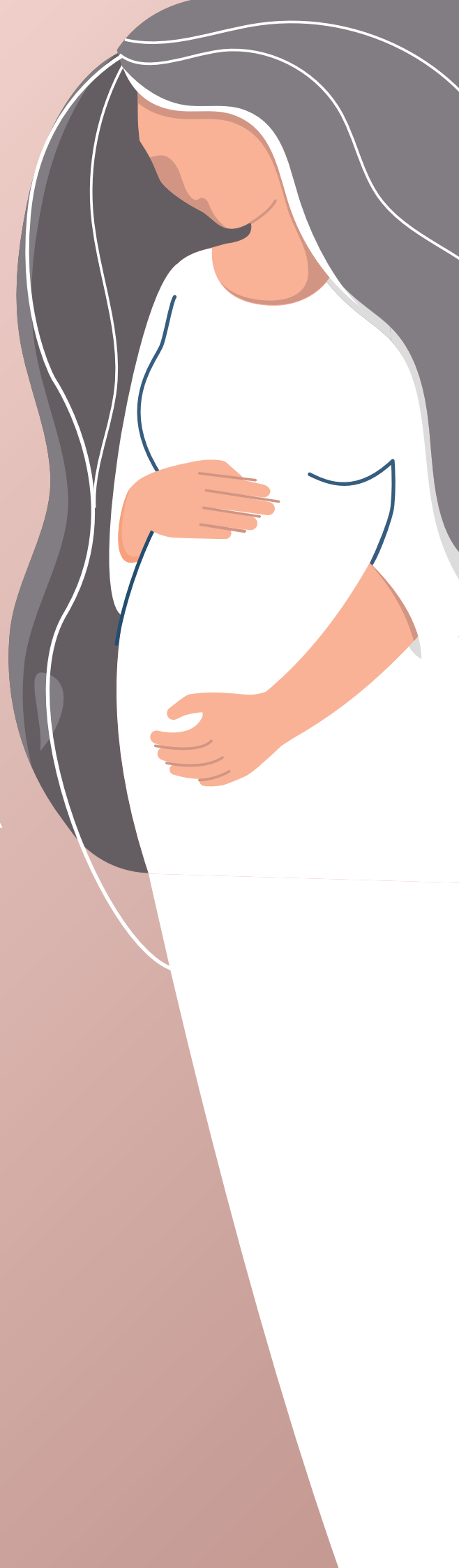


# NATBASMA

## Pregnancy E-guide



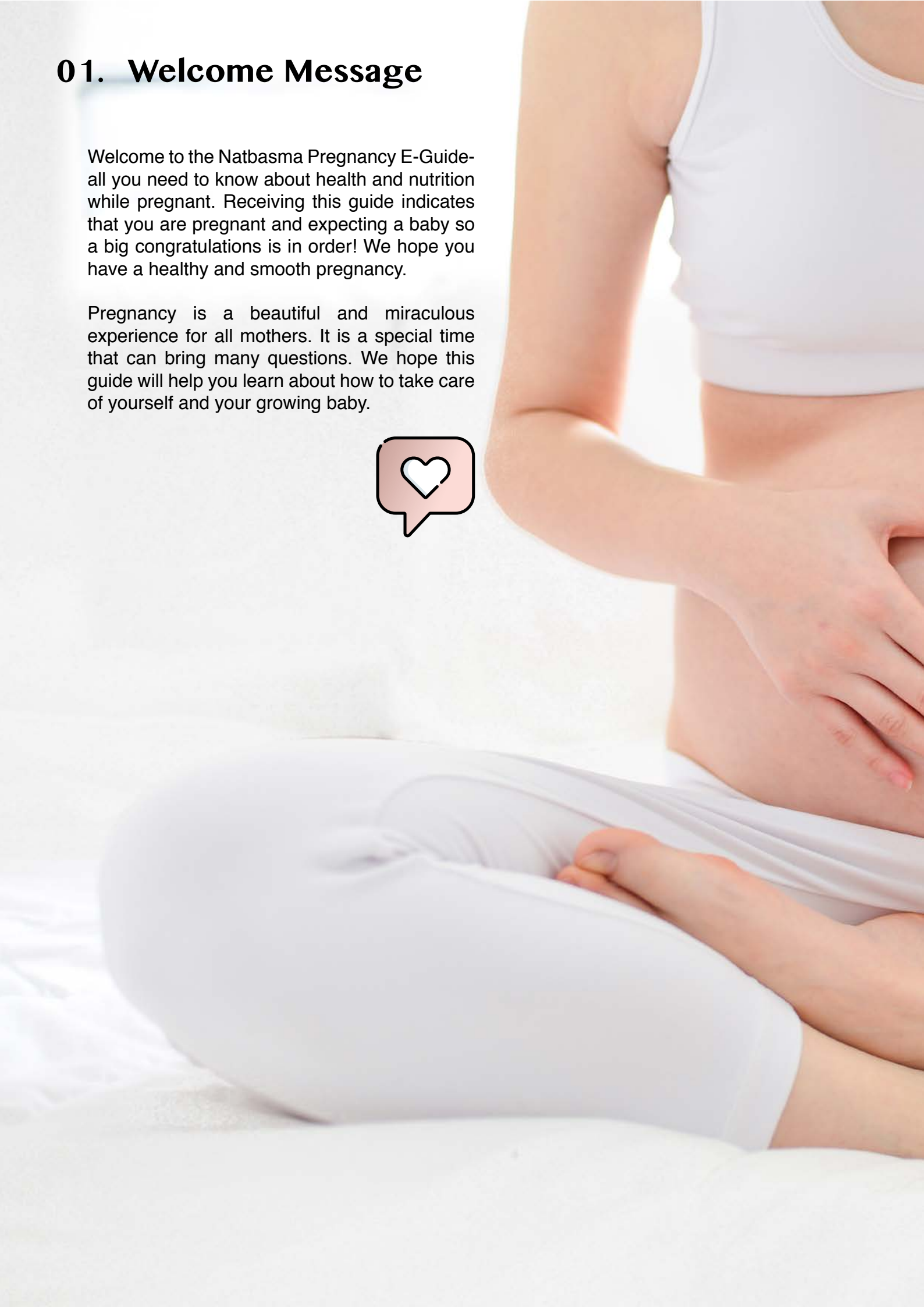
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# 01. Welcome Message

Welcome to the Natbasma Pregnancy E-Guide- all you need to know about health and nutrition while pregnant. Receiving this guide indicates that you are pregnant and expecting a baby so a big congratulations is in order! We hope you have a healthy and smooth pregnancy.

Pregnancy is a beautiful and miraculous experience for all mothers. It is a special time that can bring many questions. We hope this guide will help you learn about how to take care of yourself and your growing baby.



## 02. Medical Disclaimer

This guide book is supplied for educational and information purposes only and as experienced in this subject matter as the contributors are, no claim or opinion in this program is intended to be, nor should be construed to be, medical advice. Always consult with your doctor before making any changes to your diet and nutrition program. Readers are advised to consult their own doctors or other qualified health professionals regarding the treatment of medical conditions.

