

## Natural Newborn Baby Photography A Guide To Posing Shooting And Business

**Learn to use a one-light approach for recreating the look of beautiful, natural window light for portraiture!**

**At its best, natural light is magical for portraiture. The quality of natural light streaming through a window can be extraordinary—gorgeous, wrapping light that flatters your subject and can be used to create multiple looks. For years, photographer Sandra Coan exclusively used natural light in her portraiture work. And while the results could be magnificent, she also learned that she could not rely on it to build a business and create consistently great photographs. That's because natural light is frustratingly unpredictable: sometimes it rains, sometimes the light is too harsh when your clients are available, and sometimes—depending on the time of year—it's just too dark.**

**In order to grow her business with dependably great results and a high level of professionalism, Sandra finally decided to tackle artificial light. She spent years honing her ability to use artificial light to recreate the look of beautiful, natural light. And now, with a simple one-light approach, she produces "natural" light whenever and wherever she likes, creating great portraits in any situation, at any time of day or night. It's an approach that has led to a successful career spanning two decades and a signature look to her work. Here, in *Crafting the Natural Light Look*, Sandra shares her knowledge and techniques so that you, too, can learn to quickly and dependably create the look of natural light in your own portraiture. Unlike other books that address artificial light, Sandra's tone is conversational and easygoing, and she does not cover everything there is to know about artificial light. In fact, there are no two- or three-light setups here. Instead, Sandra's method is straightforward and easily actionable. She covers:**

- **The key characteristics of light (intensity, distance, direction)**
- **Equipment: strobes, flashes, light meters, triggers, receivers, modifiers, reflectors, and light stands—including what she uses, and what she recommends if starting out on a budget**
- **Shutter speed and its relationship with artificial light**
- **Where to position the light and the subject for consistent, flattering results**
- **Creating four lighting patterns and looks with one setup—flat light, loop light, side light, and backlight**
- **Using a light meter to determine the perfect flash power (whether you shoot film or digital)**
- **Working with individuals, families, and groups**
- **The role of shadows in its contribution to the drama and mood of a portrait**
- **Common mistakes and how to avoid them**
- **What she does in post-production (very little!)**

**Finally, in a series of case studies, she brings it all together and shares her thought process as she works through a number of real-world portrait shoots from start to finish. If you're a "natural light photographer" who's been either struggling with flash or reluctant to learn it at all, *Crafting the Natural Light Look* is exactly the book you need to improve the quality and consistency of your portraiture.**

**What if the rules of modern motherhood were turned upside down? *The Other Baby Book: A Natural Approach to Baby's First Year* guides new and expecting mamas on a journey past "shoulds" and "musts," back to the heart of true joy and relationship. Motherhood has been targeted by advertisers, and bombarded by opinions masquerading as medical necessities. Massaro and Katz are helping mothers reclaim a simpler, more connected first year with their babies. Readers will find eight fun-to-read chapters filled with baby-friendly practices, along with stories from moms in-the-know. In a soothing yet sassy voice, the authors present compelling research on topics like birth, holding your baby, breastfeeding, infant sleep, pottyng babies (yes, really!), sign language, baby-led solids, and self-care for moms. The book also features contributions from leading practitioners in baby care: Dr. James McKenna, Dr. Janet Zand, Naomi Aldort, Gill Rapley, Nancy Mohrbacher, and more.**

**Learn to master the art of maternity and newborn photography *Maternity and newborn photography is an exciting new photographic specialty with a growing market. In this book by professional photographer and Canon Explorer of Light Sandy Puc, you will find both information and inspiration. This book covers technical aspects such as equipment, lighting techniques, and composition, but also examines the human side of the equation: how to make moms comfortable during the shoot, tips on photographing newborns, suggestions for props and poses for children under a year of age, and much more. Additionally, it will include business strategies for photographers who are looking to expand into this burgeoning market. Addresses what photographers need to***

**know to venture into this popular specialty Provides technical information about equipment, lighting, composition, camera settings, and printing Explains how to make expectant mothers feel comfortable and attractive during the shoot, how to work with newborns, techniques for posing children younger than a year, tips on using props, and more Illustrated with dozens of the author's maternity and newborn portraits Bellies and Babies: The Art of Maternity and Newborn Photography offers photographers both the information and ideas they need to successfully photograph expectant mothers and newborns.**

