



Becoming a Mum Naturally: Your Personal Guide to a Happy & Healthy Pregnancy the Natural Way

Bridget Osho

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Have you been wondering how you can achieve a successful pregnancy using a natural approach? Perhaps, you have scoured the internet for resources but have been inundated by the overwhelming amount of information out there? Then this book is for you. It has been written to teach women how to improve their chances of a successful pregnancy using effective and easy-to-use natural strategies. The facts have been written in a down-to-earth manner so that the book is really a personal guide. The writer, Bridget Osho is the founder of Cherie Mamma, a Holistic Fertility Therapist and researcher. She helps women to create healthy babies naturally by using natural techniques from around the world. Whether you are trying to get pregnant or already pregnant, or just thinking about it, there is something for you in this book to support you on your motherhood journey.

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