

[PDF] The Mama Natural Week-by-Week Guide To Pregnancy And Childbirth

Genevieve Howland - pdf download free book



Books Details:

Title: The Mama Natural Week-by-Week

Author: Genevieve Howland

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Description:

With over 60 million views on her YouTube channel, Howland's (a.k.a. Mama Natural) funny but informational videos have empowered millions of women to embrace natural pregnancy and parenting. Now Howland is turning to the page, offering up the first week-by-week pregnancy & childbirth book from a **natural** perspective.

For the last half-century, control over childbirth has been in favor of doctors. Many pregnancy guidebooks are conventional, fear-based, or written by male physicians deeply entrenched in the medical model of birth.

But change is underway. A groundswell of women are taking back their pregnancy and childbirth and embracing a natural way. Genevieve Howland, the woman behind the enormously popular *Mama Natural* blog and YouTube channel, has created an inspiring, fun, and informative guide that demystifies natural pregnancy and walks mom through the process one week at a time.

The Mama Natural's Week-by-Week Guide to Pregnancy and Childbirth is the modern (and yet ancient) approach to pregnancy and childbirth. "Natural" recognizes that pregnancy and birth are normal, and that having a baby is a wondrous biological process and rite of passage--not a medical condition. This book draws upon the latest research showing how beneficial and life-changing natural birth is for both babies and moms.

Full of weekly advice and tips for a healthy pregnancy, Howland details vital nutrition to take, natural remedies for common and troublesome symptoms, as well as the appropriate (and inappropriate) use of interventions.

Peppered throughout are positive birth and pregnancy stories from women of all backgrounds (and all stages of their natural journey) along with advice and insights from a Certified Nurse Midwife (CNM) plus a Registered Nurse (RN), doula, and lactation consultant. Encouraging, well-researched, and fun, *The Mama Natural's Week-by-Week Guide to Pregnancy and Childbirth* will be an essential companion for women everywhere to embrace natural pregnancy and reap all the benefits for both baby and mama.

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