



Wise Woman Herbal for the Childbearing Year (Wise Woman Herbal Series, Book 1) (Wise Woman Herbal Series : No. 1)

Susun S. Weed

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Simple, safe remedies for pregnancy, childbirth, lactation, and newborns. Now in its 24th printing. A confirmed favorite with pregnant women, midwives, childbirth educators, and new parents. Packed with clear, comforting, and superbly helpful information. Beginning with the two months before pregnancy, herbs are enlisted to provide safe, effective birth control, or to help ensure pregnancy, even in the most difficult of situations. A special list of teratogens, including herbs to avoid before pregnancy, is included, as is a section on herbs to improve the father's fertility and reduce the risk of birth defects. Once pregnancy has occurred, herbs are safe and beneficial allies in reducing the distress of pregnancy, including hemorrhoids, high blood pressure, morning sickness, emotional changes, anemia, muscle cramps, bladder infections, and preclampsia. Tasty recipes and clear directions make use easy and fun. Herbs take a starring role in labor and delivery -- whether initiating labor, increasing energy, diminishing pain, or staunching postpartum bleeding -- and in postpartum care of the mother's perineum, breasts, and emotions, and the infant's umbilicus, skin, scalp, digestive system, and immune system. Humorous, tender, and detailed, this classic text is supported by illustrations, references, resource lists, glossary, and index. Includes herbs for fertility and birth control. Foreword by Jeannine Parvati Baker.

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