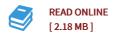




You and Your Bump: Simple steps to pregnancy wellbeing (Paperback)

By Emma Cannon

Pan MacMillan, United Kingdom, 2011. Paperback. Condition: New. Language: English. Brand New Book. Written by a leading complementary fertility specialist, Emma Cannon, this companion for pre-conception, pregnancy and the postnatal period blends the ancient wisdom of Chinese medicine with conventional Western medical practice. With her fusion approach, Emma offers advice to help mums-to-be prepare for labour and post-birth and solutions to pregnancy-related conditions. You and Your Bump gently takes you through each stage of your pregnancy with advice on: * Your general health and lifestyle, good nutrition and the link between emotions and physical health * Baby development and changes to your body * Common pregnancy conditions and treatments, with both Eastern and Western approaches * Preparing for labour and motherhood * How dads can help at each stage A brilliant book from a woman who knows what she s talking about. I adore Emma Cannon Sophie Dahl Her unique approach to health and fertility bridges the gap between Western and Eastern medicine Dr Tim Evans.



Reviews

This is the finest book i have got study till now. It usually does not price a lot of. I found out this publication from my i and dad encouraged this book to understand.

-- Jamil Collins

Absolutely among the best book I have possibly go through. I have go through and that I am certain that I am going to gonna read through once again again in the future. I am just delighted to tell you that this is basically the finest book I have got go through within my personal existence and could be he finest book for ever.

-- Brian Bauch