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Natural Health after Birth: The Complete Guide to Postpartum Wellness

Aviva Jill Romm

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Natural Health after Birth: The Complete Guide to Postpartum Wellness Aviva Jill Romm
Provides essential advice for adjusting to the many challenges facing women during the first year after giving birth.

• Offers practical tips for finding balance between being fully immersed in the beautiful but demanding path of motherhood and maintaining a sense of self.

• Provides helpful herbal tips and recipes and includes gentle yoga exercises.

• Addresses a new mother's need to replenish her body, mind, and spirit so that she can nurture her child.

• By the author of *The Natural Pregnancy Book* and *Vaccinations: A Thoughtful Parent's Guide*.

New mothers need care and support to adjust to the myriad challenges facing them after birth: changing body image, lifestyle, work arrangements, and relationships. Midwife, herbalist, and mother of four, Aviva Jill Romm shares her insights into how to make this crucial time a happy one. She provides essential advice for preparing for the postpartum period, coping during the first few days after the birth, establishing a successful breast-feeding relationship, getting enough rest, eating well even with a hectic schedule, and finding time to regain strength and tone with gentle yoga exercises. Woven throughout are helpful herbal tips and recipes to make the first year of motherhood a naturally healthy one.

Natural Health after Birth also addresses a new mother's need to replenish her body, mind, and spirit so that she can nurture her child. This book provides support both for women who plan to be home full or part time during the first year and those who must return to their jobs soon after the birth. With humor and compassion, Romm offers mothers practical wisdom for attaining the delicate balance between being fully immersed in the beautiful but demanding path of motherhood and maintaining a sense of self.

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