**"Thousands of parents, from regular moms and dads to Hollywood superstars, have come to baby expert Dr. Harvey Karp to learn his remarkable techniques for soothing babies and increasing sleep. Now his landmark book--fully revised and updated with the latest insights into infant sleep, bedsharing, breastfeeding, swaddling, and SIDS risk--can teach you too!"--Back cover.**

**The Gentle Wisdom of Natural Infant Hygiene**

**Fun, Easy & Creative Ways to Build Memories Together**

**Portrait Photography**

**The New Parents' Guide to Photographing Your Baby's First Year**

**The Topography of Tears**

**Twenty Handknit Projects for the New Baby**

**Diaper Free**

Provides 20 projects using pure yarns for infant garments, blankets and toys, counseling knitters on how to combine specific natural fibers and colors for desired effects. Original.

The Complete Guide to Making All-Natural Healthy Baby Food—Right in Your Own Home When it comes to planning a healthy diet for your child, Natural Baby Food removes the guesswork, ensuring that your baby gets the nutrition they need, developing healthy eating habits that will benefit them for years to come! The perfect resource for new and experienced parents alike, Natural Baby Food is filled with over 150 delicious, nutritious recipes to please even the pickiest palate. Divided into concise, clear recipe sections for different stages of your baby's growth, Natural Baby Food is the quick, reliable resource to help any parent keep their baby or toddler happy and healthy throughout their development. Natural Baby Food also includes much-needed information for first-time parents, including when and how to start your baby on solid foods, and safe and effective ways to feed your child. Knowing what to feed your baby can be difficult—let Natural Baby Food make it easy! Natural Baby Food features a variety of tasty, healthy recipes including: -Sweet Potato Puree -Stone Fruit Medley -Baby's First Pasta -Cauliflower Cheesy Bread -Chicken Corn Chowder -Strawberry and Cream Cheese Stuffed French Toast -Pretzel-Crusted Chicken Tenders with Honey Mustard Dipping Sauce -Salmon Cakes with Dilly Yogurt ...and many more! Perfect for any parent looking to give their baby the best start possible, Natural Baby Food is the authoritative and reliable resource for those looking to take an active role in their child's nutrition. Making informed, educated decisions about what your baby eats in their first two years helps make sure your baby grows up happy and healthy—naturally. From the Trade Paperback edition.

Discusses the fundamentals of portrait photography and reveals how to get the best shots of subjects both in the studio and outdoors, addressing the problems and opportunities both settings present.

Build your photography skills step-by-step with an independent photography course that guides you through every aspect of digital photography. Includes advice and stunning images, this e-guide will help you master your photography and image-editing skills, and maximize your artistic talent in as little as 20 weeks. Digital Photography Complete Course uses a combination of tutorials, step-by-step demonstrations, practical assignments, and Q&As to help you understand and use your camera to its full capacity. Choose your own pace to work through the modules—the program is completely customizable to your schedule. As you work through the lessons, test your new knowledge and troubleshoot common issues. With the aid of helpful text and innovative graphics in Digital Photography Complete Course, you'll explore a wide range of genres: Find out how to create landscapes, portraits, still life, and action shots as you discover the full range of your camera and learn how to take professional-looking pictures you'll be proud to display.

Use Your Child's Internal Sleep Rhythms for Better Nights and Naps

The Parents' Guide to Photographing Holidays, Family Portraits, and Everyday Life

Art of Newborn Photography

Sleeping Beauties

New on Earth

From Snapshots to Great Shots

Over 150 Wholesome, Nutritious Recipes For Your Baby and Toddler

Named one of the top health and wellness books for 2016 by MindBodyGreen Depression is not a disease. It is a symptom. Recent years have seen a shocking increase in antidepressant use the world over, with 1 in 4 women starting their day with medication. These drugs have steadily become the panacea for everything from grief, irritability, panic attacks, to insomnia, PMS, and stress. But the truth is, what women really need can't be found at a pharmacy. According to Dr. Kelly Brogan, antidepressants not only overpromise and underdeliver, but their use may permanently disable the body's self-healing potential. We need a new paradigm: The best way to heal the mind is to heal the whole body. In this groundbreaking, science-based and holistic approach, Dr. Brogan shatters the mythology conventional medicine has built around the causes and treatment of depression. Based on her expert interpretation of published medical findings, combined with years of experience from her clinical practice, Dr. Brogan illuminates the true cause of depression: it is not simply a chemical imbalance, but a lifestyle crisis that demands a reset. It is a signal that the interconnected systems in the body are out of balance – from blood sugar, to gut health, to thyroid function– and inflammation is at the root. A Mind of Your Own offers an achievable, step-by-step 30-day action plan—including powerful dietary interventions, targeted nutrient support, detoxification, sleep, and stress reframing techniques—women can use to heal their bodies, alleviate inflammation, and feel like themselves again without a single prescription. Bold, brave, and revolutionary, A Mind of Your Own takes readers on a journey of self-empowerment for radical transformation that goes far beyond symptom relief.

