

**Joan Donley's Compendium
for a healthy pregnancy and a normal birth**

Contributed by Marie Touffet

This is such a good book to have as a midwifery student, a midwife and most and foremost a mum to be ...I do need to have it in my bag at all time! What a resourceful little book... a must! A midwife told me something along the lines: "She had it all there in her head but now it is on paper and referenced!" and indeed it is!

Joan Donley was the main author of the famous "green book" which has been passed around and is still very popular within the home birth members! And although the green book is a very useful piece of information at a very reasonable price (only \$25 from the Home Birth Association), this latest book is an up to date, referenced version of the "green book" and for the professional might give you that extra credibility of having a referenced source of information!

I particularly enjoyed the sections on Vitamin K, Caesarean section, and postnatal care, although I really found the whole book useful!

What I really like is that it offers a range of treatments including diet changes, herbal remedies, homeopathy and acupuncture. I found the women I support during my clinical placement might prefer or respond better to one form of therapy over another, so it provides them with this flexibility. But it also talks about the orthodox treatments and their limitations and/or cautions.

This book will be available from the Home Birth Library from the end of April thanks to Rea Daellenbach's donation...thank you Rea!

Happy reading and if you want to make any comment on your reading.... email it to Anitra Carr on: birthplace@canterburyhomebirth.org.nz.

This book is also available to buy from: Dee Pigneguy, 203 Manuka Road, Glenfield, Auckland 10, phone: (09) 444 9342, email: mikedee@clear.net.nz.