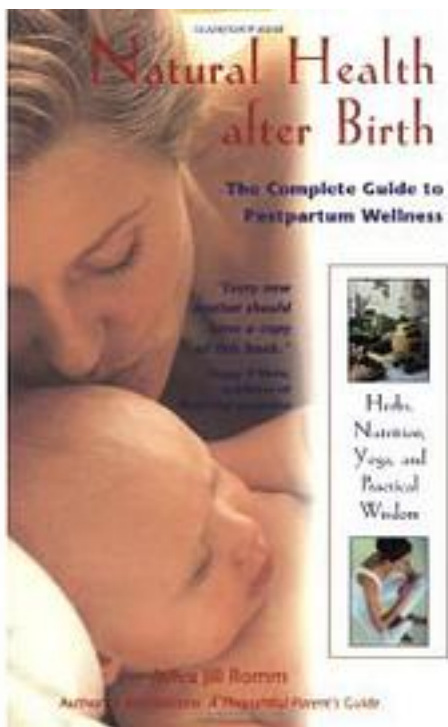


# Natural Healing After Birth



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New mothers need care and support to adjust to the myriad challenges facing them after birth: changing body image, lifestyle, work arrangements and relationships. Midwife, herbalist and mother of four, Aviva Jill Romm shares her insights into how to make this crucial time a happy one. She provides essential advice for preparing for the postpartum period coping during the first few days after the birth, establishing a successful breast-feeding relationship, getting enough rest, eating well even with a hectic schedule and finding time to regain strength and tone with gentle yoga exercises. Woven throughout are helpful herbal tips and recipes to make the first year of motherhood a naturally healthy one. NATURAL HEALTH AFTER BIRTH, also,

addresses a new mother's need to replenish her body mind and spirit so that she can nurture her child. This book provides support both for women who plan to be home full or part time during the first year and those who must return to their jobs soon after the birth. With humour and compassion, Romm offers mothers practical wisdom for attaining the delicate balance between being fully immersed in the beautiful but demanding path of motherhood and maintaining a sense of self. It provides helpful herbal tips and recipes and includes gentle yoga exercises

作者介绍:

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