



Pregnancy Care: With Ayurveda, Yoga and Acupressure (Paperback)

By Bhavisha Satishbhai Jhaveri

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book. This book is a mixture of three great natural therapies - Ayurveda, Yoga and Acupressure, for pregnancy care. It speaks about traditional aspects and a lot of natural treatment for common problems. It will guide you about preparation for pregnancy, physical and emotional changes experienced, care, monthly development of the baby and special diet during pregnancy. It includes exclusive section for pre and postnatal yoga, and excellent meditation techniques. A detailed coverage of acupressure therapy to solve most pre and postnatal problems. Description about labor process, breast feeding and many more.



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