



Powerfully Pregnant: "Taking Natural Birth to the Next Level" (Volume 1)

Donna Young ND

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A wholesome, natural & healthy approach to being Powerfully Pregnant! Donna Young ND, a Traditional Midwife, kept a journal of her involvement with many hundreds of pregnancies and home deliveries. Within the sacred bounds of this journal, lays hidden a trend that unlocks the body's full potential for a very positive and powerful pregnancy. This book details a simplified, and easy to understand program for being Powerfully Pregnant and greatly increasing the potential for a stronger and healthier pregnancy and the best possible delivery experience for every woman who follows instructions.

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