

## Contents

<b>Acknowledgments</b> .....	xi
<b>Preface</b> .....	xiii
<b>Foreword by Carson Combs</b> .....	xvii
<b>Introduction</b> .....	1
<b>A Journey to Family</b> .....	5
Our Infertility Story .....	5
Preparing Traditional Whole Foods .....	14
Asking the Herbs for Help.....	16
My First Pregnancy.....	19
My First Birth.....	20
Nursing Troubles .....	24
My Own Formula .....	29
My Second Birth .....	33
Choosing a Path .....	36
<b>Strategies for Building a Healthy Baby</b> .....	39
Herbal Therapies for Fertility .....	39
Herbal Therapies for Your Partner.....	44
Foods for Preconception.....	47

The Mental Component in Fertility.....	53
Alternative Therapies.....	54
Breast Health and Building Your Baby.....	56
Preconception and Pregnancy.....	60
Foods for Pregnancy and Lactation .....	64
Chiropractic and Low Milk Supply .....	70
Supplemental Feeding Equipment .....	71
Mental Component in Breastfeeding.....	73
The Concept of Nursing Through .....	75
<b>General Herb Use.....</b>	<b>81</b>
<b>Determining the Quality of Herbs .....</b>	<b>83</b>
Sustainable Suppliers.....	85
Standardized Method versus the Simplers Method.....	87
<b>Whole versus Isolated Constituents:</b>	
<b>The Side Effects of Ethnobotany.....</b>	<b>89</b>
A Word About Supplements.....	92
Homeopathics .....	93
Essential Oils .....	94
Flower Essences.....	95
General Herbal Components to Watch.....	95
Cleansing and Detoxing .....	98
Prescription, OTC and Illegal Drugs.....	103
A Final Word.....	104
<b>Healthy Baby Herbal Reference Guide.....</b>	<b>107</b>
<b>Using the Herbal Guide .....</b>	<b>107</b>
<b>Foods and Supplements .....</b>	<b>297</b>
<b>Afterword .....</b>	<b>313</b>
<b>Further Reading.....</b>	<b>317</b>

<b>Notes</b> .....	319
<b>Glossary</b> .....	327
<b>Appendices</b>	
Appendix A: Whole-Food/Whole-Plant Resources .....	331
Appendix B: Baby Formulas .....	335
Appendix C: Breast Massage Techniques .....	339
Appendix D: Child Dosage Table .....	343
Appendix E: United Plant Savers.....	345
Appendix F: Comfrey: Poison or Panacea? .....	347
Appendix G: Gluten-Free Lactation Cookies .....	349
Appendix H: Build a Baby Worksheet .....	351
<b>Index</b> .....	358
<b>About the Author</b> .....	375