

Pregnancy is a demanding time on your body: your daily nutrients must not only serve you but support your growing baby. You may be challenged with fatigue, roller-coaster emotions, increased blood volume and accompanying rise in heart rate and breathing and, oftentimes, physical discomfort.

The Pregnancy Package is designed to support you and your baby in-utero throughout pregnancy, with six weekly appointments tailored to your personal needs.

The package includes:

- ◆ **Regular six-weekly one hour consultations**
- ◆ **Dr Sarah Lantz book 'Chemical Free Kids'**: an invaluable guide on minimising toxic burden for pregnancy, infancy & beyond.
- ◆ **A bounty bag of valuable information**, relevant to your stage.
- ◆ A Guide to **Baby Massage**, & **Weleda Baby Care** samples.
- ◆ A **Complimentary Pre-Natal Yoga class** and **10% discount** off your first 10 class pass at The Life Pod in Paddington.

Value totals more than \$70!

You will receive the best support and most up-to-date advice every step along the way.

what is my investment?

\$650 if purchased 12 weeks pregnant

\$475 if purchased 13-24 weeks pregnant

\$330 if purchased 25-40 weeks pregnant

payment plans available

health fund rebates available, registered with all major funds.

Tabitha is a qualified Naturopath & Clinical Nutritionist with a Bachelor of Medical Science; with major interest and solid clinical experience in women's and babies health, particularly surrounding pregnancy and birth. She regularly takes referrals from surrounding GP's and Obstetricians, and is happy to work alongside your GP or Obstetrician in supporting you and your baby throughout pregnancy, birth and beyond.

testimonial

"Tabitha has been a fantastic support to me during my first pregnancy. She approaches all physical and emotional demands of the pregnancy with extensive scientific and Naturopathic knowledge.

I feel completely confident that my growing baby and I are getting the best possible care. Tabitha keeps on top of our changing needs as we near our due date and ensures we are getting all the help and guidance we need to stay healthy and happy.

I cannot recommend her highly enough.'

Emma S.

