

A Natural Guide to Pregnancy and Postpartum Health

The first book by doctors that
really addresses pregnancy recovery



Dean Raffelock, D.C., Dipl.Ac., CCN,
Robert Rountree, M.D.,
and Virginia Hopkins with Melissa Block

Hormone balancing • Traditional Chinese medicine

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A Natural Guide To Pregnancy And Postpartum Health

Aviva Jill Romm



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