

Traditional Women's Healing Wisdoms

Session I 10:00am - 1:00 pm

Stepping back from delivery room

What set her up to have problems?

How can you tell?

What to do to solve this – traditionally and a general natural health model

Healthy pregnancy leading to easy birthing and beyond.

What sets women up to win or fail in pregnancy?

What we can do about it?

Covering – Heather's very successful natural approach to maternal nutrition, supplements and life habits, and how this is revolutionizing all maternal outcomes.

- Learn why iodine tablets are not enough,
- Why iron and calcium may not be needed as presently taught.
- What this has to do with birthing and post natal (esp PNP/PDP and lactation woes) outcomes.

Leading to part 2 – fingertip rescues in theater/ birth suite and in life.

Cost?

\$200 (students \$150)
for one or both sessions.

Food

Please bring a plate to share

Session II 2:00 - 5:00 pm

Fingertip rescues

(Because you always have them with you)

Traditional and natural ways to heal and to have easy pregnancies, births and lives.

A day with a senior women's natural health care teacher/mentor

What you will gain:

Confidence to assist whilst you wait for. . .

- Nature to get going in healing. . .
- Ambulance?
- Drip/medications to work??

What will you be covering in these hours . . ?

- How to instantly help all who are in dire need
- How/why these simple additions work
- Practical things that will instantly assist your own comfort in your own body.
- Pain free pregnancy - and reducing risk leading to the return to natural safe vaginal birthing.

All charts, books and DVD, faja and oils, are extra but reduced price for the participants

Most food included - please bring a plate to help, as all of us call different things 'food'



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apps available: <http://heathersays.com/apps/>

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