

# Great mothers day gift for mothers to be!

Submitted by: Natal Hypnotherapy

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Roses, chocolates.... or a priceless gift of a calm, relaxed pregnancy and birth!

Natal Hypnotherapy™' (<http://www.natalhypnotherapy.co.uk>) award-winning range of pregnancy and birth preparation CDs are the perfect gift – recommended by 97% of users and over 2000 midwives. Using self-hypnosis and visualisation techniques, the CDs help women at all the different stages of pregnancy, teaching relaxation and breathing skills and helping to prepare her for what's ahead.

Whatever stage she's at, and whatever sort of birth she's planning, there's a CD to help a pregnant mum you know approach birth calm, confident and prepared.

Newly pregnant?

Pregnancy Relaxation CD (<http://www.natalhypnotherapy.co.uk/10.html>) (£16)

This CD looks after a pregnant woman's wellbeing, helping her to sleep better, feel confident and in control, and take time out to relax and bond with her baby.

Baby coming soon?

Birth Preparation CD (<http://www.natalhypnotherapy.co.uk/11.html>) (£16)

Our biggest seller, this CD teaches effective breathing and pain management techniques, and leads you on a mental 'rehearsal' of the birth process, keeping you relaxed and in control – so when birth kicks in, you'll know exactly what to do and expect.

A New Mum?

Fast Postnatal Recovery (<http://www.natalhypnotherapy.co.uk/18.html>) (£16)

A CD for after the birth, it helps a mum to adjust well to her new life, helping her to sleep well, keep healthy, bond with her new baby – and, importantly, helps her to keep her energy levels high!

The Breastfeeding Companion CD (<http://www.natalhypnotherapy.co.uk/19.html>) (£16)

This new CD is specially designed to guide and support you through the process of breastfeeding. Through deep relaxation, breathing exercises, practical advice and guided visualisations of comfortable and successful breastfeeding, this effective self-hypnosis audio CD increases your confidence and ability to breastfeed. It helps you to trust in your ability to produce the right amount of milk, let go of any concerns you may have surrounding breastfeeding, and maximise your bonding with your baby.

- Winner of Practical Parenting Magazine's Pregnancy Product of the Year 2006
- The RRP is £16. The full programme (the 3 CDs above plus Relaxing Birth Music is RRP £50)
- CDs are available from [www.natalhypnotherapy.co.uk](http://www.natalhypnotherapy.co.uk), amazon, The NCT and a wider range of maternity and nursery retailers.

For further information, contact Maggie Howell at Natal Hypnotherapy™

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