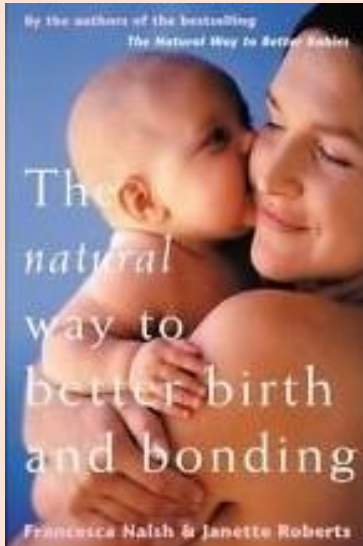


## **“The Natural Way to Better Birthing and Bonding” by *Francesca Naish & Janette Roberts***



Giving birth is an empowering and transformative life event, and when the birth and bonding between mother and baby unfolds naturally, the positive effects for both are immeasurable. 'Better' birth and bonding is simply birth and bonding as nature intended them to be. *The Natural Way to Better Birth and Bonding* is a treasure trove of practical information to help you achieve the kind of birth you want - and beyond. It includes such topics as:

- What is a 'natural birth'?
- The benefits of a natural birth for you and your baby.
- Which birth for you?
- Nutrition and exercise for a natural birth.
- Choosing your team and making a birth plan.
- Managing stress and pain for an easier birth.
- Making decisions about medical management.
- Care after the birth for you and your baby.
- Bonding with your new baby.
- Natural treatments and remedies, and how to use them.

Plus handy checklists, including what you and your baby will need at the birth, and after.

Francesca Naish is a naturopath, medical herbalist and hypnotherapist with over 25 years' experience in practice. She is director of The Jocelyn Centre, Australia's first clinic devoted to helping women and couples manage their fertility effectively and conceive healthy, happy babies, and of Natural Fertility Management, through which she trains health professionals in Australia and overseas in her methods. She appears frequently in the media, and is a popular speaker and lecturer.

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