
*A practical reference to drug-free remedies using
nutrition, herbs, exercise, acupressure and massage*

*The Pregnant
Woman's
Comfort
Guide*

*Safe, Quick
and Easy Relief from
the Discomforts of
Pregnancy & Postpartum*

Sherry L.M. Jiménez, RN



The Pregnant Woman's Guide: Safe, Quick, and Easy Relief from the Discomforts of Pregnancy

Sherry L.M. Jiminez

being pregnant has its discomforts in addition to its joys. The Pregnant Woman's convenience advisor through Sherry L. M. Jimenéz is a common method of nitpicky difficulties of being pregnant that would deliver reduction to girls struggling with every little thing from stomach strain to weight achieve and all diseases in among (cramps, cravings, headaches, heartburn, nausea, nosebleeds, rib discomfort, pores and skin changes, and so on). Jimenéz is a registered nurse, a long-time childbirth educator, and the writer of 5 books. Her method of relieving the discomforts of being pregnant and the postpartum interval depends upon normal nutrition, herbs, exercise, acupressure, and massage. prepared alphabetically for simple access, the strategies Jimenéz bargains are natural, practical, and achievable.

The Pregnant Woman S Guide Safe Quick And Easy Relief From The Discomforts Of Pregnancy

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