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**Lire des ebooks La grossesse au naturel, c'est malin Mélanie Schmidt-Ulmann PDF, ePub, mobi**, Parce qu'un petit être grandit en vous, il est plus que jamais nécessaire de prendre soin de votre corps. Être une maman nature, c'est à la fois vous respecter, respecter votre enfant mais aussi respecter la planète.

Dans ce guide très pratique, vous découvrirez :

**Les clés d'une bonne alimentation** : les ingrédients les plus riches en vitamines, en fer et en oligo-éléments pour favoriser la bonne santé de Bébé et vous aider à garder la forme.

**Les bonnes habitudes bio au quotidien** : plantes dépolluantes, cosmétiques bio, nettoyants maison (citron, bicarbonate, etc.), couches lavables...

**Les médecines douces pour garder la santé et le moral** : aromathérapie, phytothérapie, fleurs de Bach...

**Les astuces naturelles pour être en forme** : massages, gymnastique douce, relaxation...

**Préparer l'arrivée de Bébé version nature** : couches lavables, pyjamas en coton bio, porte-bébé physiologique...

Une mine de conseil pour guider les jeunes mamans vers leur bien-être et celui de leur bébé !

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