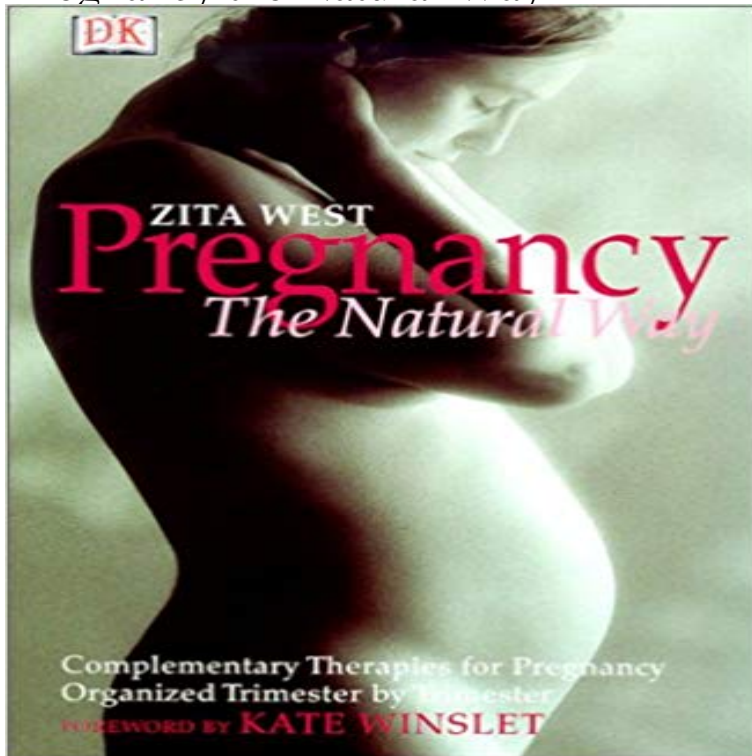


## Pregnancy the Natural Way



An inspiring program to take you safely and naturally through each stage of pregnancy and birth and give your baby the best start in life. Natural Treatment Options: Trimester by trimester, Zita West accompanies the expectant mother through the excitement and anxiety of pregnancy, suggesting safe and natural ways to enhance the experience. From acupuncture to reiki and yoga, the most effective complementary treatments for common problems are detailed at each stage. In addition there are comprehensive nutrition plans and exercise suggestions, along with tips on everything from how to boost immunity to minimizing morning sickness. Expert advice: Ideal either as quick reference or as a complete guide, Pregnancy The Natural Way clearly explains your baby's development week by week. Easy-to-follow text combines with action plans, key tips, checklists, and charts to ensure that this is the definitive guide for anyone who wants to experience a healthy and natural pregnancy.

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