Told with P. D. James's trademark suspense, insightful characterization, and riveting storytelling, The Children of Men is a story of a world with no children and no future. The human race has become infertile, and the last generation to be born is now adult. Civilization itself is crumbling as suicide and despair become commonplace. Oxford historian Theodore Faron, apathetic toward a future without a future, spends most of his time reminiscing. Then he is approached by Julian, a bright, attractive woman who wants him to help get her an audience with his cousin, the powerful Warden of England. She and her band of unlikely revolutionaries may just awaken his desire to live . . . and they may also hold the key to survival for the human race.

A Muslim girl, imprisoned by her religion and severe disability, is healed and set free by God.

Babies as you've never seen them before, from New York Times bestselling author and photographer Seth Casteel Seth Casteel's innovative underwater photography has won him fans around the world. Now Casteel has turned his camera toward the only subjects who could rival his bestselling portraits of dogs and puppies for sheer adorable delight: babies. In what he has called some of the most exciting shoots of his career, Casteel has found a remarkable new way to capture the wonder and freedom babies feel when they're underwater. Chubby-cheeked, curious, and mischievous, these tiny swimmers remind us all of the joy of discovery--and the irresistible beauty of babies.

A Guide to Posing, Shooting, and Business

Down in the Garden

Baby Animals in the Wild

The Design Aglow Posing Guide for Family Portrait Photography

The Other Baby Book

The New Way to Calm Crying and Help Your Newborn Baby Sleep Longer

Breastfeeding Goddesses

Breastfeeding can be messy, uncomfortable, and even painful at times, but the mother's inner consciousness tells another story. The images in this book depict the way each woman feels while nursing: pure, beautiful, saintly, celestial. She is a beauty in an ancient mural. A powerful miracle in the snow. A golden ray on the shore. A Breastfeeding Goddess. Gorgeous, full color, hardcover coffee table book.

Photography tips for moms and dads on how to take everyday portraits of children

Celebrated photographer and best-selling author Me Ra Koh provides step-by-step instruction on photographing your family and taking pictures of your child. As a companion book to *Your Baby in Pictures*, *Your Child in Pictures* helps you learn to capture your child's special moments with 40 beautiful "photo recipes" that anyone can do, with any camera. From first haircuts to first days of school, from snuggly teddy bears to favorite dress-up clothes, the toddler and childhood years are full of precious days that disappear all too soon. What parent doesn't yearn to freeze the memory of their 2-year-old's chubby cheeks, or their 6-year-old's toothless grin?

Marvelous landscapes of human experience and emotion rendered through the magnification of our tears

Most new parents think of diapers as a smelly, expensive, and unavoidable necessity. The good news is that it's possible—even practical—to raise your kids without diapers. In *Diaper Free!*, Ingrid Bauer shows how you can: \* Save thousands of dollars \* Reduce landfill waste (single-use disposable diapers are responsible for one third of the non-biodegradable waste in landfills) \* Avoid diaper rash \* Use the "Four Tools for Diaper Freedom" to enhance your relationship with your baby and deepen communication. Based on extensive research, case studies, and the author's own experience, *Diaper Free!* is a warm and helpful companion at every stage, from the first magical days of your baby's life, to complete toilet independence. BACKCOVER: "The true solution to the diaper dilemma. . . . Packed with information, examples, and support. A valuable addition to the library of any pregnant or new mother." —Teresa Pitman, La Leche League International

How Communities Found Connection During the COVID-19 Crisis

Natural Baby Food

Natural Baby and Childcare

A Mind of Your Own

Underwater Babies

The Art of Emotion

88 Great Daddy-Daughter Dates

Glimpse into the lives of the very youngest members of these majestic, endangered wild species. For the last twenty years, Suzie Eszterhas has spent her life and her work as a wildlife photographer to capturing the family life of wild animals throughout the world, mainly those that are spending weeks, months, or even years with a single animal family, she has photographed many unique moments in the lives of young animals. *Wildlife* is a collection of her most spectacular photographs—from groundbreaking images of tiger cubs in their den in India, to newborn cubs in the African savanna, to brown bear cubs seeing the world for the first time in the Alaskan wilderness. Suzie Eszterhas will donate 30% of the profits from this book to the World Conservation Network, one of the most respected wildlife conservation organizations in the world.

