

The Mindful Mom-to-Be



A MODERN DOULA'S GUIDE TO BUILDING A HEALTHY
FOUNDATION FROM PREGNANCY THROUGH BIRTH

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Strengthening your own foundation is one of the very top beginnings you can give your child. In addition to concrete, prescriptive health information, including nutritional suggestions, natural remedies, developmental milestones, and techniques for labor, she gives simple and pleasant spiritual and psychological exercises to assist you plan motherhood. In *The Mindful Mom-to-Be*, doula and being pregnant coach Lori Bregman manuals you in your trip toward motherhood by empowering you to find what works best for you and your baby. With month-by-month advice, comprehensive checklists, and customizable birth programs, this is your indispensable, holistic companion for being pregnant, birth, and beyond. you're birthing yourself as a mom, as well. As Lori explains, you're not just birthing a baby;



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Not merely does it tell you what to anticipate at every stage and how to cope with pregnancy by month, it provides valuable advice going to care for your mind and emotions. Incomplete advice I'm only in the first chapter, and already I've run into some very questionable guidance regarding nutrition. Many thanks Lori! Very new-age group (don't get me wrong, I love yoga exercises, meditation and mindfulness but this takes it a step too far) and it's disorganized. Strongly suggested read for future Mommies Great book for anyone looking to read something a little less scientific and a little more spiritual/mindful. I am permanently grateful to Lori Bregman's wisdom and her desire to share it with others. She also recommends decaffeinated green tea. Green tea has shown to hinder the absorption of folate, and should be avoided, specifically in the initial trimester. This is actually the BEST book for any woman who's either trying to get pregnant, or is already pregnant! I really like yoga, meditation and mindfulness but this requires it. Please do yourself a favor and verify all info in other, better informed resources, such as for example medical journal content. Will revise review later if my estimation changes after reading more of the book, but just a few webpages in, and I sensed the need to warn other readers of the under-researched advice. Five Stars This is a great book to get ready you for motherhood... Overall, Personally I think very lucky to learn a lot of this information moving in. She shares plenty of wonderful and helpful information including breathing exercises, different body poses, journaling exercises, DIY home remedies, overall pregnancy details, etc. That is a must read that may benefit both mom and baby! If I were relying exclusively on the nutritional tips in this reserve, I'd be producing some very questionable decisions... I do recommend this go through! She also doesn't differentiate between folic acid and folate, essentially saying that they are synonymous. I think I will use a number of the dishes given for numerous concoctions and there were some good nuggets but general the book was so- therefore. Couldn't recommend it more. I am still scanning this book but so far this is the only pregnancy publication that hasn't completely terrified me! For example, she recommends large dosages of vitamin E - old studies had cited supplement E as assisting to prevent miscarriage, but newer studies also show that it can actually be very dangerous. I could read this so conveniently and not get freaked out about having my first babe, yay! It's such a great read with good everyday advice forever and motherhood and I love all the recipes and stretches she has added in there. Just finished the publication, and I'm not a big fan. LOVE IT! SO happy to have come across this book! You can tell Lori is somebody that's in the trenches with Females and knows how to present the essentials in a manner that does not overwhelm a shortly to become Mama. Lori is indeed thoughtful in her delivery and breaks everything down in a straightforward and easily digestible method for any mindful mothers to become. In a world where there are a wide variety of universities of thought, it's good to possess one trusted head to manual from somebody so knowledgeable in the holistic means of bringing a child into this world.--- Thank-You for composing! While that's true to a certain extent, females with the mthfr gene mutation can't absorb folic acid at all, and it's really quite crucial that they consume folate. Lori's approach is healthy and logical. I highly recommend this read for just about any future Mommies regardless of where you are in your pregnancy. Also ways to focus on your relationship during this transition... This book is a casino game changer. It was recommended by way of a dear friend who treated it as her pregnancy bible and after reading it, I today understand why. As a Birth Doula who works carefully with expecting mothers and fathers this book taught me so very much and gave me therefore many resources to raised support my clients. This is an essential distinction for all those women (most of whom don't understand they will have the mutation and really should be acquiring folate in the event), and folate is even more bioavailable to everyone and is definitely therefore an improved choice for all women, why would she skip this information? Nice browse! Counting down the times until she publishes the next! There's a lot of great information as well as journaling and affirmation exercises An informative book that I've read month by month throughout my pregnancy. There's lots of great information in addition to journaling and affirmation exercises, that I skipped. Five Stars Great book. Awesome book The very first time I heard about this book was through Audible and I loved it so very much that I decided to get the kindle version so I could read the chapter I wanted whenever I wanted. I definitely love this book I absolutely love this book. I read it within my first pregnancy and now gift to every mama-to-be in my own life. This is the BEST book for any woman who is either trying to. The back of the book has a lengthy birthplan and checklist that's beneficial to reference. Five Stars Best pregnancy book ever, cherished it! This book made my pregnancy easy! When I first got pregnant, I heard about this reserve from a pal and bought it. Of the dozen being

pregnant books I've read that one stands out as undoubtedly the best. Some ill-informed & It was recommended by a dear friend who treated it as her . She offered so many guidelines in the book that have made my being pregnant easy and pleasurable. It had lots of great insights and exercises that I've used during my pregnancy to keep me relaxed and happy. I plan to gift a copy to all or any my friends who get pregnant. You will need this woman's advice if you are on the journey to motherhood! A must-read! I actually am a Birth and Postpartum doula which is ... We am a Birth and Postpartum doula and this is one of the books that i refer to with my customers all the time. A lot of childbirth education books are dated and finally this book really earns what women need to hear currently with all the challenges of therefore much "noise" and details. I literally just bought 5 copies for gifts. Any of my clients that have read this book as part of their prep have actually been prepared for the Journey of birthing themselves as a fresh Mother and a fresh family and ready for the big changeover in their lives. SO grateful this resource exists! Highly recommend!



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