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A Note From The Editor:



People always ask me how I got into prenatal wellness care and I always joke that I can relate to the big belly. In truth, I came to prenatal care by accident. Many years back I noticed a connection between certain types of back pain and unexplained infertility in women. After studying the connection and developing methods of overcoming the common source of these two ailments, we found ourselves with an office full of life long back pain sufferers who were newly pregnant.

Good prenatal massage and chiropractic care can be difficult to find. In fact, good prenatal chiropractic training is nearly impossible to find. After spending years working predominantly with pregnancy, I have developed several techniques to help promote naturally healthy and comfortable pregnancy, labor and postpartum experiences. Over the past few years I have been teaching our methods to new doctors and therapists so that we can offer the benefits of our care to more people. We were thrilled to open a full service office in Costa Mesa this year and look forward to opening two more locations in the coming months (stay tuned at InformedPregnancy.com for more details!).

After getting involved with prenatal care, I started to learn a lot about the current state of maternity care, labor and delivery in the United States. I found that there are many misconceptions about birth and that people who are informed about their choices seem to have happier and more predictable outcomes. In 2009 I launched the Informed Pregnancy project to help bring the latest information about pregnancy and birth to the people who need it, before its too late. I hope that you enjoy the articles and information in 'Dr. Berlin's Informed Pregnancy Guide.' In addition to the guide I am currently finishing a documentary on Vaginal Birth After Cesarean, a blogu—mentary series at 'PregnantInFlipFlops.com', my book 'Nine Months or So' and we continually add articles, video, money saving deals for pregnancy and baby care and directory information to InformedPregnancy.com. If you really want to get your money's worth for having picked up this free guide, follow me on twitter @DoctorBerlin." To "In addition to the guide we are currently finishing a documentary on Vaginal Birth After Cesarean and a blogu—mentary series at 'PregnantInFlipFlops.com.' We also continually add articles, video, money saving deals for pregnancy and baby care and directory information to InformedPregnancy.com and can be found discussing natural healthy pregnancy and childbirth @DoctorBerlin on twitter. 🌻🌿

Yours in Health,

A handwritten signature in black ink that reads "Elliot Berlin". The signature is fluid and cursive.

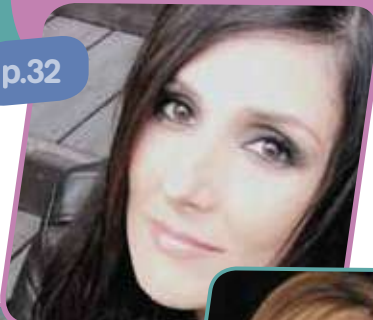
Dr. Elliot Berlin, Prenatal Chiropractor

Founder, Berlin Wellness Group

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Los Angeles

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www.ecostation.org



East Side Los Angeles

Exposition Park

160 acres of land which includes a rose garden, the California Science Center, Natural History Museum, California African American Museum and an IMAX theatre. This is a great place for all to get their fill of science, math, history and technology. Also on the premises is the Los Angeles EXPO center that hosts many recreational activities including musical concerts and professional sporting events. This is an easy place to spend a whole day while making sure that all ages have fun!

www.expositionpark.org



Orange County

Pretend City Children's Museum

is a 15,000 square foot facility allowing children to "pretend" to be adults through many activities including living, working and playing as a part of a community. There is a Summer Bridge Program with various classes included and many single day activities for children and parents to interact and learn with others. They offer a myriad of classes which are aimed at helping children reach developmental milestones including muscle movements, communication, expression, social skills and problem solving.

www.pretendcity.org

The Coop

located in Studio City, is a cool hangout for both children and parents. The Coop has close to 3600 square feet of indoor and outdoor play areas including a ball pit, dance floor, slide, reading nook, coloring books and many more toys to keep children happy. That's not it though! While the children are at play there is a cappuccino bar, magazines, snacks and free wireless internet to keep the parent's out of their hair. The coop is open Monday through Friday; \$9 per child and also offers private parties, as well as, monthly passes. Don't miss out on this cool hangout!

www.thecoop-la.com

Dragonfly DuLou

A family club & children's boutique that offers organized classes for children from birth to 8 years of age. Through improv, ballet and music this studio allows children to play and explore their creative sides. They also hold workshops for parents and organized birthday parties at request. This is definitely a "funky, one-of-a-kind treasure that so artfully reflects the tastes and cultures of a new generation of parents", so go ahead and check it out!

www.dragonflydulou.com

Tanaka Farms

A 30 acre farm that produces both fruits and vegetables for California Community Supported Agriculture. They have weekend tours of the gardens providing education for children and families on the importance of healthy eating and where fruits and veggies come from. Some weekend tours include wagon rides, as well as, picking and tasting the different fruits and vegetables. Make your strawberry tour reservations at (949)653-2100 ext. 204

