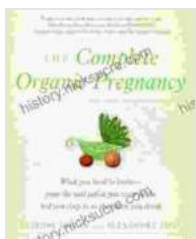


The Complete Organic Pregnancy: A Comprehensive Guide to Having a Healthy, Eco-Friendly Pregnancy and Baby

From the moment you find out you're pregnant, you want to do everything you can to ensure a healthy pregnancy and a happy, healthy baby. But with so much conflicting information out there, it can be hard to know where to turn.

The Complete Organic Pregnancy is here to help. This comprehensive guide provides everything you need to know about having an organic pregnancy, from conception to postpartum care. Written by Deirdre Dolan, a certified nutritionist and herbalist, The Complete Organic Pregnancy is packed with practical advice and tips on how to:



The Complete Organic Pregnancy by Deirdre Dolan

★★★★☆ 4.3 out of 5

Language : English
File size : 1190 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 304 pages



- Choose a healthy diet for pregnancy
- Exercise safely during pregnancy

- Avoid toxins and chemicals
- Prepare for a natural birth
- Care for your baby after birth

The Complete Organic Pregnancy is the essential guide for any woman who wants to have a healthy, eco-friendly pregnancy and baby. With its comprehensive coverage of all aspects of pregnancy and childbirth, The Complete Organic Pregnancy is the only book you'll need to prepare for this special time in your life.

What You'll Learn in The Complete Organic Pregnancy

The Complete Organic Pregnancy is divided into three parts:

1. **Part 1: Preparing for Pregnancy**
2. **Part 2: Pregnancy**
3. **Part 3: Postpartum Care**

Part 1 covers everything you need to know about preparing for pregnancy, including:

- How to improve your fertility
- What to eat before and during pregnancy
- How to exercise safely
- How to avoid toxins and chemicals

Part 2 covers all aspects of pregnancy, including:

- Prenatal care
- Labor and delivery
- Postpartum care

Part 3 covers postpartum care, including:

- Breastfeeding
- Caring for your baby
- Returning to work

Why Choose an Organic Pregnancy?

There are many benefits to choosing an organic pregnancy, including:

- **Reduced exposure to toxins and chemicals.** Pesticides, herbicides, and other chemicals can be harmful to your health and your baby's health. Choosing organic foods and products can help to reduce your exposure to these harmful substances.
- **Improved nutrition.** Organic foods are grown without the use of synthetic fertilizers or pesticides, which means they are more nutrient-rich than conventional foods. Eating a healthy diet during pregnancy is essential for your health and your baby's health.
- **Reduced risk of birth defects.** Some studies have linked exposure to certain toxins and chemicals to an increased risk of birth defects. Choosing organic foods and products can help to reduce your risk of exposure to these harmful substances.

- **Improved environmental sustainability.** Organic farming practices are more sustainable than conventional farming practices, which can help to protect the environment for future generations.

The Complete Organic Pregnancy is the essential guide for any woman who wants to have a healthy, eco-friendly pregnancy and baby.

With its comprehensive coverage of all aspects of pregnancy and childbirth, The Complete Organic Pregnancy is the only book you'll need to prepare for this special time in your life.

Order your copy of The Complete Organic Pregnancy today!

"I highly recommend this book to all pregnant women, women planning to get pregnant, and anyone who is interested in the health of their children."
—ALLI LIND, Founder of The Organic Connection and The Pregnancy Library

Complete Organic Pregnancy



*What you need to know
from the nail polish you wear to the
bed you sleep in to the water you drink*

DEIRDRE DOLAN and ALIXANDRA WIRTH



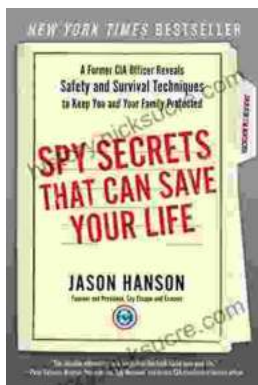
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