



## Natural Pregnancy, Natural Baby

By Dr. Stacey Rosenberg

Xlibris Corporation. Paperback. Condition: New. 158 pages. Dimensions: 8.8in. x 6.0in. x 0.5in. Canadian Sunshine Coast chiropractor, Dr. Stacey Rosenberg, has just completed and released her first book *Natural Pregnancy, Natural Baby - Natural Remedies for Pregnancy, Birth and Post-Partum Discomforts*. Dr. Stacey and her staff have been providing chiropractic care in Gibsons, BC since March 2001. She specializes in pre-natal, neo-natal and paediatric care and has studied several low-force and pregnancy-specific techniques including Webster and Bagnell Chiropractic Techniques. While pregnant with her second child in 2006, she expanded her practice into an integrated health clinic, called the Gibsons Health and Wellness Centre, with practitioners in homeopathy, clinical hypnotherapy, Hypnobirthing, yoga, acupuncture, counselling and massage therapy. That same year, she also got inspired to write a book on natural pregnancy by the wealth of information provided by the local midwives and Bellies and Babies network as well as additional professional training that Dr. Rosenberg undertook. Many hours of labour later, it is finally ready for sale! *Natural Pregnancy, Natural Baby* is 150 pages of prevention, tips, techniques, remedies, and resources to help ease the common complaints of pregnancy, birth and the post-partum period. It includes nutrition, pre-natal bonding, comfort measures, herbs,...



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