Presenting an alternative to the formal, corporate-style poses of yesteryear, this book offers a modern, vibrant approach that aims to capture the lifestyle of the person or persons in the picture. Clear, concise text discusses the essential technical aspects of photography from camera equipment to an appreciation of exposure, aperture, metering, shutter speed, depth of field and white balance settings, in addition to how color and movement affect a photograph. A guide to posing helps to ensure dynamic and arresting images. Along with advice on setting up a home studio, choice of backgrounds and using artificial light, there are hints and tips on pre-shoot preparations such as make-up, hair styling, and clothing for the subject of the portrait. Post-production techniques include skin retouching and color correction, plus a guide to printing and presentation.

"Mama Natural's Week to Week Guide to Pregnancy is the modern (and yet ancient) approach to pregnancy and childbirth. "Natural" recognizes that pregnancy and birth are normal, and that having a baby is a wondrous biological process and rite of passage--not a medical condition. Based upon the latest research showing how beneficial and life-changing natural birth is for both babies and moms. Full of weekly advice and information on pregnancy, Grace details vital nutrition to take, natural remedies for common and troublesome symptoms, as well as the appropriate (and safe) use of interventions. Pregnancy, childbirth, health, health and wellness, parenting, family"--

The Essential Parents' Guide to the Best Conventional and Natural Medicines for Your Child From feeding to healing, clothing to washing, caring for children naturally can be a daunting task--unless you know how. *Natural Baby and Childcare* shows you how to complement conventional medicine with natural treatments such as homeopathic and herbal medicine; how to bathe your child without using damaging chemicals; and how to feed your baby. As a physician and a mom, Dr. Lauren Feder skillfully bridges the divide between medicine and motherhood, empowers parents to personalize traditional child-rearing practices to their own child. *Natural Baby and Childcare* answers common questions such as: \* Do homeopathic medicines have any side effects? \* What alternatives are there to wasteful or harmful baby products, such as plastic diapers and chemical creams? \* Can vaccines cause autism or Sudden Infant Death Syndrome? In addition to shedding light on controversial topics such as antibiotics and vaccination, Dr. Feder offers a complete A to Z guide to treating common childhood conditions naturally and a handy directory of essential medicines and home remedies. With information for children from birth to adolescence, *Natural Baby and Childcare* is a comprehensive,

practical, and reassuring guide to raising healthy and happy children.

The Parents' Guide to Photographing Your Toddler and Child from Age One to Ten

Your Child in Pictures

The Torn Veil

The Best-Selling Story of Gulshan Esther

Practical Medical Advice and Holistic Wisdom for Raising Healthy Children from Birth to Adolescence

The Natural Baby Sleep Solution

Natural Newborn Baby Photography

With today's busy schedules, it can be difficult for fathers to create meaningful memories with their girls. 88 Great Daddy-Daughter Dates provides dads with a wide variety of fun ideas for spending quality time with their daughters. Each date tells dads what supplies to grab, where to go, and how to grow together while having a blast and making great memories. Included for each date are Scriptures and questions to keep conversation flowing. From bird-watching and making paper airplanes to bowling and photo scavenger hunts, there's something for every little girl ages 6-12. This updated edition of 88 Great Daddy-Daughter Dates also includes conversation starters and a list of date ideas for teen daughters.

