

3<sup>rd</sup> World Congress on

# TRADITIONAL AND COMPLEMENTARY MEDICINE

September 10-11, 2018 Auckland, New Zealand



## *Kathy Fray*

*Maternity Consultant & IMH Thought Leader, New Zealand*

### **Integrative maternity health: The ultimate in best maternity care**

Beyond doubt, my most popular talk is titled “ORGANIC BIRTH – Understanding the Secrets of Natural Labour creating Normal Birth” which I adore sharing and watching the audience grow palpably with their increasing empowerment. Additionally, there are many other maternity and parenting topics I am asked to speak on, and sometimes to talk about my own Life Journey which audiences have described as inspirational and motivational. Just as the public are demanding more and more GPs be educated on Integrative Medicine, today for expectant women, along with their oftentimes consciously-intentionally healthy-lifestyle approaches, many want integrative medicine as mainstream to their birth journey especially because labour is fundamentally both a science and a heart-based experience. If our Women want normal health – then we need to focus them on natural wellness. And if our Women want normal birth – then we need to focus them on natural labour.

### **Biography**

Kathy Fray has been NZ's No.1 best-selling Birth-Baby author since 2005, and today is a semi-retired Midwife providing private one-on-one Maternity Consultancy services globally, and managing director of Mother Wise Products. Kathy is also the founding director of the International Integrative Maternity HealthCare Organisation

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