



**Prepare and get ready for a Natural Roots Pregnancy. We do things the Naturopathic Way.**

### Happy bellies, happy babies, happy kids.

Pregnancy is a wonderful experience. Most of the time a first time expecting mother is a little daunted by all the things she needs to do. As a mother of three home-birther babies, Dr. Miki really understands the do's and don't of having a baby the natural healthy way. Whether you birth at home, in the hospital, with a midwife, medical doctor, doula or nurse, naturopathic doctors' guidance will help answer the questions you will have along the way. From prenatal, to first trimester symptoms, to second trimester aches and pains, to uterine preparedness for birth, each step is important for you and your growing babies health.

Pregnancy Wellness Introduction Visit



### Do's and Don'ts

Get your answers and the answers common questions; what should be avoided, what to do more of and when to keep doing the right stuff.



### Nutrition at each phase

Your growing belly and growing baby need a variety of extra nutrients. Based on your nutrition intake we calculate what you need more or less of.



### Being comfortable

Some homeopathic, herbs and natural therapies can help with some of your symptoms and aches. Medications can be avoided in most cases this way.



### Support and Readiness

Come in as needed or schedule a preparedness visit for each trimester. Either way, we tailor your visit to your specific needs and desires.