

Paul Chek Pregnancy

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keeping fit during pregnancy is highly beneficial for the health of both mother and baby however many women remain at work during pregnancy and finding time for regular exercise can be difficult this book shows pregnant women how to develop and maintain their fitness at home it also provides breathing and relaxation exercises as well as a healthy eating plan

while postpartum depression has become a recognizable condition this is the first book to treat root causes of mommy brain baby blues and other symptoms that leave mothers feeling exhausted any woman who has read what to expect when you're expecting needs a copy of the postnatal depletion cure filled with trustworthy advice protocols for successful recovery and written by a compassionate expert in women's health this book is a guide to help any mother restore her energy replenish her body and reclaim her sense of self most mothers have experienced pain forgetfulness indecision low energy levels

moodiness or some form of baby brain and it's no wonder the process of growing a baby depletes a mother's body in substantial ways on average a mother's brain shrinks 5% during pregnancy and the placenta saps her of essential nutrients that she needs to be healthy and contented but with postnatal care ending after 6 weeks most women never learn how to rebuild their strength and care for their bodies after childbirth as a result they can suffer from the effects of depletion for many years without knowing what's wrong as well as getting the support and treatments that they need

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