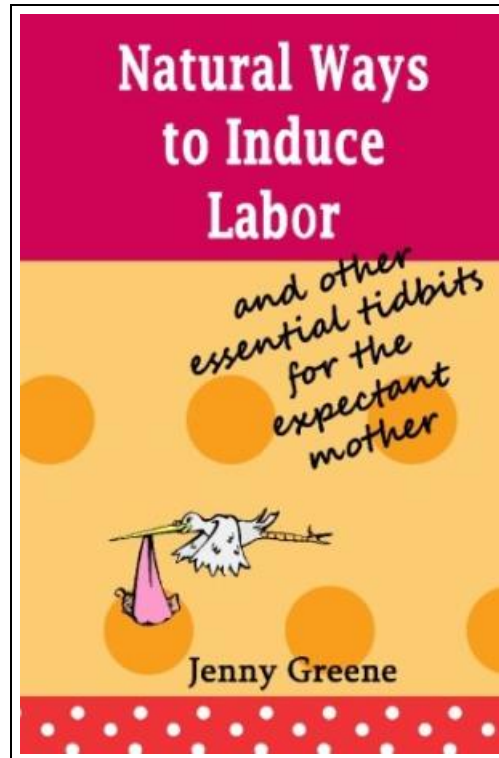


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Createspace, United States, 2010. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. This simple guide has brought natural labor induction methods together with what you can expect during labor, and the early days of motherhood. With inspirational quotes for new mothers, there is support with every page that is turned. Expectant mothers who are looking for natural ways to induce labor to avoid invasive medical methods of induction will benefit the most from this fresh and friendly guide. Written for a new generation of moms-to-be, the book contains not just natural induction methods but information on: * foods to eat during labor * the top 5 comfortable and effective labor positions * stages of labor and what to do * breastfeeding and sleeping basics * baby names and how to choose a name * new baby routine and bonding with baby This book also makes a pleasing gift for a new mom-to-be and is something to take along to baby showers. Labor should never be induced before your body and the baby is ready, please do not attempt this without having a discussion with your healthcare provider. This book is not intended to take the place of medical advice from a health care professional.



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