



Wise Woman Herbal for the Childbearing Year (Wise Woman Herbal Series, Book 1) (Wise Woman Herbal Series : No. 1)

Susun S. Weed

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Simple, safe remedies for pregnancy, childbirth, lactation, and newborns. Now in its 24th printing. A confirmed favorite with pregnant women, midwives, childbirth educators, and new parents. Packed with clear, comforting, and superbly helpful information. Beginning with the two months before pregnancy, herbs are enlisted to provide safe, effective birth control, or to help ensure pregnancy, even in the most difficult of situations. A special list of teratogens, including herbs to avoid before pregnancy, is included, as is a section on herbs to improve the father's fertility and reduce the risk of birth defects. Once pregnancy has occurred, herbs are safe and beneficial allies in reducing the distress of pregnancy, including hemorrhoids, high blood pressure, morning sickness, emotional changes, anemia, muscle cramps, bladder infections, and preclampsia. Tasty recipes and clear directions make use easy and fun. Herbs take a starring role in labor and delivery -- whether initiating labor, increasing energy, diminishing pain, or staunching postpartum bleeding -- and in postpartum care of the mother's perineum, breasts, and emotions, and the infant's umbilicus, skin, scalp, digestive system, and immune system. Humorous, tender, and detailed, this classic text is supported by illustrations, references, resource lists, glossary, and index. Includes herbs for fertility and birth control. Foreword by Jeannine Parvati Baker.

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Reading can called mind hangout, why? Because when you find yourself reading a book specially book entitled Wise Woman Herbal for the Childbearing Year (Wise Woman Herbal Series, Book 1) (Wise Woman Herbal Series : No. 1) your thoughts will drift away trough every dimension, wandering in most aspect that maybe unknown for but surely can be your mind friends. Imaging each and every word written in a guide then become one contact form conclusion and explanation that maybe you never get just before. The Wise Woman Herbal for the Childbearing Year (Wise Woman Herbal Series, Book 1) (Wise Woman Herbal Series : No. 1) giving you one more experience more than blown away your brain but also giving you useful data for your better life on this era. So now let us show you the relaxing pattern at this point is your body and mind will be pleased when you are finished looking at it, like winning a game. Do you want to try this extraordinary paying spare time activity?

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