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Natural Pregnancy Complementary Health

Sue Macdonald, Gail Johnson



Natural Pregnancy Complementary Health:

Natural Pregnancy Lee Rodwell,1997-03 More than ever people are turning to complementary therapies for relief from the stresses and tensions of everyday life Each of the four titles in this series show how to adopt a more natural approach to health improve personal well being and create a healthier lifestyle These books offer expert advice on yoga and meditation exercises to overcome stress methods for stay fit and strong during throughout pregnancy step by step guides to massage strokes and aromatherapy techniques

Biopsychosocial Factors in Obstetrics and Gynaecology Leroy C. Edozien,P. M. Shaughn O'Brien,2017-08-24 This text covers the wide spectrum of biopsychosocial factors integral to all aspects of obstetrics gynaecology and women s health

Getting Pregnant the Natural Way D.S. Feingold,Deborah Gordon,2008-04-21 The Wiley Women s Natural Health Series brings together mainstream complementary and alternative medical approaches These unique books offer advice and support on a wide range of topics of concern to women including perimenopause breast health and menopause Are you experiencing infertility Written by an authority in complementary medicine Getting Pregnant the Natural Way is a compassionate guide that offers natural approaches to help you now Drawing on the benefits of herbal medicine homeopathy nutritional therapies and mind body medicine in conjunction with the latest medical therapies Dr Deborah Gordon explains the mechanisms of fertility and the possible causes of infertility then outlines a simple six step program to help you Prepare your body mind and spirit for pregnancy Prevent control or reverse conditions that impair fertility Improve your overall feelings of health and well being Reduce stress and anxiety Create balance in your life Uniquely created from a woman s perspective Getting Pregnant the Natural Way offers support wisdom and hope for you to reach your goal of a healthy pregnancy

Leifer's Introduction to Maternity & Pediatric Nursing in Canada - E-Book Lisa Keenan-Lindsay,Gloria Leifer,2023-09-23 Gain a solid foundation in Canadian maternity and pediatric nursing Written in a clear concise user friendly style Leifer s Introduction to Maternity and Pediatric Nursing in Canada 2nd Edition includes Canadian statistics terminology references guidelines resources Canadian nursing best practices assessments and more It s organized by developmental stages and includes discussions of pediatric disorders by body system from simple to complex and health to illness With a rich focus on family health this text contains review questions for certification exams case studies and numerous other helpful features to give you the tools you need to successfully care for patients within the Canadian social and institutional context

The Business of Maternity Care Denise Tiran,2018-12-21 This is a guide for midwives and doulas who want to set up a private maternity related business Included is advice on business issues such as marketing and pricing and debate around the professional legal and ethical issues There are also activities and exercises to help the reader set up their business as well as case studies throughout

Holistic Healthcare Anne George,Snigdha S. Babu,M. P. Ajithkumar,Sabu Thomas,2019-04-26 Here is an insightful compilation of contributions from scientists healthcare experts and doctors working actively to bring about wholesome healing to individuals looking at cuttingedge holistic therapies It includes

chapters that deal with improving the general health of people from various walks of life to treating some very challenging diseases Various schools of treatments exercise regimes and meditations are discussed Specific topics include the use of alternative therapy for human health and healing including yoga meditation acupuncture prayer herbs Ayurvedic treatment and homoeopathy The volume showcases some recent trends in treating various diseases that plague mankind including superbugs drug sideeffects drug abuse and myriad lifestyle related diseases and syndromes **Be a Greener Parent** Lynoa Cattanach,2010-10-29 Be a Greener Parent Teach Yourself gives a parent all the information they need to make informed choices about how to bring up their child in an ethical environmentally conscious manner It goes beyond the immediate concerns of washable vs disposable nappies to provide an all round approach to a balanced ethical family and domestic life It covers everything from pregnancy through childbirth and beyond and features plenty of advice on how to make ethically informed choices about education travel and even issues such as how much clothing and how many toys does your child really need The approach is centred firmly on a realistic vision of ethical parenting and offers parents a system whereby they can either make wholly green choices or can opt for a more convenient and practical approach with a minimum of effort These unique Green Box Guides in addition to the substantial resources and bibliography featured make this a comprehensive yet accessible handbook for all those who want to take a more ethically aware approach to their family NOT GOT MUCH TIME One five and ten minute introductions to key principles to get you started AUTHOR INSIGHTS Lots of instant help with common problems and quick tips for success based on the authors many years of experience TEST YOURSELF Tests in the book and online to keep track of your progress EXTEND YOUR KNOWLEDGE Extra online articles at www.teachyourself.com to give you a richer understanding of environmentally friendly parenting THINGS TO REMEMBER Quick refreshers to help you remember the key facts **Mayes' Midwifery - E-Book** Sue Macdonald,Gail Johnson,2023-05-23 Mayes Midwifery is a core text for students in the UK known and loved for its in depth approach and its close alignment with curricula and practice in this country The sixteenth edition has been fully updated by leading midwifery educators Sue Macdonald and Gail Johnson and input from several new expert contributors ensures this book remains at the cutting edge The text covers all the main aspects of midwifery in detail including the various stages of pregnancy possible complexities around childbirth and psychological and social considerations related to women s health It provides the most recent evidence along with detailed anatomy and physiology information and how these translate into practice Packed full of case studies reflective activities and images and accompanied by an ancillary website with 600 multiple choice questions and downloadable images Mayes Midwifery makes learning easy for nursing students entering the profession as well as midwives returning to practice and qualified midwives working in different settings in the UK and overseas Expert contributors include midwifery academics and clinicians researchers physiotherapists neonatal nurse specialists social scientists and legal experts Learning outcomes and key points to support structured study Reflective activities to apply theory to practice Figures tables

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