



Herbs for A Healthy Pregnancy

Penelope Ody

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In this essential guide for new mothers, one of the world's leading herbalists provides information for each stage of a woman's pregnancy, from conception to the immediate postpartum period. Beginning with a brief overview outlining fetal development and the changes women can expect during the 40 weeks of pregnancy, this book then details each pregnancy-related ailment -- from potential miscarriage, anemia, and urinary and kidney problems to cramping, hemorrhoids, sleeplessness, and thrush and Candida -- and offers suggestions for remedies from both Western and Chinese herbal traditions.

Comprehensive and accessible, the book features a section on breast-feeding, a chart summarizing the baby's first twelve weeks, a complete *materia medica*, and:

- Complete information about the 30 to 40 most relevant herbs for use during pregnancy and childbirth
- A look at fertility problems and herbs to avoid for anyone planning a pregnancy
- Simple instructions for making teas, infused oils, massage oils, and tinctures

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