



Pregnancy: Holistic Women's Guide Book to A Healthy Pregnancy (Childbirth, Motherhood, Holistic Medicine & Herbal Supplementation)

Cure For The People

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Pregnancy is beautiful and natural! In this guidebook, we spend some time talking about **the holistic approach and how it can do wonders for your journey into motherhood.** The holistic approach is a way of thinking that allows women to go through their pregnancy in a **natural and healthy way** by making decisions which are aligned with mother earth, such as diet, medicine, supplementation, exercise, and much more! **Whats inside?** Interested in finding out more about the holistic approach to pregnancy and how it can do so much good for you and your baby? Some of the things that we will discuss in detail in this book include:

- Understanding holistic medicine
- How to prepare for becoming a mother
- How holistic medicine and your pregnancy go hand in hand
- Breaking down what happens in the three pregnancy trimesters
- Healthy habits you should adopt before, during, and after pregnancy
- Eating healthy during your pregnancy
- Safe and effective herbal remedies for pregnancy
- Things you should avoid during pregnancy
- Using holistic medicine for childbirth rather than drugs
- Easy ways to get rid of your pregnancy discomfort
- Much, more more!

While most people don't understand this way of thinking, it is optimal for you, your baby, the environment, and the sake of humanity! While other people are over-medicating and having issues during pregnancy, you will have knowledge of natural and effective ways to help out your pregnancy and keep things moving along like they should. **When you are ready to give your baby the very best in care** before, during, and after your pregnancy, make sure to pick up this book and learn about the holistic approach to childbirth!

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