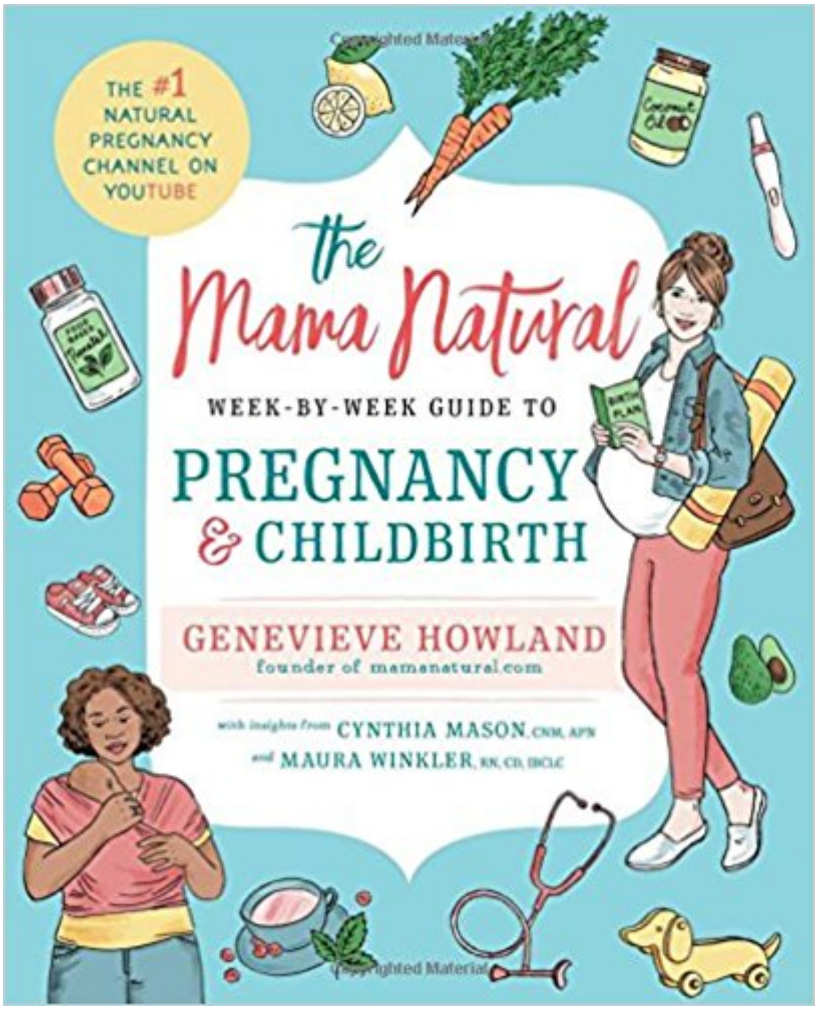
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The Mama Natural Week-by-Week Guide To Pregnancy And Childbirth



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Synopsis

With over 60 million views on her YouTube channel, Howland's (a.k.a. Mama Natural) funny but informational videos have empowered millions of women to embrace natural pregnancy and parenting. Now Howland is turning to the page, offering up the first week-by-week pregnancy & childbirth book from a natural perspective.For the last half-century, control over childbirth has been in favor of doctors. Many pregnancy guidebooks are conventional, fear-based, or written by male physicians deeply entrenched in the medical model of birth. But change is underway. A groundswell of women are taking back their pregnancy and childbirth and embracing a natural way. Genevieve Howland, the woman behind the enormously popular Mama Natural blog and YouTube channel, has created an inspiring, fun, and informative guide that demystifies natural pregnancy and walks mom through the process one week at a time. The Mama Natural's Week-by-Week Guide to Pregnancy and Childbirth is the modern (and yet ancient) approach to pregnancy and childbirth. "Natural" recognizes that pregnancy and birth are normal, and that having a baby is a wondrous biological process and rite of passage--not a medical condition. This book draws upon the latest research showing how beneficial and life-changing natural birth is for both babies and moms. Full of weekly advice and tips for a healthy pregnancy, Howland details vital nutrition to take, natural remedies for common and troublesome symptoms, as well as the appropriate (and inappropriate) use of interventions. Peppered throughout are positive birth and pregnancy stories from women of all backgrounds (and all stages of their natural journey) along with advice and insights from a Certified Nurse Midwife (CNM) plus a Registered Nurse (RN), doula, and lactation consultant. Encouraging, well-researched, and fun, The Mama Natural's Week-by-Week Guide to Pregnancy and Childbirth will be an essential companion for women everywhere to embrace natural pregnancy and reap all the benefits for both baby and mama.

Book Information

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Customer Reviews

A must-read, comprehensive guide that empowers moms-to-be for a natural pregnancy and birth. Genevieve's funny stories and the beautiful illustrations will keep you hooked week after week, through your delivery date and beyond.- Vani Hari, New York Times Bestselling Author of The Food Babe WayFinally, a book that speaks to the rising tide of women who want a more natural pregnancy and birth experience. Comprehensive, evidence-based and trustworthy. This beautifully written guide will be the pregnancy book for our generation and will support women in making informed decisions to have Ã Â healthy, safe and empowering births. Do yourself (and your baby) a favor, read this book! (-Katie Wells, Founder of WellnessMama.com)Finally, a pregnancy book for women who desire to live a more natural and organic lifestyle. No matter where you are on this spectrum I think youÃ¢â ¬â„¢ll appreciate GenevieveÃ¢â ¬â„¢s no-nonsense approach. Oh, how I wish a resource like this existed back when I was expecting my girls! (- Lisa Leake, #1 New York Times Best Selling Author of 100 Days of Real Food)