The Front Steps Project™ is a fundraising endeavor created to bring communities together and help those suffering from the effects of the COVID-19 pandemic and this book will be a heartwarming keepsake of togetherness depicting an unprecedented time in our country. Community residents commission participating photographers to take a portrait of themselves and their loved ones on their front steps—or porch, stoop, or other outdoor location. The sessions are a time to bring people together when they feel isolated and the residents receive a portrait that memorializes their time of social distancing. Then, the proceeds from the photo session are donated by the photographers to local community groups. Authors' efforts have been covered by numerous major national media sources this spring. Through The Front Steps Project's Instagram account, photographers across the United States—and even the globe—have been inspired to start their own programs in their communities. On May 9, 2020, more than 450 photographers have voluntarily replicated #TheFrontStepsProject, raising over \$1,500,000 for local food pantries, hospitals, animal shelters and more. West Margin Press will donate a portion of their profits to The United Way and its own efforts to help those impacted by this pandemic.

Presents the classic nursery rhyme about the little pig who went to market and his friends. On board pages.

Natural Newborn Baby Photography A Guide to Posing, Shooting, and Business Pearson Education

How to Document the Lives of Children and Families

The Little Sleeper

Baby's Record Book

Your Baby in Pictures

Mastering Portrait Photography

The Front Steps Project

Learn Everything You Need to Know in 20 Weeks

Presents a collection of photographs featuring babies costumed to resemble creatures and plants found in the garden.

From leading photography expert Me Ra Koh, "The Photo Mom," comes the book for parents with little to no photography experience who want to capture better portraits and photos of their families using any camera. What parent doesn't want to capture the perfectly imperfect joy of family life through photos? From holidays and vacations to portraits and shared moments, celebrated photographer (and mom) Me Ra Koh not only helps moms and dads take better photos, but inspires them to discover photography as a way to connect with, cherish, and celebrate their family. With forty beautiful "photo recipes" anyone can follow—with any camera—preserving your family's story has never been easier!

How to create emotional, and timeless newborn portraits with baby led posing and natural light. Natural newborn photography.

A step-by-step guide for family members of a new baby shares 40 accessible photograph scenarios that can be captured with any camera regardless of photography experience, outlining recommendations for recording developmental milestones. Original.

This Little Piggy

Digital Photography Complete Course

Crafting the Natural Light Look

All Across the Spectrum

The Happiest Baby on the Block

Natural Nursery Knits

The Business of Maternity and Newborn Photography

Photojournalists are trained to scout important events, capture mood and emotion, predict peak action, and create images that, in an instant, tell a compelling and memorable story. In this book, award-winning photojournalist Paula Ferazzi Swift (from Framingham, MA) shows readers how she adapted her photojournalistic approach to create a thriving family portrait business. In an increasingly competitive market, professional portrait photographers need to hone their skills to capture heirloom-quality images that are a step above the rest. With the tips in this book, readers will learn how to use — or cultivate — a photojournalist's precision capture skills to chronicle family moments that matter. Ferazzi Swift offers ideas for creating a strong and lasting client connection, eliciting memorable moments, finding storytelling locations, inspiring natural action and reactions, and capturing the inter-relationships between siblings and between children and their parents. Armed with the skills in this book, photographers will be able to capture more genuine, charming, memorable, and expressive portraits that truly depict the family's interests, the subject's personalities, milestone moments, meaningful locations, and the unique bond the family shares.

To work with and pose a 5- to 10-day-old infant demands special skills, keeping the child safe and the new parents comfortable, while capturing the subject's raw and natural beauty.

Anne Geddes's "technically and aesthetically exquisite photographs [are] imbued with grace and hope." --Library Journal

Now Anne Geddes's critically acclaimed Pure is available in a new size. Similar in scale to the reissues of Anne Geddes' Down in the Garden and Until Now, Pure is now available in three formats--the original hard- and soft-cover editions and this elegantly giftable 5" x 6" trim size. Four years in the making, Anne Geddes' Pure offers breathtaking images that intimately evoke the wonder of the first precious days and weeks of life. With eyes tightly shut, in wrinkly new skin, and unaffected by the world around them, newborns are captured in their purest form as Geddes' explains, "to emphasize the fact that they are vulnerable, fragile, and very precious human beings." "Real women in the full bloom of pregnancy radiate serenity and promise. Mothers enfold babies in their arms--highlighting the beautiful bond between them and revealing our shared humanity."

