



Natural Wellness Strategies for Pregnancy

By Laurel Alexander

Findhorn Press Ltd. Paperback. Book Condition: new. BRAND NEW, Natural Wellness Strategies for Pregnancy, Laurel Alexander, Like menopause, pregnancy brings about profound shifts in mind, body, and spiritual energy that create challenges and opportunity. This second book in the series offers sage advice for working with these shifts, a broad range of techniques that will connect those expecting with the joyful rite of passage in womanhood while helping them move towards a positive birth experience. These self-help strategies span from the physical, such as nutrition, diet and herbs, to the mental through meditation, imagery and ritual to help calm and focus the mind, as well as the more esoteric, such as using crystals, flower essences, and archetypes of the Goddess to balance the subtle energy system.



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