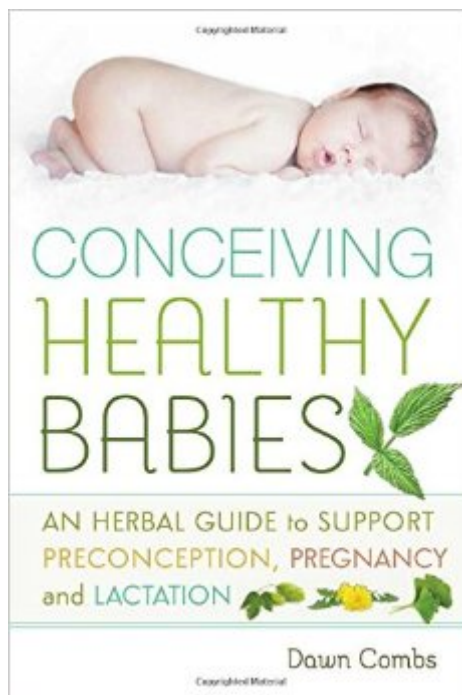


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# Conceiving Healthy Babies: An Herbal Guide To Support Preconception, Pregnancy And Lactation



## Synopsis

Healthy babies don't just happen. The lifestyle of the prospective parents is a crucial factor in promoting fertility and ensuring a successful pregnancy. But the average North American diet is saturated with processed foods and environmental toxins are rampantâ "we must take responsibility for what we put into and onto our bodies to create optimum conditions for the childbearing year. Drawing on the author's own personal triumph over infertility, *Conceiving Healthy Babies* is a unique herbal guide geared to helping couples achieve balance in preconception, pregnancy, lactation, and beyond. Its individualized approach to fertility explains the importance of: Understanding, accepting, and celebrating our own bodies Basing our diets on organic, nutrient-dense foods that have been traditionally prepared Using whole plants in their original form for their medicinal benefits Packed with detailed information on hundreds of different herbs with a focus on their roles in building healthy babies, this comprehensive manual is a roadmap to wellbeing. The reference guide is rounded out by complete information on herbal use before, during, and post-pregnancy, and special attention is paid to supporting nursing and lactation. Whether you are have experienced challenges in conceiving or just want to ensure that your pregnancy is as natural and uncomplicated as possible, *Conceiving Healthy Babies* is an indispensable guide. Dawn Combs is an ethnobotanist and herbalist who apprenticed with Rosemary Gladstar. After resolving her own infertility diagnosis through whole foods and natural herbal remedies, she chose to specialize in helping women rebalance their bodies for fertility.

## Book Information

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## Customer Reviews

I don't want to write negative things about books which seek to be helpful and address important issues like proper health during these reproductive stages. But I can't give it 5 stars just for trying. Other books I have read deal with these topics much better, give you better readability and construction, more resources and information on just about all this book does. I will include the titles in this review. My impression of this book: this book seems to try to include varied information about 3 very lengthy topics but falls short of being thorough or practical and feels very choppy. It's like it was compiled as a response to answering a list of questions that we can't see-like it's half a conversation or a check list. It doesn't flow, it doesn't engage the reader and discuss how to make this info applicable or seek to provide an example of a daily diet which can incorporate the authors fact profiles. This book feels like a compilation of facts and anecdotal info, it's very cut and dry. I also don't like how nothing is said of preparation for labor...things like exercise, mental preparedness, avoiding intervention or the usefulness of foods and herbs to promote successful labor would be easy enough to mention and a few suggestions for further reading would be sufficient. May I suggest to readers the book "pushed" by Jennifer Block or looking into labor prep on the wellnessmama.com site as well as researching methods like hypnobabies... A large section of this book is devoted to herb profiles which are sadly way too basic and often not targeting specific reproductive or lactation support. It does not include many galactagogues (lactation promoting food or herb) I have heard of and includes other plants that seem interrelated to the subject matter.

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