



Making Babies DVD Series: Fertility, Pregnancy and Birth the Natural Way

Shoshanna Easling

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This is a fun, informational and colorful pregnancy series. The *Making Babies* DVD Series follows Shoshanna through her pregnancy, birth, and 6 months postpartum. Watch her stay healthy and strong as she builds a baby! It also features Johan Dinkelmann, DC, Nancy Armetta, MD, Elaine Wakeland, CNM, and Jay Gordon, MD, FAAP. The series is full of delicious recipes, herbal remedies, exercises, tips and more!

Making Babies DVD Volume I

Making Babies is a miracle! A spectacular event when sperm meets egg and makes a life inside you. A tiny living heartbeat. A tiny living soul. A baby that is a part of you. Living inside your body, you are its very life. You nourish it and help it grow. You introduce it to food, sound, movement, feelings and so much more. You are a Mother! *Making Babies* Vol. 1 is full of recipes, remedies, herb concoctions, and information about fertility, conception, morning sickness and pregnancy.

Making Babies DVD Volume II

Making Babies is such a beautiful thing. It is truly amazing how you can mold their bodies, touch their souls, and pave a way for them to grow. Your baby feels your heart beat. He knows your voice. She knows your emotions and feels them with you. He eats your food and drinks what you do. She is a part of you. *Making Babies* Vol. 2 is full of deliciously healthy recipes, remedies, herb concoctions, and info about second and third trimester. It also includes exercises, birth prep, birth and much more!

Making Babies DVD Volume III

Making Babies is so much fun! Step by step you have nourished and taken good care of your baby. Now it is time for you to introduce your baby to the world. Relax and enjoy your birth. The baby that you have carried for nine months will be in your arms soon. Holding your finger and staring up at you, you are a Mama. *Making Babies* Vol. 3 is full of deliciously healthy recipes, remedies and herb concoctions. It also includes info about birth, nursing, postpartum, losing weight, getting in shape, and much more.

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