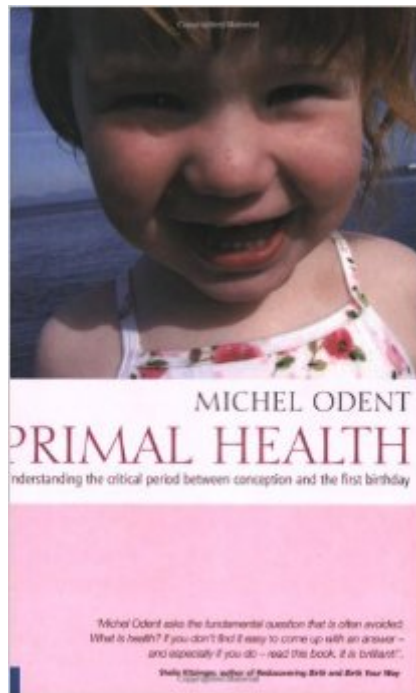


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# Primal Health: Understanding The Critical Period Between Conception And The First Birthday



## Synopsis

Odent, the leading pioneer for natural childbirth, indicates that the period between conception and a child's first birthday is critical to lifelong health. In this prophetic book, first published in 1986, Odent argues that different parts of the "œprimal adaptive system" • develop, regulate and adjust themselves during fetal life and the time around birth and infancy. Everything that happens during this period of dependence on the mother has an influence on this primal health. The author suggests that the later well-being of adults, and their ability to withstand hypertension, cancer, alcoholism and failures of the immune system resulting in AIDS, allergies and viral diseases, can all be traced back to society's ignorance of the vital importance of the primal period. This book is essential reading for all who care about the health of our children and the ongoing health of society as a whole.

## Book Information

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## Customer Reviews

If you believe we can make a difference in the world, please read this book and any other book by Michel Odent. He is knowledge enlighter, a mind broader. As a surgeon he proved we can humanize birth, as a scientist and a philosopher he is proving we can pave the way to a better humanitarian civilization through love, in many levels.

Amazing book that provides valuable information on health and the importance of setting our adrenal, immuno and nervous systems right during the primal period. Also talks about the diseases

of civilization and how the medical world has taken an approach that focus on the elimination of symptoms instead of cultivating health.

I love this book as each edition gets better exposing how deeply influential our 'Primal period' from conception to weaning on effects our whole life growing naturally or normal & sick. I've known Odent's work since 1990s when he came to Hawaii to teach his waterbirthing & 'The Nature of Birth & Breastfeeding' to us you natural living families where waterbirthing was growing our hearts in love. 'Primal Health' keeps growing our awareness of what causes our experiences of birth for mother & baby together. He keeps surprising us with ?s & connecting how natural we're born, bonding & living healthy that medicine is afraid to even learn. Learning feeling our 'primal awareness makes us more healthy now & able to do natural homebirthing together, leadingn to sensitive creative living, Odent's awareness in print deeply ??s how our birthing systems are roots, tools & habits we learned from womb to walking depending on parents & birthing. Primal Health keeps inspiring me like 'pre & para-natal psychology studying & exposing how natural & traumatic birth imprints our lives. Thankfully Odent keeps expanding our consciousness with-ever new editions by connecting how our hormones work in 'Primal period' inside mother, bonding & lifelong health. His infinite interest reveals how our organic health instincts & needs are replacing most biology & physiology school, diets, evolution & standard OB-Gyn SOProtocols. Going beyond DR. Robert Mendelson MD exposed in "MALEPRACTICE", & "Immaculate Deception" by Suzzane Arms & "IMPRINTS - The Lifelong Effects of Birth Experience" by Art (Primal scream) Janov in since '70s. 'Primal health' is pioneering our visions & feeling needs for being naturally vital lifelong in family love from our roots of how birthing is most important phase of life as our organic instincts guide us. It helps liberate us from medical science & SAD = 'standard American Diet'. Plus his 'Primal health' & WOMBECOLOGY' websites are even deeper, & updated research expanding on his many brilliant books.

a must read book for pregnant women and men!!!!Its a great lecture for getting to understand your childs real needs!!

This book gives the connection between our innate desire to nurture. You will be amazed and enlightened.Salli Gonzalez, Licensed MidwifeSan Antonio, TX

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