

# Herbs For A Healthy Pregnancy By Penelope Ody

By Penelope Ody

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## **Foods to Avoid When You're Pregnant - WebMD -**

MacKay states that "there are herbs and other supplements that can be used safely to support a healthy pregnancy but during pregnancy: Herbs that

<http://www.webmd.com/baby/features/foods-to-avoid-when-youre-pregnant?page=3>

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**Penelope Ody, Journalist, Freelance Journalist, -**

penelope ody, journalist, edited The Herb Society's journals from 1988 to 1994 and has written on herbal  
and health topics for several consumer magazines.

<http://penelopeody.com/>

**Herbs to Avoid During Pregnancy | The Family -**

Reprinted from, Herbs for a Healthy Pregnancy: From Conception to Childbirth, by Penelope Ody.

<https://thefamilyherbalist.wordpress.com/articles/herb-information/herbs-to-avoid-during-pregnancy/>

**Penelope Ody Books - List of books by Penelope -**

Discount prices on books by Penelope Ody, Herbs for A Healthy Pregnancy. Author: Penelope Ody.  
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<http://www.barnesandnoble.com/c/penelope-ody>

### **Books: The Complete Medicinal Herbal: A Practical -**

Author: Penelope Ody, Title: The Complete Medicinal Herbal: Herbs for a Healthy Pregnancy (Paperback) ~ Penelope Ody (Author) Complete Guide to Medicinal Herbs

<http://www.tower.com/complete-medicinal-herbal-practical-guide-healing-properties-herbs-penelope-ody-hardcover/wapi/111980513>

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<http://wellnessmama.com/2462/nutrition-for-healthy-pregnancy/>

### **Penelope Ody | Herbal Courses | ZoomInfo.com -**

View Penelope Ody's business profile at Herbal Courses and see work history, Book on Healing with Herbs, Books on Herbs for Healthy Pregnancy,

<http://www.zoominfo.com/p/Penelope-Ody/19961939>

### **Herbal Tea and Pregnancy - American Pregnancy -**

Many alternative medicine health care providers feel that consuming certain herbal teas during pregnancy is a great way to support optimal pregnancy health.

<http://americanpregnancy.org/pregnancy-health/herbal-tea/>

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### **Natural Herbs and Vitamins During Pregnancy | -**

there is a debate about the effectiveness of natural herbs and vitamins in providing essential nutrition to pregnant women as well as herbs and pregnancy

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### **Herbs for a healthy pregnancy (eBook, 1999) -**

Genre/Form: Electronic books: Additional Physical Format: Print version: Ody, Penelope. Herbs for a healthy pregnancy. Los Angeles : Keats Pub., 1999

<http://www.worldcat.org/title/herbs-for-a-healthy-pregnancy/oclc/44954010>

### **Penelope Ody - 100 Great Natural Remedies -**

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<http://www.herbcourses.co.uk/index.php>

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### **10 Weeks Pregnant Due Date Calculator | Fast -**

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<http://fastpregnancyguide.com/fast-pregnancy/10-weeks-pregnant-due-date-calculator/>

### **Herbal Tea for a Healthy Pregnancy Nourishing -**

All information found on Nourishing Days is editorial in nature and therefore meant to motivate and inspire rather than be construed as medical advice.

<http://www.nourishingdays.com/2013/09/herbal-tea-for-a-healthy-pregnancy/>

### **5 Safe Herbs for a More Comfortable Pregnancy and -**

While there is limited scientific research on the safe use of most herbs in pregnancy, discomforts and problems while helping prepare your body for a healthy

<http://avivaromm.com/5-safe-herbs-for-a-more-comfortable-pregnancy-and-better-birth>

### **The Complete Medicinal Herbal | herbazest.com -**

The Complete Medicinal Herbal: Penelope Ody is a certified herbalist who practiced including the Chinese Medicine Bible and Herbs for a Healthy Pregnancy.

[http://www.herbazest.com/herbal\\_books\\_resources/the\\_complete\\_medicinal\\_herbal](http://www.herbazest.com/herbal_books_resources/the_complete_medicinal_herbal)

### **ISBN: 9780879839864 - Herbs For A Healthy -**

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### **Ody Penelope - AbeBooks -**

Paperback by Penelope Ody, Caroline Taggart , Laura Hodgson , ody penelope. Edit Your Search 100 Great Natural Remedies:

<http://www.abebooks.co.uk/book-search/author/ody-penelope/>

### **Herbs and Pregnancy - American Pregnancy -**

Natural herbs and pregnancy make for a good complement in most cases. There are some herbs that should not be taken during pregnancy.

<http://americanpregnancy.org/pregnancy-health/herbs-and-pregnancy/>

**Penelope Ody (Author of The Complete Medicinal -**

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<http://productsearch.barnesandnoble.com/search/results.aspx?ATH=Penelope+Ody>

**Herb and drug safety chart - BabyCenter -**

Herb and drug safety chart. we have reprinted the following charts from Herbs for a Healthy Pregnancy: From Conception to Childbirth by Penelope Ody.

<http://www.babycenter.com.my/a536346/herb-and-drug-safety-chart>