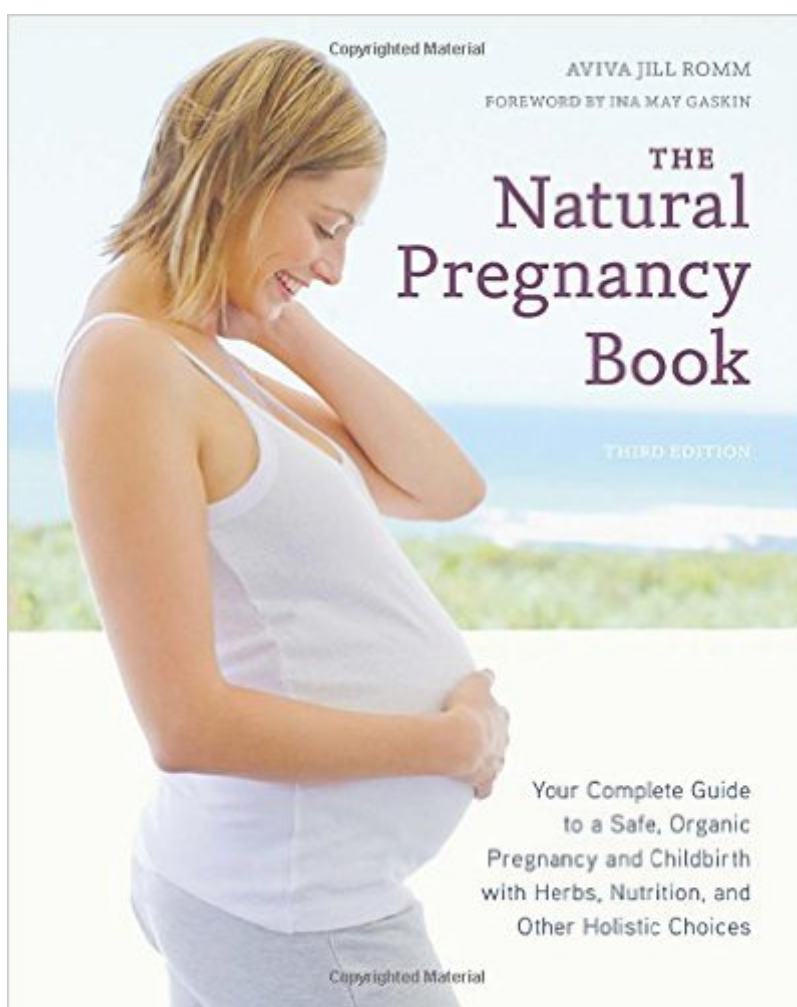


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# The Natural Pregnancy Book, Third Edition: Your Complete Guide To A Safe, Organic Pregnancy And Childbirth With Herbs, Nutrition, And Other Holistic Choices



## Synopsis

A revised and updated edition of the classic handbook for women seeking a safe, organic, eco-friendly, and natural pregnancy, featuring an integrative-based approach with new medical, herbal, and nutritional information. Every mother wants the best for her unborn child, from the baby's conception to birth. What's more, every mother wants clear, straightforward information delivered in a calm, empowering voice from someone who knows the facts. Enter Dr. Aviva Jill Romm, an expert in natural childbirth with more than twenty years of experience in both alternative and allopathic medicine. In this newly revised third edition, Dr. Romm takes a holistic approach, emphasizing natural remedies wherever possible and providing up-to-date advice on herbs that promote wellness during pregnancy, and alleviate such familiar concerns as anxiety, fatigue, morning sickness, and stretch marks. With tips for a nutritious diet, exercise and posture, and information on the emotional and physical changes that childbearing brings, *The Natural Pregnancy Book* is your comprehensive guide to a safe, healthy pregnancy, as nature intended it.

## Book Information

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## Customer Reviews

This book has some of the worst nutritional advice I've read for pregnant women. She condemns fat/fatty foods, advises pregnant women to eat low fat, vegetarian diets, and continually uses the entirely different substances 'folate' and 'folic acid' interchangeably. Folic acid is the synthetic form of folate, which can actually cause the birth defects that adequate intake of folate will prevent. The strangest part is she talks about the gene mutation that some women possess that the folic acid will

disagree with and be more likely to cause birth defects, yet she still recommends folic acid. It's very confusing if you don't already know about this gene mutation and the difference btw the 2 forms of this vitamin. The other thing that screamed out to me was that she states that an underweight woman with a BMI of 18.5 and below can gain anywhere from 8-40lbs in pregnancy and it is considered a healthy weight gain, while every other BMI had a more acceptable sounding weight gain. I hope everyone who is underweight talks to a more knowledgeable care provider first before listening to this advice! Her recommendation for margarine as a healthy source of fat in the diet, WOW. Can definitely tell that his woman knows nothing about nutrition. She also knows nothing about vitamin A and there was so much misinformation under this heading that I am providing a link with accurate info or this review would just be entirely too long:

