



# Naturally Healthy Pregnancy

*Shonda Parker*

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## **Naturally Healthy Pregnancy** Shonda Parker

This book answers all the questions about nutritional and herbal medicine for optimum health during pregnancy. Beginning with God's design for health and nutrition, the following is covered in detail: how to eat for a healthy baby, which herbs are safe and which are dangerous during pregnancy, and the best ways to minimize those times of nausea and discomfort. Shonda Parker provides information to guide the pregnant mom and her baby to good health with a balanced approach to herbal and traditional medicine.

A broad range of information and research, coupled with years of experience has emerged to create this health and nutrition book that encompasses far more than the health needs of present and future pregnant women. The author's warm, personal style, combined with an educational powerhouse of information makes The Naturally Healthy Pregnancy essential to a healthful, joy-filled pregnancy. A treasured gift!

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