



# Birth Doula Mary



## Mary Nuñez

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birth doula

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Congratulations on your upcoming birth. This will be one of the most memorable experiences you will have during your lifetime. Whether you are a single mother, or a mother with a partner, having a birth doula by your side will ensure that you feel supported throughout the birthing process and can assist in lowering your overall stress level.

As your birth doula I will provide physical, emotional, and informational support before, during, and after childbirth. With 10 years experience as an L&D nurse and my homeopathic training, I am confident in assisting you to feel empowered during this amazing journey.

*I am honored to be referred to you by the Fair Oaks Women's Health practice. Please accept a complementary homeopathic healing remedy made specifically for you at the time of your delivery.*