

Respirando Expande Tu Poder Y Energia

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descripcion amamantar es la manera optima de alimentar al bebe los bebes criados al pecho son mucho menos propensos a padecer diabetes obesidad y alergias ademas tanto la madre como el hijo se benefician del estrecho vinculo emocional que crea la lactancia natural recurrir a terapias naturales durante la lactancia puede ayudar a disfrutar de esos deliciosos momentos con el bebe el masaje y la aromaterapia pueden resultar asimismo muy utiles en esta experiencia compartida en este libro se explica la postura mas comoda para la madre y el nino como estimular la subida de la leche el desarrollo emocional del bebe bombas extractoras portapezones y otros dispositivos que pueden resultar de ayuda la nutricion mas adecuada para la madre durante la lactancia la autora hannah lothrop es psicologa y especialista en terapias de orientacion corporal y transpersonal posee larga experiencia como consejera en materia de lactancia y preparacion para el parto ha sido monitora de grupos de paternidad instructora de personal medico sanitario y organizadora de asociaciones voluntarias de padres publico destinatario dirigido a todas las madres que deseen dar al pecho a su hijo para lo que no existe hoy en dia ninguna asistencia ni informacion que venga de instituciones publicas muchas madres encuentran dificultades a la hora de amamantar a sus bebes y se ven completamente desorientadas y sin saber a donde recurrir en este libro encontraran todas las respuestas que necesitan

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