

## [NATURAL PREGNANCY BOOK](#)



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Top 10 Pregnancy Books Katie Wells 35 Comments Updated: August 23, 2018 This post contains affiliate links Natural birth is an amazing, life-changing experience that is hard to put into words, but it takes preparation and knowledge.

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By reading these books and implementing the information you are guaranteed to have a more natural and healthy pregnancy, birth and postpartum. \*8 out of these 10 books are BRAND NEW. 1 is a new edition and 1 is a new kindle edition. 1 can be listened to on audible and 1 can be read for free on Kindle Unlimited.

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### **Best Books For A Natural Pregnancy and Birth**

The Natural Pregnancy Book: Your Complete Guide to a Safe, Organic Pregnancy and Childbirth with Herbs, Nutrition, and Other Holistic Choices. It serves as a great starting reference in the first trimester offering guidance on herbs and foods, and serves as a great general resource for natural solutions to some of the most common pregnancy symptoms. I didn't love the nutritional recommendations, but generally I found this book to be a very handy resource.

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### **The Best Pregnancy Books for Natural Mamas Mama Natural**

While my book is the only week-by-week natural pregnancy and childbirth book available, there are other great pregnancy books about baby's development, labor, and breastfeeding that natural mamas might want to add to their bookshelf.

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### **The Natural Pregnancy Book Herbs Nutrition and Other**

The Natural Pregnancy Book: Herbs, Nutrition, and Other Holistic Choices. Reading The Natural Pregnancy Book is like having your own personal herbalist and midwife at your side. Expertly written by Aviva Jill Romm, who has been providing family-centered natural health care for almost twenty years, it guides women through treating

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### **Amazon com natural pregnancy book**

The Natural Pregnancy Book: Herbs, Nutrition, and Other Holistic Choices May 21, 2003. by Aviva Jill Romm and Ina May Gaskin. Paperback. \$2.01 (72 used & new offers) Paperback. \$0.54 (28 used & new offers) See newer edition of this book. 4.4 out of 5 stars 70.

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### **The 9 Best Pregnancy Books for Moms Dads 2019 Reviews**

The Pregnant Body Book acknowledges that fact, and it claims that this is the safest time in history to be pregnant for both the mother and the baby. The book details medical advancements in an informative timeline, and it gives statistics on childbirth mortality rates.

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### **10 Must Read Pregnancy Books For Expecting Moms**

This book is an excellent resource for mothers interested in having a natural childbirth (or not)! The writing isn't great, but it does itch that scratch of reading a humorous pregnancy book that you'll probably be able to relate to a lot. I think this is the best pregnancy book for dads. There aren't a lot of pregnancy books

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### **The Natural Pregnancy Book Third Edition Your Complete**

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