



## 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.



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-- **Brian Bauch**