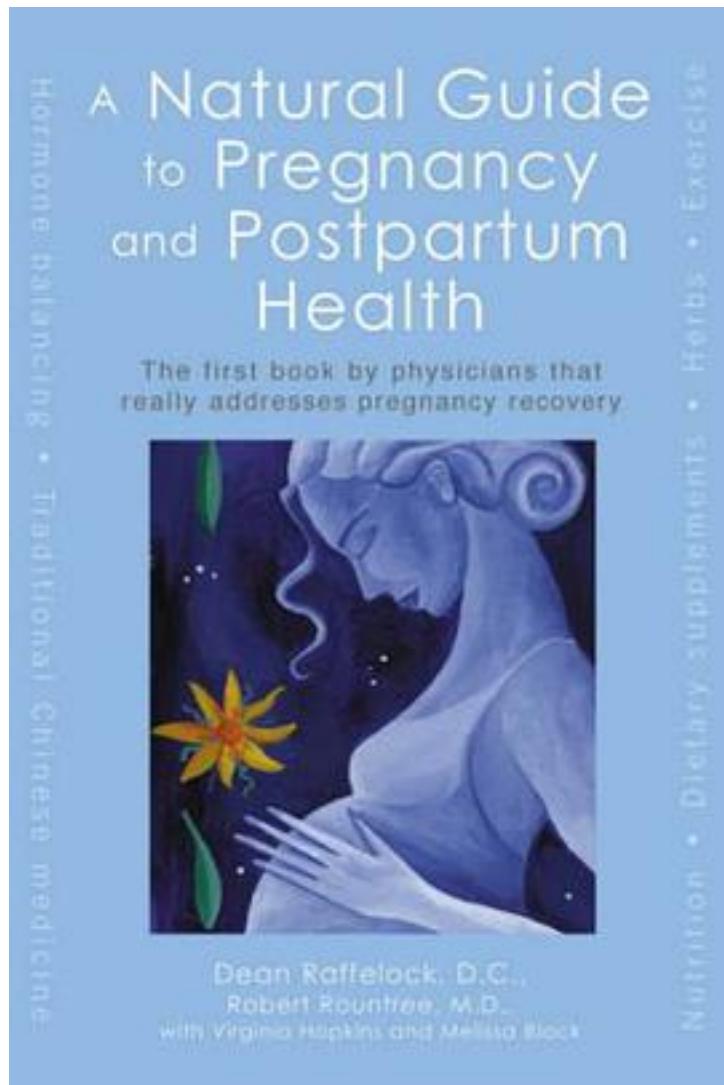


# A Natural Guide to Pregnancy and Postpartum Health



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This handbook focuses on what a woman can do during pregnancy and beyond to attain her own optimum health and wellbeing after she delivers her baby. It explains how and why postpartum problems, such as depression, fatigue, anxiety, constipation and backache, develop and offers a definitive programme to help women avoid or relieve them.

作者介绍:

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