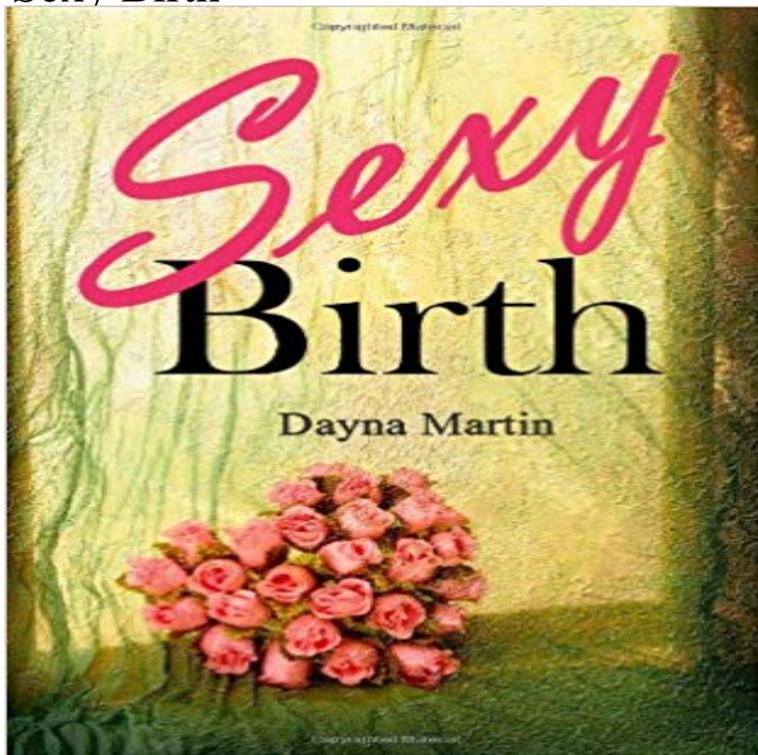


Sexy Birth



Childbirth educator and doula, Dayna Martin, takes the truth about birth to new, provocative levels. In this leading-edge book, you will learn:

- Why some pregnancy diets can actually cause complications
- Why Kegels are completely unnecessary, and how they make giving birth more difficult
- Why semen is surprisingly beneficial for a pregnant woman
- The little-known mistakes that most women make, during labor, that cause intense pain

Finding out you are pregnant is one of the most pivotal times in a woman's life. Your entire future rolls out in front of you, as you are confronted with decisions and choices you have never thought about before. You come to a place in your life where taking full responsibility for yourself and another life, is on your shoulders. Many women aren't ready for this aspect of womanhood; this can lead to a birth experience that she regrets for the rest of her life. Birth can be traumatic or it can be empowering; it can be full of fear or it can be full of love and trust. What she creates for herself and her baby is entirely the woman's responsibility.

Being responsible for your birth means shifting from a cultural place of control, to a place of trust and inner knowing that all is well and as it should be. It is a space of acceptance for what is; then from that disposition of well-being, informed decisions can be made. A place of fear or worry isn't the best place to be when making decisions; but unfortunately, in our culture, fear is what fuels most decisions. It is no wonder that birth becomes something very scary for most women. A Sexy Birth is a birth where trust and love are the predominant emotions guiding you through the entire process. Most women and professionals in our culture do not view birth in such a positive way; so much of it, they believe, is just by chance or luck. Nothing could be further from the truth! Dayna Martin shares with you the explicit

secrets to a healthy, powerful and Sexy Birth!

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