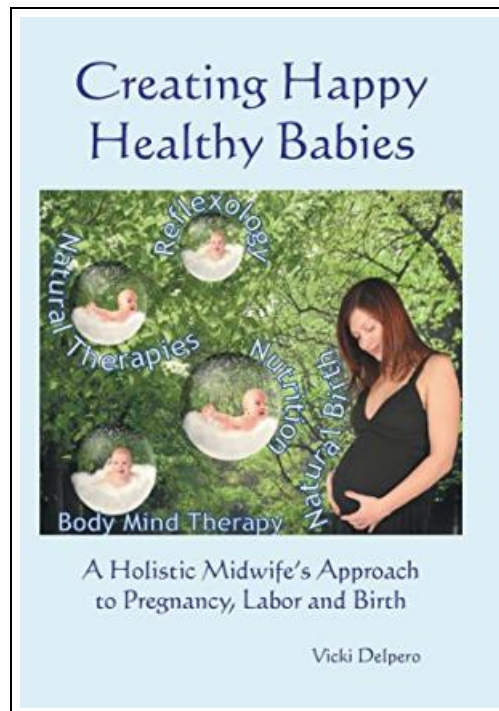


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CREATING HAPPY HEALTHY BABIES: A HOLISTIC MIDWIFE S APPROACH TO PREGNANCY, LABOUR AND BIRTH (HARDBACK)



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Balboa Press Australia, United States, 2015. Hardback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.How do you Create a Happy Healthy Baby? With joy, happiness, and fun! So how do you achieve that in this modern world? By creating a happy, healthy you with natural therapy techniques to help you relax and prepare yourself emotionally and physically for birth. There are many choices to be made as you prepare to give birth, such as: What foods are best for you and your baby? Where will you give birth and how? What can you expect in labor? What are your options and where do you go for assistance? Creating Happy Healthy Babies will help you understand the options available so you can make informed decisions that best suit you and your baby. Based on my extensive experience as a midwife, natural therapist, and mother, this is a compilation of the techniques, remedies, and therapies I and my clients have found most beneficial. Regardless of how you choose to have your baby, the therapies suggested in this book, such as reflexology, NET, psychosomatic therapy, Kahuna massage, acupressure, Su-Jok, phytonutrients, aromatherapy, herbal remedies, and relaxation techniques may be of help. Enjoy this book. I encourage you to ask questions, explore, and research.



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