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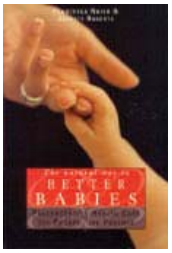

The natural way to better babies

Book by Francesca Naish & Jan Roberts

A comprehensive guide to pre-conception health care for both prospective parents. Francesca Naish is a naturopath-herbalist and the author of "Natural Fertility" (just revised) as well as co-author of this series of books with Jan Roberts, who originally qualified as a pharmacist, and who has been the Australian representative for Foresight for many years. This book will be of use to health professional and prospective parents.

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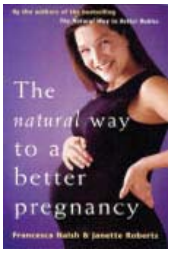

The natural way to a better pregnancy

Book by Francesca Naish & Jan Roberts

This is one of a series by Francesca Naish and Jan Roberts and is another practical guide to health in body and mind: this time, during pregnancy, with information on how to create a healthy environment, detoxify your body and introduce natural alternatives to give your baby the best start.

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The natural way to better breastfeeding

Book by Francesca Naish & Jan Roberts

This new book lets readers know how to breastfeed successfully using Jan and Francesca's tried-and-true- natural methods. It includes:

• How to tune in to your maternal instinct • Why 'breast is best' for you and your baby • Breastfeeding is about much more than nutrition • Making sure you have plenty of milk • Lifestyle, exercise and nutrition tips to improve quality and quantity • To wean ot not to wean • Sexuality and contraception during breastfeeding

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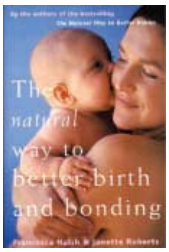

The natural way to better birth and bonding

Book by Francesca Naish & Jan Roberts

This is one of a series by Francesca Naish and Jan Roberts. This book covers the experience of birth - options, nutrition, exercise, confidence and trust, coping with stress and pain, your birth plan, pain relief, when something goes wrong - care after the birth for you and your baby, bonding, using natural remedies and treatments. There are substantial Australian resources listed in the back of the book.

(Purchase all four books and receive a **10%** discount)

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