

I first came to Wellness Natural Health Centre in the later stage of the first trimester of my first pregnancy.

Here, Susan taught me how to become more aware of each new step of my pregnancy and how my body was changing.

Susan gave me listings of proper nutrition for my daily diet, prenatal supplements, physical therapy for my muscles and exercises to do at home.

I had very few issues to deal with throughout the pregnancy.

With Susan's help, I knew what to expect throughout labour and I would also like to say, the labour and delivery was fairly easy going. As a result, when my 9 months were up, my baby girl graced us with her presence weighing in at 9.6 lbs, 22" long and as healthy as can be.

I would most certainly recommend Wellness Natural Health Centre to others.

I know how much I learned and I look forward to learning about infant behavior.

Thank you Susan.

Jenna D.
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