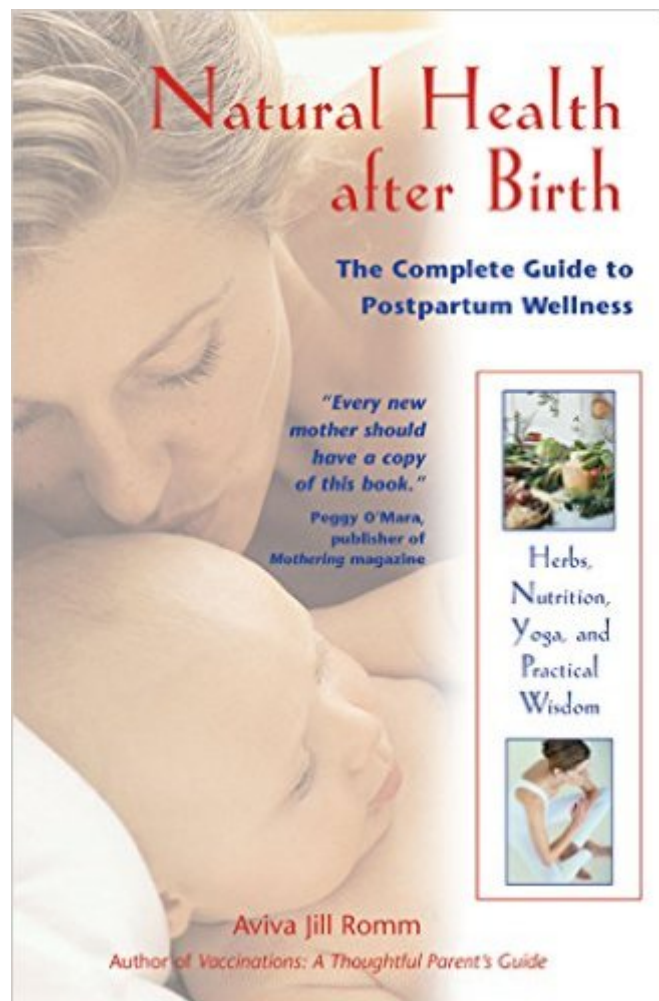


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# Natural Health After Birth: The Complete Guide To Postpartum Wellness



## Synopsis

Provides essential advice for adjusting to the many challenges facing women during the first year after giving birth. • Offers practical tips for finding balance between being fully immersed in the beautiful but demanding path of motherhood and maintaining a sense of self. • Provides helpful herbal tips and recipes and includes gentle yoga exercises. • Addresses a new mother's need to replenish her body, mind, and spirit so that she can nurture her child. • By the author of *The Natural Pregnancy Book* and *Vaccinations: A Thoughtful Parent's Guide*. New mothers need care and support to adjust to the myriad challenges facing them after birth: changing body image, lifestyle, work arrangements, and relationships. Midwife, herbalist, and mother of four, Aviva Jill Romm shares her insights into how to make this crucial time a happy one. She provides essential advice for preparing for the postpartum period, coping during the first few days after the birth, establishing a successful breast-feeding relationship, getting enough rest, eating well even with a hectic schedule, and finding time to regain strength and tone with gentle yoga exercises. Woven throughout are helpful herbal tips and recipes to make the first year of motherhood a naturally healthy one. *Natural Health after Birth* also addresses a new mother's need to replenish her body, mind, and spirit so that she can nurture her child. This book provides support both for women who plan to be home full or part time during the first year and those who must return to their jobs soon after the birth. With humor and compassion, Romm offers mothers practical wisdom for attaining the delicate balance between being fully immersed in the beautiful but demanding path of motherhood and maintaining a sense of self.

## Book Information

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## Customer Reviews

Aviva Jill Romm's book is destined to have widespread appeal for its compassionate and wise advice. I am grateful to Aviva for having so much vital information in one volume. The topics are Herbs, Nutrition, Yoga, and Practical Wisdom and sagely begins with Chapter One -- The Birth of a Mother. Her chapter on Replenishing Yourself -- Body, Mind and Spirit is particularly wonderful and the photos of the mother and newborns are full of soul. Both Robin Lim's (After The Baby's Birth) and Aviva's books make the best baby shower / Blessing Way gifts! For too many years postpartum has been neglected in terms of self-help guidebooks and within a moon of one another in 2002 came two excellent contributions to what I hope to see is the growing body of knowledge for new mothers. This is a book I will give my children and grandchildren!

I highly recommend this book. It gives a realistic perspective on what goes on with the body, heart and mind after our babies are born. After the birth of my first baby, I was shocked at how long it took my body to recover and most friends and family had very little to say to me about what a new mom needs to do to help the body balance. I was a little disappointed actually so I decided to do more research about how to take care of myself postpartum now that our second baby will be arriving this January. After reading this book, I feel like I can put together a better plan for rest and have found more ways to heal the achy bits after the baby is born. I think in the West, we have this feeling like we should be able to "do it all", even after giving birth. When first taking care of newborn son, I called my mother telling her how challenging it was to get rest and take care of the home. She said to me, "What's the big deal taking care of just one baby? I had four of you and no help!" But I remember, she was exhausted. This book suggests that we DO need help and time to rest after birth, whether or not you have one child or four children. I appreciate that.

I've been in the birth field for over 30 years and this is one of the most helpful books I've read on postpartum recovery. Aviva has done a fantastic job writing this book. I'd like to see it on every suggested reading list for pregnant & postpartum mothers!

This book is a must for any mom to read, whether new or experienced. It has been a great resource for me as a future post partum doula.

This book is a wealth of information and has recipes, herbal recipes and ideas and advice on making your postpartum the best ever! I read this while pregnant with my third child and I still found a lot of new information. This definitely has a natural parenting approach but is equally beneficial for all "types" of parents.

This book held my proverbial hand through the postpartum period. For clogged ducts, a fussy baby, hormonal swings, nutritional needs, and bigger life questions this book offered calm, moderate, thorough, step-by-step advice for new mothers. I recommend it for all new moms

This book is really just a wonderful book of wisdom for new mothers, whether it is your first or fifth baby. It is so reassuring, and Aviva truly GETS how you're feeling after this life-altering event, giving birth to a brand new human being. It is best read at the end of pregnancy, to help you get ready for post-partum, and then again for referral during the post-partum phase. There are nutritious recipes, herbal remedy recipes, a complete protocol to follow if you begin to display symptoms of mastitis, lots of wisdom worth understanding and even a note from her husband (for your husband). This book helped me to take the time I needed, to NOT try to jump back into life as I knew it, to NOT try to be supermom, and to just focus on what was really important after the births of both of my children. I give this book to every new mother I know, along with bath herbs from Earth Mama Angel Baby. Aviva's tone is so reassuring and soothing, just what a hormonal new mama needs to read.

This book was not helpful to me and was a waste of money. I'm planning a home birth and was looking for practical ideas for post partum care. I would have liked something more concise, like a guide. This was very wordy, and not very practical for the average woman. The recipes included had herbs that I've never heard of and definitely don't have on hand. There was nothing I could make from this book to help me post partum. I do not recommend this at all!

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