



Making Babies

Shoshanna Easling

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Making Babies Book is a fun, informational, artistic, and colorful pregnancy book. Follow Shoshanna through her pregnancy and the birth of her daughter as she stays healthy and builds a baby. Making Babies Book covers information that is in the Making Babies DVDs volumes 1, 2, and 3, and includes many deliciously healthy recipes, wonderful gluten-free recipes, grandmas remedies, herbal concoctions, need-to-know facts, and a baby diary to learn and journal about your baby experience. Packed with 480 beautiful pages of research about fertility, conception, morning sickness, pregnancy, birth, nursing, postpartum issues, losing weight, and more!

I received my inspiration for the Making Babies series from the pregnancy and birth of my first child. I loved every stage of my pregnancy and birth! I enjoyed learning and researching when I had morning sickness and when I had indigestion. Every time I was faced with another bridge, I would research, study, learn, apply, and rise to new heights of excitement. I knew everything I did, and did not do, would make a difference with me and my growing baby. It is not always easy finding good food to eat, knowing what exercises to do, and asking the right questions to the right people, but I researched it step by step and enjoyed a healthy pregnancy and birth.

I grew up in an Amish community. Talk about making babies--whoa, they make a lot! No, I am not Amish, but I am a blood-bought child of God. Twenty-five years ago my parents were artists living in Memphis, Tennessee. They wanted to raise us five children in the country so we could learn the dying art of homemaking and the skills of country living. Hard work, herbal remedies, nutritional health, home births, and common sense were all part of the lifestyle in the Amish community. In November 2004, my husband James and I found out we were pregnant with our first child. I knew I wanted to have my baby in the soothing warmth of my own home, so I went to talk to a midwife. I had assisted in two births before I got married, and knew I wanted my children's births to be better. With good food, the right exercises, and relaxation, the birth of Jeremiah James was WONDERFUL! The midwife that attended had been to over 350 births and said it was the best she had ever attended. Since my firstborn, I never stopped researching the wonderful world of making babies.

I have been asked many questions about healthy foods, recipes, exercises, and herbal remedies from family, friends, and customers of Bulk Herb Store. In November 2009, we got pregnant with our second child. I was so excited about my pregnancy journey. I was going to have another baby! I thought about all the horrible births I had heard about, and wanted to show women across the world how beautiful pregnancy and birth can be, so I started the Making Babies series.

Making Babies is a fresh, organic look at the simplistic beauty of pregnancy and birth. From delectable recipes, superb remedies, must-have tips, birthing exercises, and resources, to relaxing techniques, this is a fun, energetic video and book series. Follow me through my pregnancy and the birth of Penelope Jane Easling.

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As people who live in typically the modest era should be revise about what going on or details even knowledge to make these people keep up with the era and that is always change and make progress. Some of you maybe will update themselves by reading through books. It is a good choice for you but the problems coming to an individual is you don't know which one you should start with. This Making Babies is our recommendation to help you keep up with the world. Why, since this book serves what you want and need in this era.

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Katie Barry:

The actual book Making Babies has a lot of information on it. So when you read this book you can get a lot of gain. The book was written by the very famous author. The writer makes some research prior to write this book. This kind of book very easy to read you can obtain the point easily after scanning this book.

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