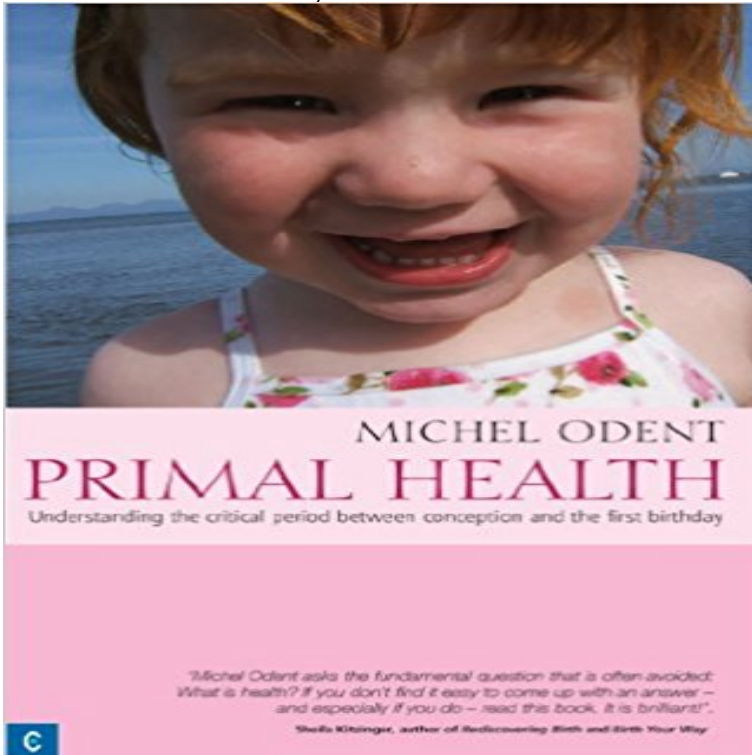


# Primal Health: Understanding the critical period between conception and the first birthday



Michel Odent, the leading pioneer for natural childbirth, indicates that the period between conception and a child's first birthday is critical to life-long health. In this prophetic book - first published in 1986 and reproduced here in its original form - he argues that different parts of the primal adaptive system develop, regulate and adjust themselves during foetal life and the time around birth and infancy. Everything which happens during this period of dependence on the mother has an influence on this basic state of health, this primal health. He suggests that the later well-being of adults, their ability to withstand the diseases of civilization such as 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. Since the first edition of this groundbreaking work, research has continued apace, offering further evidence to substantiate Odent's ideas. In the important new Introduction and Postscript, the author reviews recent developments and relates them to the central themes of Primal Health. This book is essential reading for all who care about the health of our children and the ongoing health of society as a whole.

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