

When did making babies get to be so hard? Infertility is on the rise globally, affecting as many as one in six couples. But instead of considering diet and lifestyle factors, doctors pump their patients full of expensive and invasive fertility treatments. Once pregnant, women just accept that carrying a baby will be the gassy, swollen, irritable, sleepless nightmare that has become the new normal?and then assume that new motherhood will be just as challenging, from breastfeeding woes to screaming fits.It doesnt have to be that way. In *The Kind Mama*, Alicia Silverstone has created a comprehensive and practical guide empowering women to take charge of their fertility, pregnancy, and first 6 months with baby. Drawing on her own experience, as well as that of obstetricians, midwives, nutritionists, holistic health counselors, and others, Silverstone offers advice on getting ones baby house in order through nutrient-rocking foods that heal and nourish, and, once pregnant, gentle ways to boost comfort, energy, and health during each trimester. She helps readers navigate everything from prenatal testing and birth plans to successful breastfeeding and creating a supportive baby nest. The result is an authoritative, one-stop guide that empowers women to trust their instincts during this vital milestone, while helping them embark on a healthy and more vibrant path to motherhood.

*Confessions of an English Opium Eater*, *A Year and a Day on Just a Few Acres*, *You Can Build It Book 1*, *In Bed With the Billionaire (Nine Circles)*, *Called to Mate (Pack Mates Book 1)*, *Santa Fe, Taos, Albuquerque 95: The Best of New Mexico Including the Pueblos and Carlsbad Caverns (Gold Guides)*, *Sophies Tales: Overcoming Obstacles*, *Summer in Napa (A St. Helena Vineyard Novel)*, *Painting Rooms: How to Choose and Use Paint Like an Expert*, *The Tainted (The Isles of Glory Book 3)*,

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