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Fairhaven Health Prenatal Care Review & Giveaway

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NOV | 2014

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Company Overview:

Fairhaven Health – Every step of the way

"Having a baby is among the most miraculous moments in life. And when it comes to preconception and pregnancy, Fairhaven Health is with you every step of the way – offering a tradition of unsurpassed product quality, service, and a compassion for each customer's unique journey to parenthood.

In the U.S., there are more than 11 million couples trying to conceive at any given time. Of those couples, many will face fertility obstacles or frustrating delays, and 1 in 5 will encounter some formal difficulty in becoming pregnant. Even young couples in the best of health have only a 15% to 20% chance of conceiving each menstrual cycle. And with couples trying to conceive later in life, many couples are likely to experience issues conceiving simply due to the fact that fertility declines as we age.

Our mission at Fairhaven Health is to develop products designed to safely and naturally promote fertility, pregnancy wellness, and breastfeeding success. And for years now, we've been achieving that important goal. From preconception through pregnancy and nursing, Fairhaven Health is there – every step of the way – to provide clinically-proven products to help you along your journey to parenthood. As a trusted leader in the field of reproductive health, our products are cooperatively developed and formulated by a diverse panel of medical experts – including doctors, ObGyns, nutritionists, and naturopaths. Noted fertility expert, Amos Grunebaum, MD, plays a pivotal role in formulating our FertilAid, FertileCM, FertilTea, and Pregnancy Plus product lines.

Most importantly, Fairhaven Health cares about product efficacy and quality. That's another way of saying we care about our customers and their special journeys. We integrate the best of both worlds, bringing together traditional Western (allopathic) medicine with clinically-supported research in herbal/homeopathic fields. All of our supplement products are based on clinically-established science and all manufacture is governed by strict GMP standards and third-party quality testing. Significantly, our FertilAid for Men product was tested in double-blind placebo-controlled study – and showed remarkable, research-advancing results in improving key male fertility parameters like sperm count and motility.

Our product lines follow the natural progression from preconception to pregnancy to nursing. Our preconception products focus on fertility awareness and ovulation prediction, helping couples learn about their fertility and anticipate when they are most likely to conceive. Our popular dietary supplements, like FertilAid & FertileCM, provide balance and support enhanced fertility for both women and men. Once couples receive the good news, products like Pregnancy Plus Prenatal, Pregnancy Plus Cal-Mag, and Pregnancy Plus Omega3 promote the prenatal health of a developing baby and help ensure pregnancy wellness for the mother. And, we are also dedicated to helping moms reach their breastfeeding goals, and have a line of products, including Nursing Blend and Nursing Time Tea, to encourage breastfeeding success.

Located in the historic district of Bellingham, Washington, Fairhaven Health unites integrity and quality with sensible pricing – offering an unparalleled tradition of value and success to both our customers and our distributors. Our distribution partners comprise a reputable circle of health product retailers and fertility solution providers, including drugstore.com, CVS.com, walgreens.com as well as pharmacies and clinics nationwide. We also welcome small specialty retailers as well as established medical partners – from the smallest pregnancy boutiques to major fertility clinics and education centers."

