

Pregnancy and Delivery

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
- 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 - To help encourage proper presentation... I suggest you start with pulsatilla 30 C... 3 every hour for 3 hours. If the baby doesn't turn within 48 hours, take 200C. Three doses. One a day for 3 consecutive days. If baby doesn't turn within 1 week or turns but then turns back again, take 1M only once. If baby doesn't turn, then there is a great likelihood that there is a cord issue


<https://www.facebook.com/111212115580966/videos/171377349574335/?fref=nf>



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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



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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 and Autism
 4. Inaccurate
- Internal
 - Watch for miscarriage
- Amniocentesis
 1. Infection
 2. Inaccurate



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

The U.S. Food and Drug Administration (FDA) warns that a handheld Doppler "should only be used when there's a medical need..."

https://www.babycenter.com/404_is-it-safe-to-use-a-fetal-doppler-to-listen-to-my-baby-s-heart_10348809.bc

• Urine/blood - Sound tests

• AFP - Inaccurate

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Unseen Dangers

UltraSound

Cell phones/ hyperactivity

<https://news.yale.edu/2012/03/15/cell-phone-use-pregnancy-may-cause-behavioral-disorders-offspring> AND

<https://www.patchtrainingteam.com/why-pregnant-women-should-protect-themselves-from-cell-phone-radiation/>

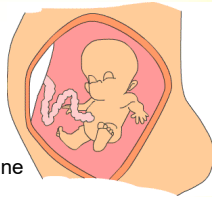
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Studies that show Ultrasound can effect fetus' tissues and brain

- <http://www.nbcnewyork.com/news/national-international/286000701.html>
- <http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm095508.htm>
- http://www.naturalchild.org/research/yale_ultrasound.html
- <http://www.pnas.org/content/103/34/12903.full>
- <http://www.today.com/parents/ultrasound-warning-fda-recommends-against-keepsake-ultrasounds-1D80372998>
- <http://www.greenmedinfo.com/blog/human-studies-condemn-ultrasound>
- http://www.aol.com/article/news/2016/09/12/study-links-autism-with-first-trimester-ultrasounds/21470178/?icid=main-grid7%7Cmain5%7Cdl5%7Csec1_Ink3%26pLid%3D

Care and Feeding of the Fetus

- Iron
- B12
- Calcium
- Prenatal
- Fatty Acids
- No vitamin A & D – instead Beta-Carotene
- 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

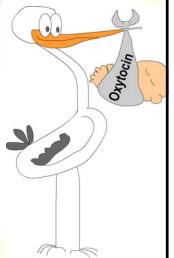
Develop birth plan

Prepare Pituitary

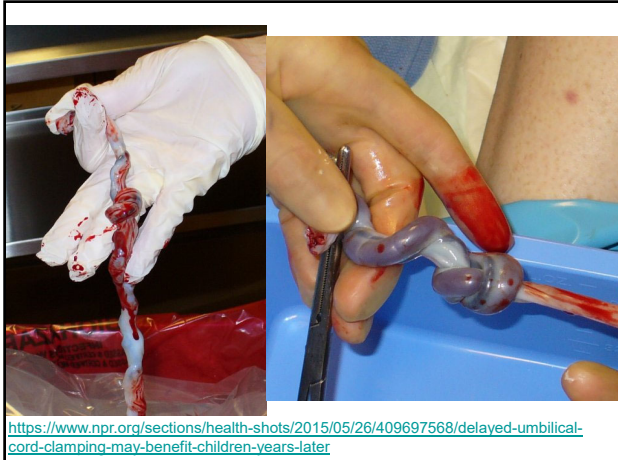
- Oxytocin
- Breach births (Homeopathic Pulsatilla)
- Chi beacon

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

<https://www.facebook.com/BloodstainedMenTheirFriends/videos/82956224076276/UzpfSTcwNlqzODYxNjoxMDE1NzA0MzQwMTI0ODYxNw/>

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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 OR 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

<http://achnews.org/2019/09/11/studies-show-that-breast-milk-grows-premature-infant-brains-faster-than-formula/?fbclid=IwAR1aeZWq4RKQL6c42whlqL4mJZfqrWVhX1TixY9hp6pOdMoOvFZOeGaw>

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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



Acid Reflux



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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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Questions



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Questions



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- Vernix caseosa--Vernix caseosa is simply a creamy, greasy substance mostly composed of water, lipids, and proteins. It contains enzymes and other innate immune proteins that have antibacterial properties. It acts as a natural moisturizer. Vernix could help prevent your newborn's skin from becoming dry. Its high water content helps lock moisture into the skin and reduces moisture loss. It may have antibacterial properties. Vernix could protect your newborn baby from getting a skin infection shortly after birth. It has antioxidant properties. Vernix contains antioxidants like vitamin E and melanin, which help slow down cell damage due to free radicals. The World Health Organization (WHO) recommends waiting at least 6 hours before bathing the newborn baby and ideally waiting about 24 hours. The WHO also recommends not wiping off the vernix at birth. Keeping your little one warm and stabilizing blood sugar levels. Babies who are bathed too soon after birth are more likely to become cold and could develop hypothermia. The stress of having a bath right after birth could also cause a drop in blood sugar levels.