

Becoming pregnant is not difficult – yet sometimes it is



Kareen Dannhauer
Becoming Pregnant
[Schwanger werden]
The holistic way to the desired child – New findings from egg-cell research

Kösel Sach-/Fachbuch
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Kareen Dannhauer, the mother of two home-birthed daughters, works as a freelance midwife in Berlin. With more than 20 years in the practice, she knows that almost all conditions can be resolved, alleviated, or integrated by either watching and waiting or by gentle yet in-depth methods of naturopathy. An essential part of her work is 'talking medicine', a psychotherapy based on depth psychology.

The seemingly self-evident fact of wanting a child can become a stressful major issue if the pregnancy does not come about quickly or has an unfortunate end. This is especially true for women over the age of 30, who must accept that their fertility is slowly declining.

This book by the adept midwife Kareen Dannhauer provides information and alternatives for self-initiative for concerned couples. Special focus lies on naturopathic options, nutrient supply and uptake, and egg-cell research. The new discoveries in these areas are clearly presented here and give new hope to couples wishing to have a child.

- Focused on biology, body, and life circumstances
- Valuable tips for women and men
- Current, engaging, and rich in information