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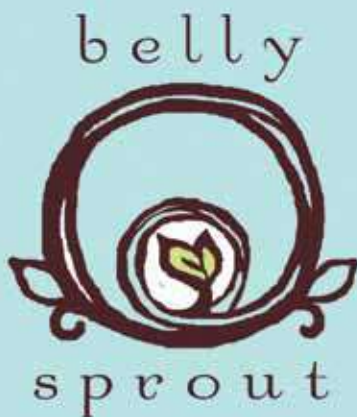
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- ★ Good sleeping habits

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P.S. Be sure to take advantage of Baby's First Weeks discounted coupons at the back of this guide!



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modalities

prenatal chiropractic

What Does Prenatal Chiropractic Care Do For Pregnancy?

Chiropractic care in pregnancy is an essential ingredient to well needed prenatal care. Many pregnant women experience back discomfort or pain during pregnancy. A healthy spine and pelvis will reduce or eliminate pain and accommodate the rapid growth of the baby with little or no discomfort.

Benefits of Prenatal Chiropractic Care

- 1 Relieves back, neck, rib, hip or joint pain
- 2 May reduce the time in labor
- 3 Prevents or eliminates sciatica
- 4 Promotes proper pre-birth positioning



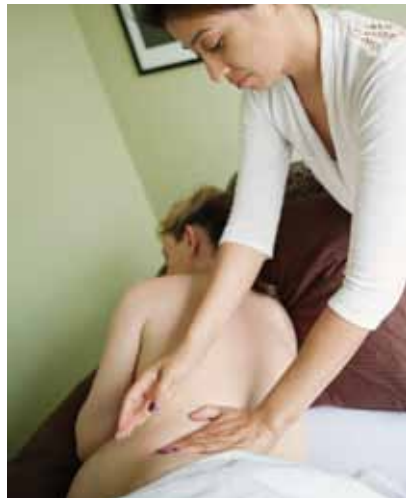
prenatal massage

Why Is Prenatal Massage So Important?

Carrying a developing baby changes your center of gravity creating more stress on your neck, shoulders, back and abdomen. These changes together with new sleep positions and destabilizing hormone changes may cause you to end up pretty achy and stiff. Prenatal massage offers a safe and effective way to relieve muscle aches, joint pains, and improve posture and function of your body.

Benefits of Prenatal Massage

- 1 Reduce fatigue and swelling
- 2 Improve digestion, lymphatic and blood circulation
- 3 Improve sleep
- 4 Reduce anxiety
- 5 Decrease symptoms of depression
- 6 Relieve muscle and joint pain



modalities

continued

prenatal acupuncture

Why Consider Acupuncture & Chinese Herbs During Pregnancy?

Incorporating regular acupuncture treatments before and during pregnancy can build the foundation for a healthy mother and baby. Many women who receive acupuncture during pregnancy experience a shorter and easier birth experience. Chinese herbs are often recommended after an acupuncture treatment as they amplify and prolong the overall benefits. Without the use of herbs, conditions may take longer to resolve.

Benefits of Acupuncture & Chinese Herbs

- 1 Reduce the symptoms of morning sickness
- 2 Improve digestion
- 3 Relieve heartburn
- 4 Reduce insomnia
- 5 Helps promote labor if post-due
- 6 Assists in pain management
- 7 Improves lactation production



craniosacral therapy

What Is CranioSacral Therapy?

CranioSacral Therapy is a gentle, soothing, non-invasive hands-on therapy that works with the bones of the head, pelvis and spine, the connective tissue and fluid surrounding the brain and spinal cord and the nervous system. This wonderful modality helps to ensure the child's skeletal, nervous, endocrine, muscular, circulatory, and digestive systems are working optimally.

How Can CranioSacral Therapy Help My Child?

CranioSacral Therapy helps with a variety of discomforts such as:

- 1 Colic
- 2 Feeding and latching issues
- 3 Facial Asymmetry
- 4 Difficulty sleeping
- 5 Torticollis
- 6 Gastrointestinal disturbances
- 7 Sinus and vision problems
- 8 Fussy baby



modalities

continued

birth counseling

What Is Birth Counseling?

Birth Counseling is a short term model of psychotherapy focused specifically on helping to navigate and embrace prenatal and postpartum concerns or issues. Learn “tools” to guide couples through the process of relationship-strengthening and deepening communication skills so that transitioning to parenthood can be smoother and more enjoyable.

