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# *The Natural Pregnancy Book*

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*Herbs,  
Nutrition,  
and Other  
Holistic  
Choices*

*Aviva Jill Romm, MD*

Aviva Jill Romm and

The Natural Pregnancy Book: Herbs, Nutrition, and Other Holistic Choices



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With its detailed information and comforting voice, The Natural Pregnancy Publication is a comprehensive primer for the girl who envisions a secure pregnancy as nature intended it. Her herbal treatments cover such familiar worries as anxiety, fatigue, morning sickness, and stretch marks. Expertly compiled by Aviva Jill Romm, who provides been providing family-centered natural healthcare for almost twenty years, it guides women through treating the common ills and ailments of pregnancy simply with herbs and diet. Aviva thoughtfully follows the woman's trip from baby's conception to birth, describing natural herbs that may promote and maintain a healthy pregnancy, along with those you should avoid during your term. personal herbalist and midwife at your side. She also discusses the the different parts of a healthy diet plan, with an focus on natural foods. Reading The Natural Pregnancy Book is like having your own



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It has educated me of what is most significant and what I could do without. Perfect This book is my head to for pregnancy. After reading the first 30 pages or so, I could feel my heart rate elevated, my breath shortened, and my muscle tissue tensed. After reading this book, I have been pretty comfortable with all the decisions and changes ahead of me. THIS Publication WAS JUST WHAT I WANTED!! It has given me natural treatments for a variety of discomforts in my second being pregnant. It has provided me tools for simple stretching and simple diet plans. Midwife on contact! In NO WAY do I find this book degrading to woman like one individual has stated. Heartfelt, encouraging, real words of wisdom Beautiful book! Dire warnings abound: In the event that you let yourself be stressed you'll damage your child! (when my OB must look up every single supplement that I wish to try and make certain it "passed" all the screening) If you are looking for a publication to guide you in herbs for nausea, exhaustion, colds, the flu and more. It is therefore upsetting, I'd rather browse "What to Expect When You're Expecting.. if you are looking for a right guide so far as a simple nutrition plan goes.. This was for a friend. if you want a Midwife "on call" with simple solutions THIS BOOK IS FOR YOU PERSONALLY. I'm so grateful to really have the encouraging words she gives with a peaceful energy that really feels good. She also strongly encourages you to experience ok about the body and all the adjustments its going thru including fat gain. Yes, she may come off just a little "odd" when she talks about talking to your baby inside of you and you requesting it what it needs but I am an adult and I understand how to apply stuff to my life that with what I feel is best for me. An excessive amount of fear-mongering and lecturing While the information in this book might be helpful, it's the most terrifying being pregnant book I have read (and I've acquired quite the library! even if you just need something on the natural side for discomfort in being pregnant. I went all organic with my child and I feel empowered that I could do this alone instead of having to higher a Doula like I did so the last time. And by no means do I discover this book making me feel dumb like i have no idea anything. This book actually answered lots of questions in regards to what is excellent to take to nurture the pregnancy in addition to what things to take if there are problems encountered. Aviva presents real, center filled motherly information that builds confidence and gives great insight through her very own experience and research. Yes, she states simple things like getting a lot of rest in case you are fighting fatigue or a cold but you know what, I have a 2 year previous and it is hard for me to remember to go to bed early and feel ok about myself when planning on taking a nap. Great Guide for Nutrition I am so happy We purchased this book. Unfortunately this book had very little new to offer me but that's only because her advice was fundamentally how I am living my entire life already (minus the bean obviously) It's got the right little recipes within like, muscle cramp oil or herbal teas yet I'd be extremely reluctant to take the tonics or serious herbal formulas without consulting with a naturopath or hebalist (for instance she says to use dandelion leaf as a diuretic but, my herbalism lecturer said that's significantly to diuretic for women that are pregnant to use) I'd recommend this book to anyone who thinks they could need help with their diet, knows nothing about herbs and those who are going through a lifestyle change because they have just found away they're pregnant.! While pregnant I received many baby books which were to main stream or just not nurturing. This one, suggested by a doula, helped to empower me to trust in my body and taught me ways to nurture myself and my child.). an awesome reference for pregnant herbalists I actually am a novice herbalist, not an expert by any means, but herbs are my first choice when it comes to helping me or my family's body's deal with illness, boosting health, etc. She gets just a little preachy sometimes about the wicked means of modern lifestyle and medication, but I have a tendency to agree with most of what she said, so I got through it just fine. I sensed like she provided me the right information on diet plan and the necessities of my own body throughout the being pregnant. I acquired this book as soon as I then

found out I was pregnant and frequently refer back to it. I decided to stick to an OB as I did so with my last being pregnant and just try to do research by myself. I have been healthy and content and successfully chose a midwife. LOVE this book I used this publication throughout my whole pregnancy as a guide from what herbs and foods I should eat and especially those to avoid (things you would never guess...for instance, avoid aloe during pregnancy!). I love Aviva and her assistance during being pregnant was invaluable if you ask me. I returned to it again and again and will use it within my next pregnancy. As if, as an initial time mother I'm not already worried continuously. Wow-Inspiration & Good Read, Answers lots of first-time-mom questions I enjoyed scanning this book. Nevertheless, when it came to being pregnant I was stumped with what was secure and what is not. I'm so content I bought this in planning for a future family. I was also VERY impressed and influenced by Romm's perspective on women taking back their to deal with their being pregnant as an all natural occurrence as opposed to the way western medication deals with it almost as a sickness. Furthermore this book inspired me to work with the help of a midwife rather than M. Same result. within my next pregnancy. Basic things such as a discussion on how your breasts will develop in being pregnant turn into a dire warning about how you still could easily get breast cancer and to regularly check your breasts for lumps and have your OB check out anything odd. I'm really looking to putting into practice more of the wonderful tidbits of wisdom when I'm pregnant (trying at this time following a miscarriage in March) Good but nothing new I think this is an excellent book if the idea of 'natural' is not used to you. Five Stars Good book. I've made a few of her quality recipes for teas and love that I know I'm looking after me and my baby's health. I take advantage of it now as a reference because it's easy to forget all of the wonderful details in the publication. I highly recommend this book if you are passionate about getting the proper nutrients during being pregnant. Five Stars This book is wonderful! Five Stars Great publication. Fast delivery and thank you! Five Stars Well rounded and informative. That is my first being pregnant and I felt dropped when it found ensuring I acquired the proper nutrients during pregnancy. Helpful recipes Five Stars among my favorites Such great info!. I bought the ebook edition. Such great info! strongly suggest this reserve. The section written by the author's partner was also enlightening relating to fathers' roles during pregnancy. I was about 8 weeks pregnant when I acquired it in the mail. We am in a town where it is not popular to higher a midwife or Doula so finding one was tricky to find. My husband hid the book from me so that it wouldn't tension me out, and I just brought it out once again at four months pregnant.D. I unquestionably recommend this to women who would like to become pregnant or already are pregnant and desire to utilize alternative normal methods to aid your pregnancy. If anything it provides motivated me that I DO KNOW what I am doing and that taking specific herbs is really ok.! In the event that you aren't prepared to be a mom you might have a miscarriage! Every little piece of information is offered a side of FEAR FEAR FEAR and BLAME. Recommend this book! The author is also preachy and talks right down to the reader..



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