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## Fairhaven Health Prenatal Care Review & Giveaway

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### Company Overview:

Fairhaven Health – Every step of the way

"Having a baby is among the most miraculous moments in life. And when it comes to preconception and pregnancy, Fairhaven Health is with you every step of the way – offering a tradition of unsurpassed product quality, service, and a compassion for each customer's unique journey to parenthood.

In the U.S., there are more than 11 million couples trying to conceive at any given time. Of those couples, many will face fertility obstacles or frustrating delays, and 1 in 5 will encounter some formal difficulty in becoming pregnant. Even young couples in the best of health have only a 15% to 20% chance of conceiving each menstrual cycle. And with couples trying to conceive later in life, many couples are likely to experience issues conceiving simply due to the fact that fertility declines as we age.

Our mission at Fairhaven Health is to develop products designed to safely and naturally promote fertility, pregnancy wellness, and breastfeeding success. And for years now, we've been achieving that important goal. From preconception through pregnancy and nursing, Fairhaven Health is there – every step of the way – to provide clinically-proven products to help you along your journey to parenthood. As a trusted leader in the field of reproductive health, our products are cooperatively developed and formulated by a diverse panel of medical experts – including doctors, ObGyns, nutritionists, and naturopaths. Noted fertility expert, Amos Grunebaum, MD, plays a pivotal role in formulating our FertilAid, FertileCM, FertilTea, and Pregnancy Plus product lines.

Most importantly, Fairhaven Health cares about product efficacy and quality. That's another way of saying we care about our customers and their special journeys. We integrate the best of both worlds, bringing together traditional Western (allopathic) medicine with clinically-supported research in herbal/homeopathic fields. All of our supplement products are based on clinically-established science and all manufacture is governed by strict GMP standards and third-party quality testing. Significantly, our FertilAid for Men product was tested in double-blind placebo-controlled study – and showed remarkable, research-advancing results in improving key male fertility parameters like sperm count and motility.

Our product lines follow the natural progression from preconception to pregnancy to nursing. Our preconception products focus on fertility awareness and ovulation prediction, helping couples learn about their fertility and anticipate when they are most likely to conceive. Our popular dietary supplements, like FertilAid & FertileCM, provide balance and support enhanced fertility for both women and men. Once couples receive the good news, products like Pregnancy Plus Prenatal, Pregnancy Plus Cal-Mag, and Pregnancy Plus Omega3 promote the prenatal health of a developing baby and help ensure pregnancy wellness for the mother. And, we are also dedicated to helping moms reach their breastfeeding goals, and have a line of products, including Nursing Blend and Nursing Time Tea, to encourage breastfeeding success.

Located in the historic district of Bellingham, Washington, Fairhaven Health unites integrity and quality with sensible pricing – offering an unparalleled tradition of value and success to both our customers and our distributors. Our distribution partners comprise a reputable circle of health product retailers and fertility solution providers, including drugstore.com, CVS.com, walgreens.com as well as pharmacies and clinics nationwide. We also welcome small specialty retailers as well as established medical partners – from the smallest pregnancy boutiques to major fertility clinics and education centers."

When Fairhaven Health offered to send me some of their pregnancy product line (at no cost to facilitate a review) I was excited!

### Tea-for-Two Pregnancy Tea

#### Ingredients:

- Strawberry leaf – nourishes and tones the uterus and provides key vitamins, minerals, and alkaloids that promote a healthful pregnancy.
- Alfalfa – high in nutritive vitamins and minerals, including Vitamin K, which is critical to a healthy pregnancy.
- Dandelion leaf – helps to eliminate excess water from the system to ease fluid retention; provides excellent source of potassium, calcium and iron.
- Ginger root – assuages nausea and eases morning sickness symptoms.
- Oatstraw – calms the nervous system to alleviate stress and tension.
- Lemon verbena – provides refreshing, zesty flavor.

"Tea-for-Two is the all-natural, baby-safe herbal tea designed to support a healthy pregnancy, tone the uterus, and relieve morning sickness discomfort. This delicious and healthy tea will also help comfort and energize during labor and childbirth.

Made from a select blend of wildcrafted and organic ingredients, Tea-for-Two brings together proven herbs that have been used for centuries to tone and relax the uterine muscles, strengthen the womb throughout the pregnancy, and prepare the body for labor and childbirth. Tea-for-Two may also help prevent or reduce pregnancy complications.

All-natural, caffeine-free, and with a delightful tangy flavor, Tea-for-Two also works as a comforting tonic to relieve morning sickness. Tea-for-Two may be used during the entire pregnancy and is also recommended for postpartum recovery. This herbal tonic can be frozen into "lozenges" or ice pops to alleviate severe nausea and prevent dehydration."



#### Directions:

- Tea-for-Two is a loose leaf tea, use 1 teaspoon of tea to each cup of water. Bring water to a boil and add herbal tea directly or by using a tea ball or infuser. Cover and let steep for 5 minutes straining out any leaves before drinking.
- Drink 2-3 cups per day for optimal nutritional support.
- One bag is generally a 1-month supply.

I was able to try out their tea while I was still in the yucky/nauseous 1st trimester. Normally strong smells and tastes put me over the edge and certain things I just have to avoid during the first 14 weeks or so. The first time I tried the loose leaf tea I didn't shake the bag so it would evenly mix all of the herbs, consequently the tea was quite bitter. After drinking it many times afterwards I've made sure to shake and mix the bag before making myself a cup. No bitter taste at all, so please take my word for it and SHAKE. The taste is actually quite mild with a nice lemony aftertaste, very soothing and enjoyable. I didn't try sweetening it with honey because I didn't feel like it needed any help but if you happen to be more inclined to have a sweet tooth I'm sure it would be quite nice.

Fairhaven Health really puts quality first for the health and wellness of mother and baby. A great company with a great reputation for your daily pregnancy and postpartum needs.

Connect: Find out more about Fairhaven Health and all of the great products they sell by visiting their website. Then "like" them on Facebook and follow them on Google +, Pinterest, Twitter, and Instagram.

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