Finally, a week by week pregnancy guide from a natural perspective!For generations, pregnancy and birth have been treated as medical "conditions" as opposed to normal biological processes.But change is underway. A groundswell of women are taking back their pregnancies and births and embracing a more natural approach. Now Genevieve Howland, the woman behind the popular Mama Natural blog and YouTube channel, brings you a fresh, empowering, and evidence-based guide for this precious time in your life. Featuring insights from midwife Cynthia Mason and nurse/doula Maura Winkler, this book marries cutting edge research with the intuitive wisdom of women's bodies.Whether you want a water birth in your living room or just want to eat healthier, The Mama Natural Week-by-Week Guide to Pregnancy and Childbirth is for you!Top 10 things you'll learn in this book:Your perfect pregnancy diet (with weekly recipes)How to ditch toxins in your beauty & cleaning routineNatural remedies for common pregnancy symptomsThe truth about epidurals (and other interventions)How to create your birth "dream team"How & why to eat your placenta (or not)Natural pain relief during laborWhat to do during each stage of laborTips to navigate all those newborn interventionsHow to start breastfeeding on the right foot, er, boob

This needs to be in every mama and birth worker’s hands! I can’t say enough about how much the natural birthing community needed this book! It’s thorough, engaging, informative, witty and beautiful! This week-by-week guide to pregnancy and childbirth from a natural perspective backed with evidence based research is the best guide I’ve ever read. Recipes, Mama to-do lists, Birth affirmations, insights from other natural mamas, products recommendations...all with beautiful drawings inside! Seriously, whats not to love?!? In this book, Mama Natural (Genevieve Howland) does an phenomenal job of empowering women no matter their level of previous "crunch" with knowledge that is accessible, practical and approachable. Knowledge is power. And this book is a powerful force for women in the natural birth revolution! We can’t thank you enough, Mama Natural!

I kind of own all the pregnancy books. It just happens. I have always loved the weekly format, but haven’t ever loved how overly medical the weekly guides available were. I was signed up for the Mama Natural e-mail and have been subscribed to the YouTube channel for quite a while. So, when the book came out, I absolutely had to have it. And I love it. It has a chapter for every week, covering some different pregnancy topic. If you need to read about a specific topic before you get to that week, just look up the topic in the index. I also really like the included weekly recipes that are specific to baby development. They aren’t all weird/crazy things you aren’t going to eat. I feel like Mama Natural actually falls in the middle of the road when it comes to natural-ness. Not overly medical, but also not completely anti-medical, which is where I find myself. I highly recommend this book to any pregnant mama.

I am pregnant with my third baby and man do I wish this book was around for the first two. It really is the only one of its kind if you are seeking a more natural approach to pregnancy and birth. Before this book I was having to pull information from all different sources which took a lot of time I didn’t have. It is so nice having it all in one pretty place! You can tell that Genevieve has done her research on every subject she addresses and yet she always encourages you to make the decisions that are best for you. It’s non judgemental and just a fun read! I love all the little tips, affirmations and recipes. I can’t wait to use what I have learned here during my labor in September. As a Natural Momma myself and someone who has an entire instragam dedicated to sharing my healthy lifestyle with others this book was a perfect fit!

100 Star review! I truly feel blessed to have this book in my pregnancy arsenal - it is absolutely

everything I was trying to piece together from 100s of websites but all lined up beautifully in one place. Of course, it works chronologically which helped me from getting sidetracked online and reading tonnes of info that despite being helpful, I didn't need to know until later (Which I totally did until my book came in!). For natural mamas-to-be, this book is a God-send and will totally help you focus on a healthy pregnancy lifestyle without having to sift through a tonnes of info to get the goods! Get your post-its out, you'll be bookmarking! Thank you Genevieve, you are the voice so many of us needed!

Finally got my copy of the best natural childbirth book in the market with evidence-based approach. I truly believe that her method contributed for my short labor (4hrs) ÃƒÂ Ã Å¸Ã â„¢Ã Æ' highly recommended for new moms #mamanaturalbook #childbirth #newgeneration

When I was pregnant I got some of the pregnancy books that's were on the market at the time. I also went through the Mama Natural Birth Course. As I read the books I felt overwhelmed. I felt like I was to expect horrible things to happen to me that everyone else experienced. Going through the birth class and this book you are educated and empowered. Is pregnancy and birth and easy... no. Is it a natural process that your body is designed to do... yes! Regarded of what kind of birth you want it's so important to educated yourself but feel empowered and uplifted! I'd throw all your other pregnancy books away and get this one! It's also a great gift for expecting mamas! I am so impressed with the research that Genevine has done! If you need a guide for your pregnancy look no further! This is it!

LOVE this book! It's like "What to Expect When You're Expecting" only much more relevant for today's healthy-minded mamas. I'm no "crunchy" mom, but I did love learning about the things I had taken for granted with my earlier pregnancies. I purchased this before baby #4 arrived and wish I would've had it 10 years ago with my first baby! I appreciate the explanations of why things like the Vitamin K shot and eye ointment are automatically given after baby's hospital birth so I could make an informed decision on whether or not it would be best for my baby. There are hundreds of instances like this in this book -- education on various factors before/during/after pregnancy as well as regarding the birth process itself. I had my BEST delivery of all four with my last and I believe that is in part due to what I learned in this book. It's wonderful! You won't regret purchasing this resource!!

I have been a "Mama Natural" fan for a while now, and I was thrilled to find out that Genevieve was releasing a week by week pregnancy book from a natural perspective, especially since I am currently expecting my 4th child! This book is everything I wanted, and more. There is a ton of information and plenty of useful tips and tricks. As stated before, this book has A LOT of info, it is definitely larger than I expected, but it has a great table of contents to help guide you to the information you are looking for. I am so excited about this purchase and I will probably be donating this book to my midwife for her lending library after I deliver my baby.

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