

Pregnancy is one of the most joyous and fulfilling experiences of a woman's life. Pregnancy can also be a time of physical and psychological stress. By embracing the bounty of nature and the healing power of herbs, you can find treatments for the common discomforts that come with pregnancy and also immerse yourself in a world of self-nurturing and pampering that will be amazingly beneficial to you and your baby. Here is your guide to a holistic approach to pregnancy -- one that combines diet, exercise, massage, and aromatherapy, as well as safe, simple, at-home remedies and beauty routines that you will want to continue once you welcome your new baby into the world. The Pregnancy Herbal offers a wealth of accessible information, such as: * Remedies for morning sickness, insomnia, swollen ankles, and other common pregnancy complaints * Recipes for a nature-based diet to balance your moods * Massage and aromatherapy treatments to relax and calm you * How to enjoy an herbal day spa in your own home * Herbal first-aid for mother and baby In The Pregnancy Herbal, Jaqueline Harper-Roth gives women the key to enjoying every stage of their pregnancy -- from before conception to after birth -- along with a totally natural and safe regimen for lasting health and beauty.

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