



Preventing Miscarriages

- Temperature – 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

Pregnancy problems

- Caster oil warning
- Toxemia
- Pre-eclampsia
- High blood pressure
- High blood sugar
- Protein in urine
- Drinking/drugs Fetal poisoning
- Caffeine
- Stretch marks

Test during pregnancy

Ultrasound

- Problem don't bond or enjoy pregnancy
- ADD
- Inaccurate

Internal

- Watch for miscarriage

Amniocentesis

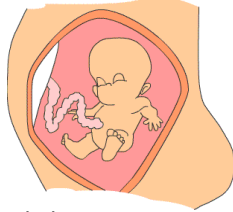
- Infection
- Inaccurate

Urine/blood

- Sound tests

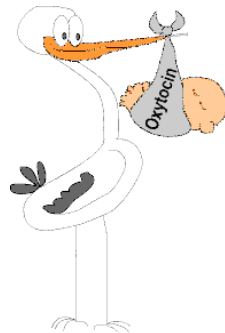
Care and Feeding of the Fetus

- Iron
- B12
- Calcium
- Prenatal
- Fatty Acids
- No vitamin A & D
- Avoid caffeine, Drugs and Alcohol
- 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



Prepare for Delivery

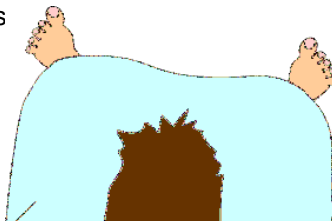
- Prepare breast - toughen with terrycloth
- Prepare Uterus - 5W
- Develop birth plan
- Prepare Pituitary
 1. Oxytocin
 2. Breach births
 3. Chi beacon



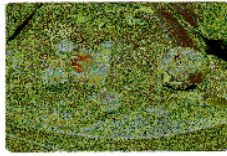
Mastergland

Birthing Plan

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



Circumcision



www.circumcision.org/information.htm

Post Partum Care

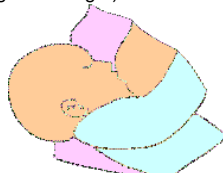
- Post Partum depression (oils and hormones) 5W
- Sitz Bath

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



Baby Blues

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



Colic

- Don't feed too often
- Don't handle as much
- Pristine Gut – Mother Pro biotic and Food Enzymes
- Catnip and Fennel
- Acid Reflux (slippery elm between feedings)
- Avoid -- onions, garlic, chocolate, broccoli, cabbage, cauliflower

<http://www.MarysHerbs.com>

To Simplify

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

- Pregnancy Preparation
 1. Nature's Prenatal
 2. B-Complex
 3. Liver Flush
 4. Work on DNA weaknesses
- Preparation for Delivery
 1. Mastergland
 2. 5-W
- Post Partum
 1. 5-W
 2. Fatty Acids
- During Pregnancy
 1. Nature's Prenatal
 2. Mastergland
 3. EFA
- Baby
 1. Blessed Thistle
 2. Marshmallow Root
 3. Catnip & Fennel

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

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

For More Information

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