Benefits of Birth Counseling

- 1 Evaluate emotional readiness for labor and delivery
- 2 Strengthen partner to partner friendship and improve intimacy
- 3 Explore the unexpected road to parenthood
- 4 Enhance the quality of the parent-infant bond
- 5 Improve conflict regulation skills and decrease potential relationship hostility
- 6 Learn to recognize normal baby blues vs. postpartum depression



pediatric chiropractic

Why Is Chiropractic For Kids So Important?

Chiropractic care for kids ensures that the spine is free from any misalignments or restrictions which may cause interference within the nervous system. A safe and gentle preventative care option, chiropractic treatments are designed to meet the needs of your child's size and growth stage. By detecting musculoskeletal and nerve problems early we work to prevent more serious developments later in life.

Benefits of Pediatric Chiropractic

- 1 Improve sleep and feeding
- 2 Reduced behavior and attitude problems during adolescence
- 3 Enhances immune system function

Common conditions complimented through chiropractic care include:

- ADD/ADHD
- Bed wetting
- Birth trauma
- Colic
- Digestive disorders
- Ear infections
- Scoliosis
- Sinus/Respiratory function disorders
- Speech disorders
- Torticollis





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Top Ways to Exercise during pregnancy

1. Walking
2. Yoga
3. Swimming
4. Aerobics
5. Dancing

Facts About Pregnancy

1. Your feet may grow 1-2 sizes during each pregnancy, due to increased fluid volume
2. Pregnancy cravings are rooted in the body's extra need for minerals and comfort inducing serotonin
3. Many women experience thicker and shinier hair during pregnancy due to hormonal changes
4. During pregnancy the uterus changes from the size of an apple to the size of a watermelon.
5. The first kicks from a baby in the uterus may be felt as early as 16 weeks.

Fun Facts

Top baby shower gifts

- | | |
|-----------------|--|
| 1. Bouncy seat | 7. Starter library |
| 2. Baby monitor | 8. Out-and-about |
| 3. Bedding | 9. Sleep kit |
| 4. Baby sling | 10. Set up a group of dinner providers |
| 5. Activity gym | |
| 6. Bath kit | |

Top Names

GIRLS

1. Sophia
2. Isabella
3. Olivia
4. Emma
5. Chloe

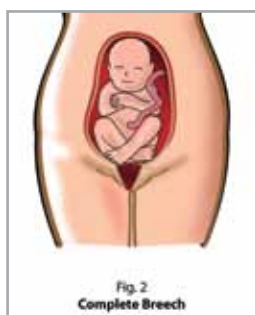
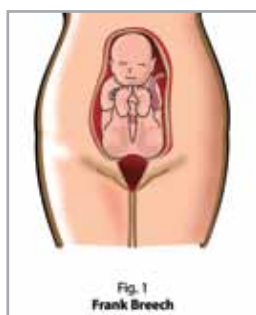
BOYS

1. Aiden
2. Jacob
3. Jackson
4. Ethan
5. Jayden

protocols

breech presentation

In the final months of pregnancy most babies get into a head down position to ready for birth. Breech Presentation refers to a baby that is not head down. If your baby is in a breech presentation as you get into the final weeks of pregnancy, your doctor will likely suggest a cesarean section. Several safe and effective modalities are available to gently encourage your baby to turn into the proper position.



Our safe and effective modalities can be utilized as early as 32 weeks.

Images property of ©2010 Berlin Wellness Group and may not be used without permission or written consent.

At Berlin Wellness Group we utilize three modalities to help breech babies get head down.

1 Chiropractic — Webster Technique

A very specific chiropractic technique in which taught ligaments connecting the pelvic bones to the uterus are released, thus, restoring proper biomechanical functions of the pelvic structures, and creating a more comfortable environment for the baby to assume the best possible position for birth. This technique was developed in the 1970's by chiropractor Dr. Larry Webster.

2 Massage — Berlin Uterine Release Technique

Very strong or tight muscles in the hips, buttocks, and under the belly may restrict the pelvis or push up into the uterus and keep the baby from comfortably assuming the best position for birth. We use focused massage techniques to knead the tension out of these stiff (and often achy) muscles and tendons and release the pelvic strain and dysfunction.

3 Traditional Chinese Medicine (Acupuncture and Chinese Herbs)

Tiny Acupuncture needles are used on points to help relax the mother's body, while at the same time moxibustion, a gentle warming sensation, is used over points located on the feet to stimulate fetal movement.

labor preparation

Sometimes labor is great and sometimes labor can be difficult. However, there are some key steps that can be used to help prepare your mind and body for an uncomplicated, healthy delivery.

Labor Preparation can start as early as 32 weeks.



At Berlin Wellness Group we recommend incorporating a combination of the following modalities based on your particular needs.

1 Chiropractic

Ensure the full range of motion of pelvic bones creating the widest physiological door for delivery.

