

Disclaimer

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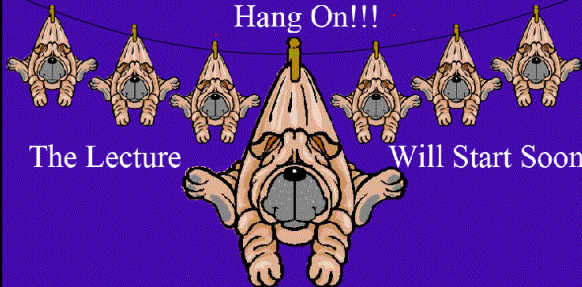
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Natural Pregnancy and Childbirth

Hang On!!!



The Lecture

Will Start Soon

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Prevent Toxemia and Morning Sickness



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



Pregnancy problems

- 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



- 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



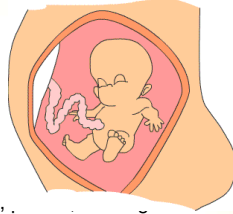
Tests Suggested -- Pregnancy

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

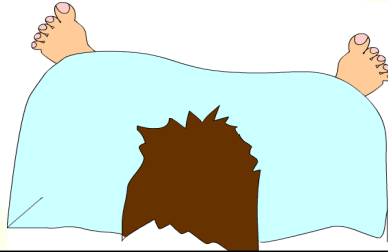
- Prepare breast - toughen with terrycloth
- Prepare Uterus - 5W
- Develop birth plan
- Prepare Pituitary
 - Oxytocin
 - Breach births (Homeopathic Pulsatilla)
 - Chi beacon
- Mastergland
- Clary Sage helps with Birthing pain.



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Birth Plan

- Sex
- Epidural
- Episiotomy
- Time to bond
- No antibiotics in eyes
- Vitamin K shot
- Hepatitis B shot
- Sugar water
- PKU test



Circumcision



www.circumcision.org/information.htm

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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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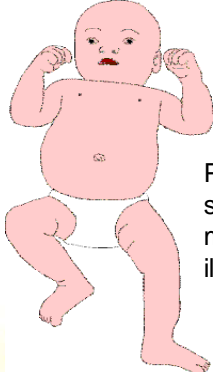
Questions

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Acid Reflux

Slippery elm
between
feedings



Pull down the
stomach and
massaging the
ileocecal valve

To Simplify

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

<p>Pregnancy Preparation</p> <ul style="list-style-type: none"> • Nature's Prenatal • B-Complex • Liver Flush • Work on DNA weaknesses <p>During Pregnancy</p> <ul style="list-style-type: none"> • Nature's Prenatal • Mastergland • EFA 	<ul style="list-style-type: none"> • Preparation for Delivery <ol style="list-style-type: none"> 1. Mastergland 2. 5-W • Post Partum <ol style="list-style-type: none"> 1. 5-W 2. Fatty Acids • Baby <ol style="list-style-type: none"> 1. Blessed Thistle 2. Marshmallow Root 3. Catnip & Fennel 4. Alfalfa
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CUT OUT ALL: Coffee, tea, caffeine, tobacco, alcohol and unnecessary medications

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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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Contact:

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816-903-4884

<http://www.mynsp.com/LifeHerbs>



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Questions



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