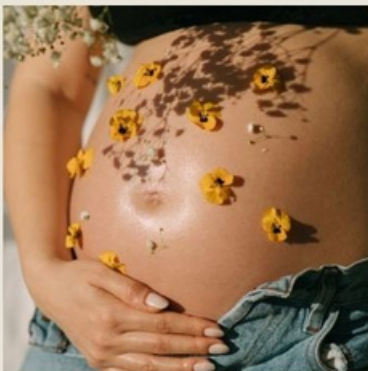




AINÚ HOLISTIC  
THERAPY

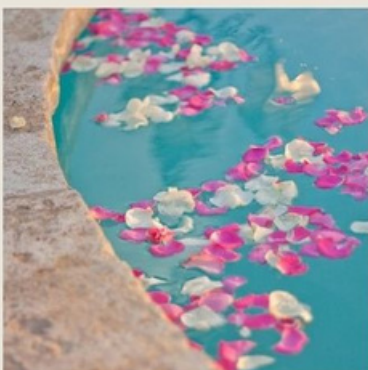
# HERBAL INFOBROCHURE

AINUINFO@GMX.COM



## HERBAL USE TO INCREASE FERTILITY

Herbs act as supplements to a healthy diet to help boost your body's regular functioning. Some herbs help detoxify the body, whereas others work to modulate the immune system and yet others help stimulate the endocrine system.



## HERBS TO AVOID DURING PREGNANCY

Although herbs are natural, not all herbs are safe to take during pregnancy. Do not take any herbal products without consultation first. Some herbs may contain agents that are contra-indicated during pregnancy and can cause miscarriage, premature birth, uterine contractions, or injury to the fetus.

# HERBALISM

INFOBROCHURE

## Pregnancy Guide

### PRENATAL

It's likely that if you're reading this, you're either expecting, just got back from giving birth, or getting ready to welcome a new baby into the world. Or perhaps a loved one of yours is starting this adventure that will change their life.



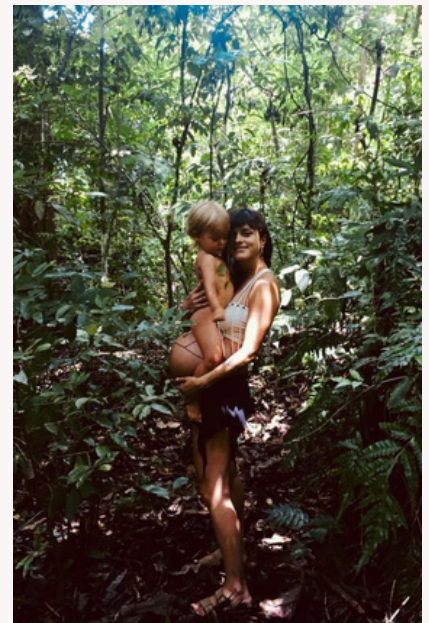
### PREGNANCY

Since ancient times, herbal remedies have been used safely to treat all phases of pregnancy, childbirth, and the postpartum period. Every pregnancy is different and constantly changing, therefore every one needs a different kind of support.



### POSTNATAL

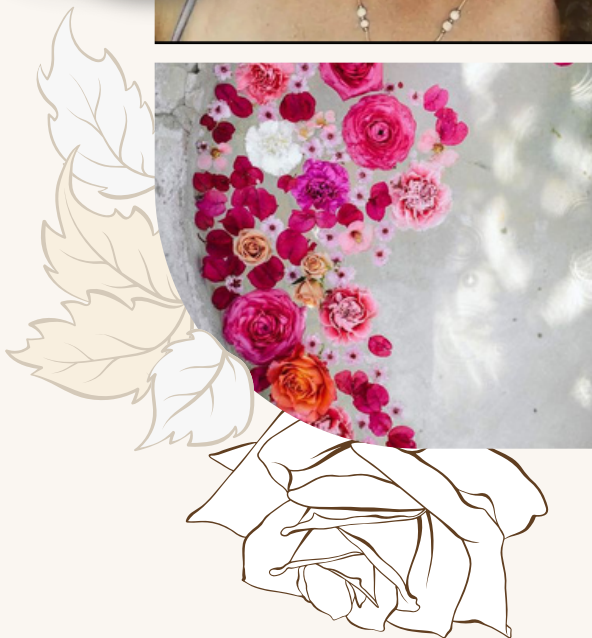
Get your free pdf starting point for herbs that are generally thought to be safe for maintaining the health of expectant mothers and fathers during pregnancy, the postpartum period, breastfeeding, and the prenatal period for his personal choice.





# FREE CONSULTATION ON HERBAL ASSISTANCE

by Lycia Van Roy



Get assistance, whether it be pre-, during pregnancy or postnatal, on what herbs to benefit you and also a free brochure on which herbs best to avoid.

[@ainu.info](https://www.instagram.com/ainuinfo)

[ainuinfo.com](https://www.ainuinfo.com)



# 10 must have herbs at home during pregnancy

You can find a good fit for pregnancy-related symptoms and this herbalists' pregnancy guide. If you would like to speak with me 1:1 and have any more questions, you can contact me by using this mailadress [ainuinfo@gmx.com](mailto:ainuinfo@gmx.com), from Monday through Friday from 2 p.m. untill 6 p.m. and/or visit [ainuinfo.com](http://ainuinfo.com) for more info. Lots of Joy, Ainú Holistic Therapy.

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## Ginger

Clinically proven to help with nausea and help treat morning sickness. Treats heartburn associated with pregnancy.



## Peppermint

Helps rade nausea, morning sickness and flatulence.



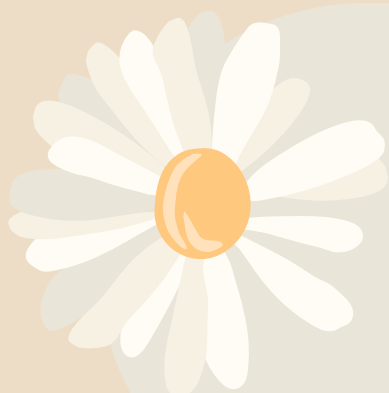
## Red Raspberry Leaf

Mineral rich, nutritive tonic herb used to support healthy pregnancy and to tone the uterus.



## Chamomile

Helps soothe the stomach, promotes the relaxation and benefits the nervous system.



## Nettle

High in vitamines and minerals, nourished and strengthens the kidneys. Nourishes and tonifies the blood.





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## Lemon Balm

Gentle, calming herb that helps support the nervous system and cognitive function.



## Echinacea

It has been shown to reduce the lengte of colds and also prevent them from recurring.

## Cranberry

Helps reduce the risk of preterm labor, low birth weight, anemia and hypertension. Also rich in vitamin C. They also contain small amounts of vitamin B6, iron and magnesium.



## Garlic

Helps to reduce blood pressure, de reading fasting blood glucose, and fight colds.

## Thyme

Full of antioxidants to reduce free radicales and is also thought to help reduce nausea and gas. Safe to cook, but better not to be used as a supplement.





AINÚ HOLISTIC THERAPY

# HERBS & HEALTH

SERVICES MENU



## HERBS & HOLISTIC THERAPY

The practice and healing of  
the mind through  
visualisations, verbalisations  
& herbal assistance.  
duration: 1h-1,5hr

## YOGA & MEDITATION TECHNIQUES

Prana Vinyasa Flow, Lunar  
Arts & Elementals  
duration: 1-3hr

## MASSAGE & ENERGY HEALING

Light-touch therapy, potential  
energy focused.  
Reiki: energetic healing.  
duration: 1-1,5hr





# THANK YOU!

Thank you for subscribing.

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