

## Information for Miscarriage

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**To Prevent**: False unicorn, Nature's prenatal and Red raspberry daily throughout the entire pregnancy. Use a "mild food diet", eliminating all red meat, sugar, junk food and concentrating on fruits, vegetables, nuts, grains, seed, and soy.

<u>When eminent</u>: 2 false unicorn plus 2 Capsicum every 2 hours with complete bed rest for three days. This will stop a miscarriage if the baby is healthy but not if it is deformed. Many experts feel that miscarriages are caused by an imbalance of estrogen and progesterone. Increase the progesterone level with Wild yam and Pro-G-Yam cream.

Products can be referenced and purchased from: <u>http://www.mynsp.com/generali/index.aspx</u> Brenda Generali, Nature's Sunshine Manager, 530-878-1119

Reference: Information was taken from Recipes for Success.