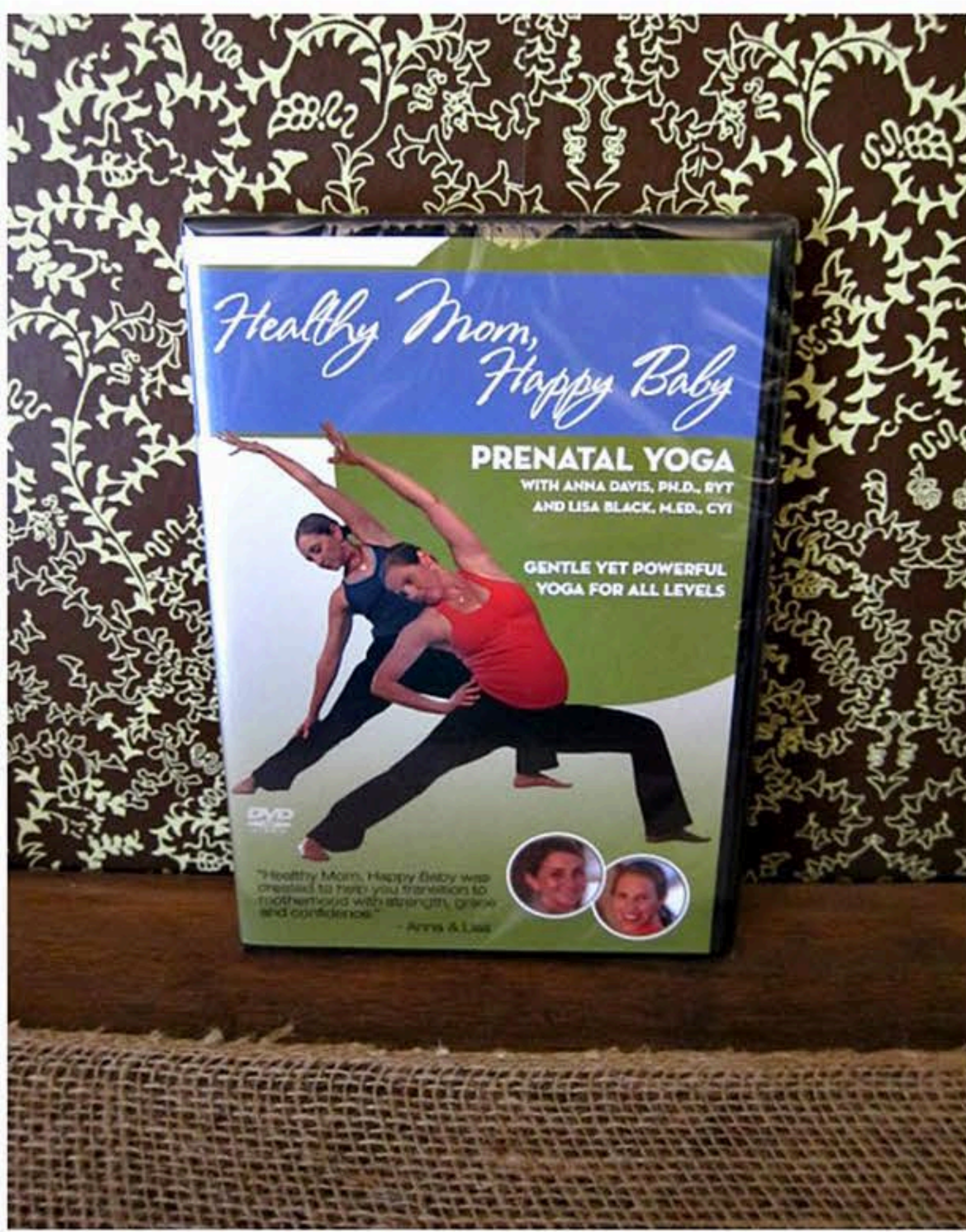
When Fairhaven Health offered to send me some of their pregnancy product line (at no cost to facilitate a review) I was excited!

Healthy Mom, Happy Baby – Prenatal Yoga DVD

The evidence is clear: when you exercise regularly and gently during your pregnancy, you help yourself and your baby. Babies born to exercising mothers are healthier, experience fewer fetal complications during labor, and may even receive neurobehavioral benefits as a result of their mom's exercise regime while they are in utero.

Yoga is regarded as the ideal form of exercise for pregnant women – a perfect way to meet the 30 minutes of exercise prescribed by the American College of Obstetricians and Gynecologists (ACOG). Healthy Mom, Happy Baby is a gentle prenatal yoga practice designed for all three trimesters of your pregnancy. This video will help you:

- Strengthen and build stamina in the muscles used during childbirth.
- Learn meditation techniques to help you access deep relaxation – a tool you can use to replenish yourself between contractions.
- Learn breathing and visualization strategies to release tension and manage pain during labor.
- Increase your confidence and trust in the innate wisdom of your body.
- Connect with your changing body and your growing baby.
- Enjoy uninterrupted time to explore your emotions as you make the transition to motherhood.



About the Instructors: Anna Davis is a mother of two girls as well as a neurophysiologist, science educator, and certified yoga instructor. With a doctorate in Physiology and Biophysics, Anna combines her extensive education with practical instruction to offer a comprehensive yoga practice. Lisa Black is an accomplished yoga instructor, owner of two studios and a proud new mother. Lisa was recently honored by Yoga Journal as part of a select group of instructors "...who are shaping yoga's future".

"This video is led by two experienced yoga teachers who are also moms. It is a strong Vinyasa practice to support women through their pregnancies. I feel pregnant women everywhere would benefit from it."

- Ana Forrest, Founder of Forrest Yoga and Contributing Expert to Yoga Journal

About this Yoga practice:

Healthy Mom, Happy Baby includes centering for women in all stages of their pregnancy. The practice begins with a gentle warm-up that includes the breathing breath held by 40 minutes of your pregnancy and ends with a 10 minute guided relaxation. You can do the entire practice or you can create your own shorter practice by selecting one or more of the exercise series listed below from the DVD menu.

Prenatal Yoga includes:

1. Warm-up
2. Arm strengthening
3. Standing Series I and II
4. Balancing
5. Back Bending
6. Hip Opening
7. Final Relaxation (Savasana)

I'm pretty much a newbie when it comes to yoga, I have tried a few DVDs and YouTube videos here and there. So I would easily classify myself as a beginner. With that being said, I still found it easy to follow but yet challenging enough for me to continue to learn in technique while using the DVD again and again. They did an awesome job of reiterating that you should listen to your body and pace yourself. They also gave easy to follow, visual modifications on how to make it easier for you, whether you're a beginner or are just towards the end of pregnancy and don't have as much mobility. This DVD provides great exercises for a pregnant mother, focusing on relaxation, strength, flexibility and stamina that a pregnant mom needs, especially as she gears up for labor.

Fairhaven Health really puts quality first for the health and wellness of mother and baby. A great company with a great resource for your daily pregnancy and postpartum needs.

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