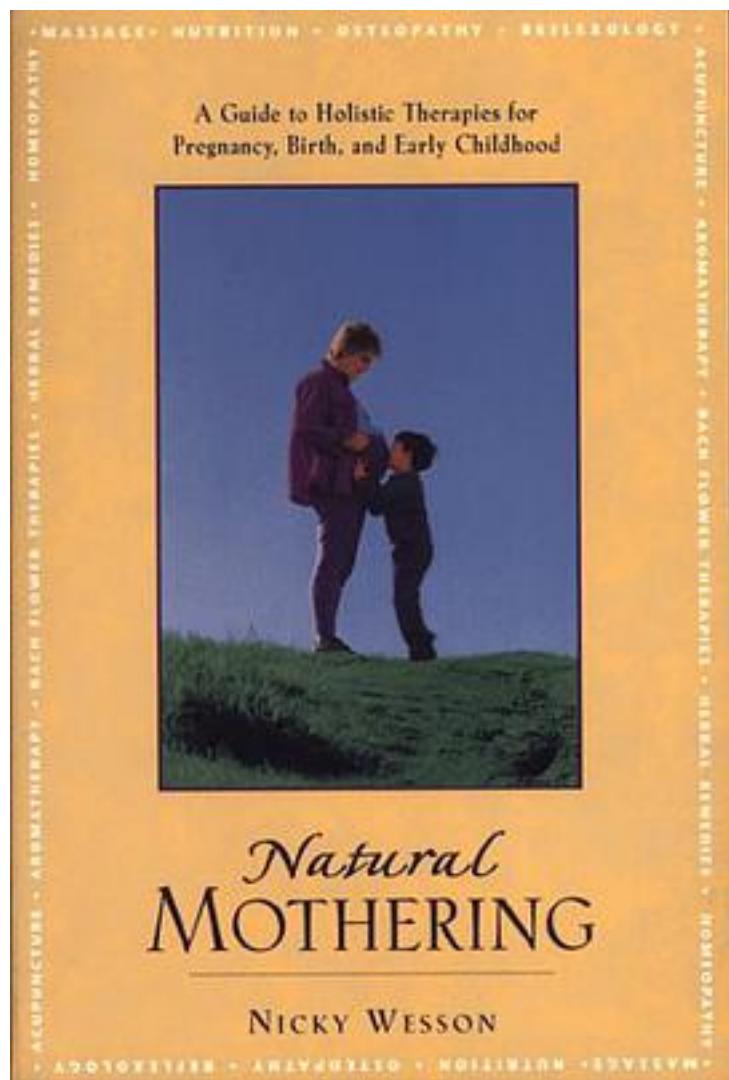


# Natural Mothering



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Expert advice on effective natural therapies for use in every stage of mothering from conception to care of the newborn. Natural therapies can enhance every stage of pregnancy, ease discomfort during labor, and offer effective, gentle treatment for infants and children. This comprehensive guide answers questions and provides readers with expert advice on using the most effective complementary therapies, including acupuncture, aromatherapy, Bach flower remedies, cranial osteopathy, homeopathy, hypnotherapy, massage, medical herbalism, and reflexology. The author, a mother and birth assistant, offers suggestions for many common and more serious problems, including difficulty conceiving, recurrent miscarriages, morning sickness, fatigue, insomnia, stretch marks, and stress. Sections on labor, birth, and the postpartum stage describe the physiological processes at work and provide important information on avoiding routine orthodox medical interventions whenever possible. Chapters on breast-feeding and caring for your newborn round out this complete guide. An invaluable resource for all parents-to-be as well as health-care professionals, "Natural Mothering" provides readers with the essential information they need to make informed choices about maternity care.

作者介绍:

目录:

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