Little toes, pursed lips, and tiny hands—newborn photography is a rapidly growing market and professional photographers are eager to jump in. To work with and pose a 5- to 10-day-old infant demands special skills, keeping the child safe and the

new parents comfortable, while capturing the subject's raw and natural beauty. This guide by pro photographer Robin Long provides the inspiration and instruction, practical tips, and equipment advice you need to get started. You will learn about: Establishing trust with clients and working with newborns and parents Using natural lighting sources and selecting simple wraps and materials Posing styles and transition advice to ensure the session goes smoothly Calming techniques and understanding the physical requirements of newborns Post-processing workflows with Adobe Camera Raw and Adobe Photoshop to create breathtaking images This beautifully illustrated guide will not only assist you through a complete newborn session, but will help you start your own newborn photography business, including creating a business plan, building a client base, and selling your images to clients.

The Children of Men

A Natural Approach to Baby's First Year

Storytelling Portrait Photography

Newborns in Dreamland

So You're Expecting a Baby

100 Modern Ideas for Photographing Newborns, Babies, Children, and Families

Bellies and Babies

Offers the tools needed to create professional images and presents one hundred family portrait poses for newborns and babies, children, siblings, and family groups.

Kinder, Gentler, and It Really Works Based on the human rest and activity cycle that occurs every hour and a half, here's a scientifically based program for parents to help babies get all the sleep they need, both through the night and during the day. The method is simple, foolproof, and yields long-lasting results: truly restful daytime naps (which also gives an infant a head start on cognitive development and emotional intelligence) and consistent nighttime sleep—as beneficial for parents as it is for the baby. For babies aged two weeks to one year Lessons in sleep independence and solutions to common problems, such as your baby waking up too early, getting a second wind before bedtime, confusing day and night, and more Includes a guided journal for recording your baby's sleep signals and keeping track of naps and bedtimes A simple program for sleep that delivers foolproof results.

Photographing newborns is a uniquely special experience and capturing the beauty of a newborn baby requires specific skills. In this practical book, Melanie East, one of the UK's leading newborn photographers, shares her secrets, from preparing for the newborn session through to post-production work. Advice is given on posing newborn babies using tried and tested techniques, while emphasizing the baby's safety at all times. Also Melanie gives clear instruction on choosing and using equipment near babies. Supported by her inspiring images, it is invaluable reading for photographers new to the genre, as well as professionals wishing to hone their skills. Contents: Advice on posing newborn babies using tried and tested techniques, while emphasizing the baby's safety at all times; Clear instruction on choosing and using equipment near babies; Tips on lighting, textures and tones, and using props to create interest in the newborn portrait; Ideas for taking beautiful and enchanting images that parents will adore. This practical book will be of special interest to family and portrait photographers and is beautifully illustrated with 153 colour photographs.

After airing on the "Today Show" in September 2009, the photographers portraits of sleeping babies caused a national sensation. Here, their lens has captured newborns as they inhabit magical dreamscapes.

Pure

The Truth About Depression and How Women Can Heal Their Bodies to Reclaim Their Lives

The Fifth Vital Sign: Master Your Cycles & Optimize Your Fertility

Your Family in Pictures

The Mama Natural Week-by-Week Guide to Pregnancy and Childbirth

**MENSTRUATION ISN'T JUST ABOUT HAVING BABIES** Your menstrual cycle is a vital sign, just like your pulse, temperature, respiration rate, and blood pressure. And it provides you with essential information about your health. **The Fifth Vital Sign: Master Your Cycles and Optimize Your Fertility** brings together over 1,000 meticulously researched scientific references in a textbook-quality guide to understanding your menstrual cycle. In this book you'll learn: –What a normal cycle looks like; –The best way to chart your cycle and increase your fertility awareness; –How best to manage critical aspects of your health, including better sleep, exercise and a healthier diet; –Natural methods for managing period pain and PMS; –How to successfully avoid pregnancy without the pill; and –How to plan ahead if you do want to get pregnant. **The Fifth Vital Sign** aims to better connect women with their menstrual cycles, to break the myth that ovulation is only important when you're ready to have a baby. **READ THE FIFTH VITAL SIGN TO BETTER UNDERSTAND YOUR HEALTH AND FERTILITY** Whether children are a part of your future plans or not, your health matters. Start learning more now, and take control of your health. **ABOUT THE AUTHOR** Lisa Hendrickson-Jack is a certified Fertility Awareness Educator and Holistic Reproductive Health Practitioner. She teaches women to chart their menstrual cycles for natural birth control, conception, and overall health monitoring. In her work, Lisa draws heavily from the current scientific literature and presents an evidence-based approach to fertility awareness and menstrual cycle optimization.