

# Pregnancy Testimonials

"I was referred to Talita by my midwife about two thirds through my third pregnancy after having a low iron count. Up to this point I really hadn't been taking care of myself. The first 12 weeks I was so sick, I was literally eating whatever I could keep in and barely touched a vitamin! The next few weeks I was catching up on all the foods I had missed earlier - hello fast food!! So by the time I met Talita I was in desperate need for some TLC to ensure a happy, healthy baby. She looked at my blood tests and also my live blood platelets and gave me everything I needed to get back on track. She also helped me with my diet to make sure I was getting all the goodies I needed. I loved that she didn't make me spend a million dollars on things I wouldn't use. She kept it simple and affordable and made the nutritional side of things achievable and delicious. After my baby was born we were in contact within hours, tweaking our plan to suit the new bubba. It was never an issue, she was always there to give me advice for all the millions of questions I threw her way from breastfeeding/wind in the newborn to baby blues for me. She was even able to help my husband get his energy levels on track and see my toddler through a cold. I'm so thankful to have come across this beauty!! She has helped my entire family and I cannot recommend her services enough"

- Dimity S. -

"I was referred to Talita through a friend over 2 years ago. At the time I was struggling with skin issues, infertility and just not feeling great in general. Talita opened my eyes to a whole new world of being "healthy" and what effects certain foods have on the gut, which it turn effects a whole range of other areas of your body. Upon taking her advice, I changed my whole way of living, and since then have cutout all processed foods, come to the realisation that dairy and gluten do not agree with me, and have completely changed my life for the better. My skin now glows with no breakouts, I am happier then ever with endless amounts of energy and currently 38 weeks pregnant. Talita has been great throughout my whole pregnancy with offering advice, checking in and showing endless care and support without expecting anything in return. Talita is an inspiration, and the main reason I chose to enter into the natural health field and study myself. I highly recommend Talita for any health issues you may be battling, and most importantly to support you through your pregnancy."

- Ash R. -

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"I started seeing Talita 4 years ago, after spending a few years overseas and not taking much care of my body. I knew in the next few years, my husband and I would want to start a family and I needed to have a 'clean out.' I have endometriosis so I knew falling pregnant could be an issue and adding the years of toxicity I wasn't sure it would happen naturally. Talita went through all my blood tests and history taking everything into account. She then helped me change my lifestyle, gave me recipes and food options to try which would encourage my body to heal, supplements and herbals for a boost when I needed them and exercise options to consider also. It was daunting making these big changes but Talita really made it feel easy and gave me ongoing support which was priceless. After a lot of self discipline, the right lifestyle changes and supplements, my hormones started to balance out. Talita helped me get my body into prime shape to be able to conceive naturally which was a surprise and beautiful relief to me. Now, I have a healthy and happy 9 month old baby and we both see Talita! My body has taken a battering during pregnancy, labour and breast feeding so she has been working closely with me to help calm my system down. I go and see her when things aren't feeling quite right and we re-assess what needs attention, it's very comforting to know she has my back! I can't thank her enough!"

- Cassandra W. -

