



Conceiving Healthy Babies: An Herbal Guide to Support Preconception, Pregnancy and Lactation

Dawn Combs

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Healthy babies don't just happen. The lifestyle of the prospective parents is a crucial factor in promoting fertility and ensuring a successful pregnancy. But the average North American diet is saturated with processed foods and environmental toxins are rampant—we must take responsibility for what we put into and onto our bodies to create optimum conditions for the childbearing year.

Drawing on the author's own personal triumph over infertility, *Conceiving Healthy Babies* is a unique herbal guide geared to helping couples achieve balance in preconception, pregnancy, lactation, and beyond. Its individualized approach to fertility explains the importance of:

- * Understanding, accepting, and celebrating our own bodies
- * Basing our diets on organic, nutrient-dense foods that have been traditionally prepared
- * Using whole plants in their original form for their medicinal benefits

Packed with detailed information on hundreds of different herbs with a focus on their roles in building healthy babies, this comprehensive manual is a roadmap to wellbeing. The reference guide is rounded out by complete information on herbal use before, during, and post-pregnancy, and special attention is paid to supporting nursing and lactation. Whether you are have experienced challenges in conceiving or just want to ensure that your pregnancy is as natural and uncomplicated as possible, *Conceiving Healthy Babies* is an indispensable guide.

Dawn Combs is an ethnobotanist and herbalist who apprenticed with Rosemary Gladstar. After resolving her own infertility diagnosis through whole foods and natural herbal remedies, she chose to specialize in helping women rebalance their bodies for fertility.

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