

Pregnancy and Delivery
Hang On!!!

The Lecture Will Start Soon

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Disclaimer

This webinar is not to be used instead of going to a competent doctor. I do not directly nor indirectly dispense medical advice nor prescribe in any way alternative treatment!

In the event you use this information, which is only of historical value, you are prescribing for yourself which is still your constitutional right. I assume no responsibility.

I am independent in my attempt to educate the public. Although I do endorse some top quality products, I receive no financial support from any health or herb company for producing and sharing this information.

I also believe it is a crime that we have to pussy foot around the truth because there is a law that says that I cannot declare what changing your lifestyle and diet can do for your health, but I love this great country and will do my best to try to obey their law, even if I strongly disagree with them...

Natural health works slowly. I suggest that you do not stop medication without guidance of a doctor. I say this not only because it is the law, but because I BELIEVE STOPPING MEDICATION WITHOUT THE GUIDANCE OF A DOCTOR IS UNWISE AND DANGEROUS.

If you would like to make healthier changes in my diet and my doctor was not willing to help you while you work with a natural health practitioner, I suggest you find a doctor who values and respects his patient's rights and fire the doctor who would not!

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Prevent Toxemia and Morning Sickness

- Flush liver
- Get bowels moving 3 times a day
- Sufficient B complex
- Ginger
- GTF Chromium

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Preventing Miscarriages

- Temperature 99.5 – chromosome pairing, blighted ovum
- Progesterone should be higher than 15 and is made by the corpus luteum and by 12-14 weeks the placenta takes over progesterone production
- Enough circulation to the baby – Vitamin E helps, cigarette smoking makes it worse
- Work with liver to keep blood healthy
- Cord wrapped around baby's neck Pituitary Gland

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Pregnancy problems

Pulsatilla - for Breech 30 c three dose every 30 minutes For Breech Births

- Toxemia – Drink good R.O. Water, Keep bowels moving
- Pre-eclampsia – Limit red meat, Protease and KB-C and Parsley (until a few days before delivery)
- High blood pressure - KB-C and Parsley (until a few days before delivery)
- High blood sugar –Jerusalem Artichoke, GTF Chromium

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Pregnancy problems (cont.)

- Protein in urine - Protease
- Stretch marks – B Vitamins, fatty acids and zinc
- Drinking/drugs can cause fetal poisoning
- Caffeine can effect the baby's adrenals
- Smoking can lower baby's birth rate, plus has over 2000 chemicals which the baby's liver has to contend
- Castor oil warning if the baby is overdue, can cause the baby to have a bowel movement while still in womb

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Tests Suggested -- Pregnancy

- Ultrasound
 1. Problem don't bond or enjoy pregnancy
 2. Ultra-Shape
 3. ADD
 4. Inaccurate
- Internal
 - Watch for miscarriage
- Amniocentesis
 1. Infection
 2. Inaccurate



<http://www.consultingroom.com/treatments/ultrashape>

- Urine/blood - Sound tests
- AFP - Inaccurate

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Care and Feeding of the Fetus

- Iron
- B12
- Calcium
- Prenatal
- Fatty Acids
- No vitamin A & D
- Drink plenty of GOOD water
- Good diet – raw vegetables, fruits, protein, whole grains
- The chemicals that give you the feelings that you are experiencing also flows through the baby. The Baby feels what you feel
- Wheat germ to keep placenta attached to uterine wall



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Prepare for Delivery

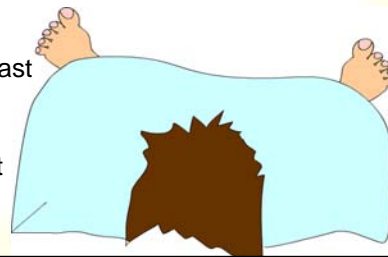
- Prepare breast - toughen with terrycloth
- Prepare Uterus - 5W
- Develop birth plan
- Prepare Pituitary
 - Oxytocin
 - Breach births (Homeopathic Pulsatilla)
 - Chi beacon
- Mastergland
- Clary Sage helps with Birthing pain.



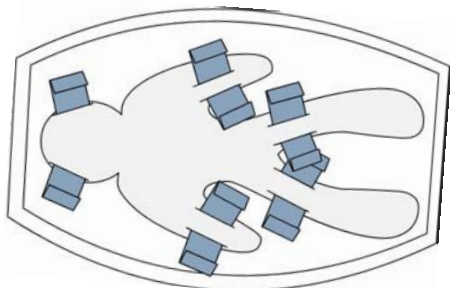
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Birthing Plan

- Sex
- Epidural
- Episiotomy
- Time to bond
- No antibiotics in eyes
- No pacifier
- Put baby to breast right away
- Vitamin K shot
- Hepatitis B shot
- Sugar water
- PKU test



Circumcision



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Post Partum Care

Post Partum depression (oils and hormones)
5W

Sitz Bath

- 1 cup comfrey
- ½ cup shepherd's purse
- ½ cup uva ursi
- 2 tbs myrrh
- 1 cup sea salt
- 2 tbs Silver shield
- Warm water 6 to 10 inches high in container



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Baby Blues

- Hormones – Liver & 5W
- Depression - Fatty acid deficiency
- Colic – Often Mom has magnesium deficiency
- Breastfeeding - LTH LacTogenic Hormone - Alfalfa
 - Days and Nights mixed up – Pantothenic acid B-5 B-complex
 - Enrich – Marshmallow (sleeping whole night)
 - Increase – Blessed thistle - Alfalfa
- Mastitis
 - Cabbage
 - Red beet tops
 - Silver Shield

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Colic

- Don't feed newborn too often
- Don't handle as much
- Pristine Gut – Mother Probiotic and Food Enzymes
- Catnip and Fennel
- Avoid -- onions, garlic, chocolate, broccoli, cabbage, cauliflower

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Acid Reflux



Pull down the stomach and massaging the ileocecal valve

Slippery elm between feedings

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To Simplify

EAT: Diet rich in raw vegetable and fruits, whole grains and proteins

Pregnancy Preparation

- Nature's Prenatal
- B-Complex
- Liver Flush
- Work on DNA weaknesses

During Pregnancy

- Nature's Prenatal
- Mastergland
- EFA

CUT OUT ALL: Coffee, tea, caffeine, tobacco, alcohol and unnecessary medications

- Preparation for Delivery

1. Mastergland
2. 5-W

- Post Partum

1. 5-W
2. Fatty Acids

- Baby

1. Blessed Thistle
2. Marshmallow Root
3. Catnip & Fennel
4. Alfalfa

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Spacing Children

- Breast feeding
- Rhythm method
- Wild Yam
- Neem oil

Stay on Calcium, Fatty acids and a natural prenatal to build up reserves between babies

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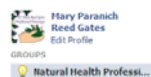
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