<http://www.thehealthyhomeeconomist.com/beta-carotene-vitamin-a-myth/> I am not sure why the book states that it is a guide to an "organic" pregnancy, as the only "organic" advice it gives is to buy as much of your food certified organic as possible. Secondly, I have read previous editions of her book, and she has taken out a lot of the herbal advice and natural remedies that she used to put in her books. I do not know if this is because she is now a MD, whereas before she was a midwife and herbalist, and maybe now she believes more in western medicine than natural therapies? Or if new studies have shown her previous advice to be wrong? I do not know, but thought it odd. It still does have some good advice on the use of herbs, which is why I gave it 2 stars rather than 1. However, there is no more information on additional natural remedies such as homeopathy, chiropractic, or accupuncture, to name a few, all of which can be very beneficial to pregnant women. This book is not your one stop shop for all alternative therapies for pregnancy by any means! This book also lacked citations and resources as to where her information was coming from or where one could go to learn more, other than the very occasional footnote citing a source. If you want a well researched book on pregnancy and birth written by a naturally minded MD, I highly recommend Gentle Birth, Gentle Mothering by Sarah J Buckley. Almost 1/4 of the thickness of this book is her huge list of resources with specific quotes and references to a multitude of studies in every paragraph throughout. "The Natural Pregnancy Book" does not hold a candle to "Gentle Birth, Gentle Mothering"! For nutritional advice and just a fun read, I highly recommend Real Food for Mother and Baby by Nina Planck. Another great, well researched book on birth is Ina May's Guide to Childbirth by Ina May Gaskin. I'd say read Nina Planck's book first if you have the time, as it has the most to do with pregnancy, the others have more to do with the time closer to birth and beyond! Although Nina's book does cover breastfeeding and babys first foods as well, which you can always go back to. Anyway, these are my top 3 most recommended books for my pregnant mama's, enjoy!

I had high hopes for this book, based on the reviews of previous editions. However, all credibility went out the window when I read the section on miscarriages. The very first bullet point under general recommendations said that if you have a miscarriage you might have to "come to terms with whether in your heart of hearts you really want to be pregnant." Umm, WHAT?!?!? If that isn't the most horrifically damaging thing to say to a woman who has lost a pregnancy, then I don't know what is. It is uneducated, antiquated, and downright ignorant to blame the woman for not "wanting" her pregnancy enough. I couldn't take the rest of the book seriously after reading such crap.

Great information on herbs but horrible nutrition advice that is not based in science and downright dangerous.

This book was recommended to me by an acupuncturist. I think it would be a good read for someone who is not very familiar with the natural living/natural pregnancy path. For me, having already had an interest in a holistic life style, herbal medicine, and alternative healing, I found a lot of information in this book to be redundant.

Pros: Comprehensive look at natural pregnancy from a spiritual, emotional, and trimester by trimester viewpoint. If you are going to buy only one book on

Cons: Somewhat redundant if you are familiar with natural pregnancy

Every pregnant woman is looking for answers to their questions, consolation for their fears and the best information possible to help get them through this most miraculous time. Here you will find all you need and more all wrapped up in one book. You will discover what your body is going through. How the baby is growing. Foods to help best nourish you and the baby. Natural alternatives for aches and pains. How to work with your body for a natural birth. How to listen to your body. Exercises you can do during and after pregnancy, and so much more! All is laid out in a simple and easy to understand manner and it comes with trusted expertise! I think this book is full of useful information for the mom to be. Whether it's a first pregnancy, or a first natural pregnancy, this book will prove to be useful. As someone who has done home births with both my children, I am all for going natural, so I really think this will be a useful book of information to fall back on should I have anymore. And it will be a great book to share with others who are considering a less conventional birth. I think it's great to be educated about all your options during pregnancy and choose for yourself what you believe to be best. This book will help you with those decisions. My only complaint is the lack of creativity in the books layout. But that's something that may only apply to me. I have a

hard time reading lots of information if nothing about it shows any visual interest. It's useful none the less and I'd definitely recommend it and lend it out. I received this book in exchange for an honest review from the publisher.

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