2 Massage

Loosen the muscles around the pelvic region to promote unrestricted downward movement for your baby during the final stages of pregnancy and labor.

3 Traditional Chinese Medicine

Promote effacement and dilation before contractions begin as well as increase the effectiveness of contractions once they begin.

4 3rd Tri Wellness Check

Making sure the mind and body are equally relaxed and tension free in preparation for an uninhibited delivery.



Service



Support



Guidance

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From Baby to Business?

By Amy Swift Crosby

Like a lot of new mom's, you're starting to face the reality of either going back to your job and doing the "mom-work-hustle," or, potentially NOT going back to your full-time gig in favor of starting some type of business. Becoming a business owner, freelancer, consultant or anything independent is one of the most exciting challenges in life. Like bringing a new little person into the world, there are risks, rewards, limitless possibilities and the opportunity to make a difference. But how do you make a living? How do you make a passion into a viable paycheck? Here are some tips for getting started as a business owner specifically targeting mom's who may not want to resume a 9-5 (or realistically, 7!) position.

1. The market is more saturated than ever. There is a service provider for every need, so it's critical to define your specialty clearly to yourself before defining it to your audience. Be

specific! Target your audience, what they do, like and need by surveying friends, neighbors and strangers to best understand how your offering fits into the market.

2. As a mom, your time is now much more limited. Your business is going to become another "child" in some senses, and it needs dedicated attention. Create a workspace and schedule for when you're at "work" and be disciplined about keeping it. Mom time is mom time and work time is....yep, work time. You'll need to reinforce this message with your family as much as with yourself because most "bosses" don't appreciate their employees taking personal calls at work or checking their Facebook page.

3. Tap into a community of other business owners. You'll get infinite support, referrals and collaborations through a group of like-minded women who are all forging their own road. One resource is www.smartypeople.com.



about the author

**Amy Swift
Crosby**
founder of SMARTY
entrepreneurial
network for women



4. Define your life, then your work. Many business owners don't realize what they sign up for when they start their businesses. They don't calculate the time or costs involved with start-up and growth. Do your homework and define your work around the lifestyle you want. If taking care of your kids three days a week is what you want, then you need a business that allows for that.

5. Think about the money. Decide how you make your money and how many hours it takes to make it. Consider writing proposals, creating marketing materials, being on Twitter, doing coffee meetings – all of these things are hours that you're working and these are the things it takes to land a client. So once you do get one, be aware of how much work it took to get them, and factor that into your pricing. Your business can earn only a modest

amount in the beginning, but it does have to have cash flow, otherwise, it's a hobby.

Becoming your own boss is like blowing the ceiling off your potential. You give yourself a chance to grow and succeed every single day, and you get to make your own hours and wear whatever you want while doing it! I've breastfed my daughters while on conference calls and changed a diaper in the middle of a client meeting with a newborn. You're making your own rules now, so have fun, surround yourself with smart people and only bite off as much as you can chew. Kids get older, schedules change, and you can always do more later if you want to. Don't put unnecessary pressure on yourself to build an empire right this very minute. It's your business, your life and your goal.

Amy Swift Crosby is the founder of SMARTY, a women's entrepreneurial network based in Los Angeles. The thousands of women-owned businesses who have been helped by SMARTY have put Amy into the league of connector of women, creator of top notch in-person content and conduit for visibility, media and partnerships. Amy founded SMARTY in 2008 after a seasoned career as a brand strategist and copy writer in the beauty, fashion and lifestyle industries, where she continues to advise.

Putting Out the Fire in Heartburn

By Derek Johnson, NC, NE

about the expert



Derek Johnson,

B.S. Dietetics, NC, NE,
Holistic Nutritionist

as you've probably felt the burning in your chest, that alarming pain that comes on suddenly, setting off your internal alarm that something must be wrong! But no, most likely it is just a case of an annoying heartburn flare-up which is unfortunately, very common during pregnancy.

The causes of heartburn vary quite widely for non-pregnant women. It generally stems from either not having enough or too much acid in the stomach to properly aid with food digestion which can produce a burning sensation. For pregnant women, heartburn is often caused by hormone level fluctuation (such as relaxin) in the first trimester; while in the third, it is often caused by the soft tissues relaxing in preparation for childbirth and certainly the baby crowding your abdomen.

But luckily, there are some simple steps you can take to avoid or lessen heartburn flare-ups as well as some options to provide relief while it is in full swing.

Avoid These:

- Caffeine
- Coffee
- Alcohol
- Spicy foods
- Overly fatty foods (fried especially)

Do Not:

- Take antacids (they neutralize the important acids needed for digestion and absorption of calcium and other minerals – they also often contain aluminum which is harmful to your growing baby)
- Drink large amounts of water while eating (Small sips are okay)
- Eat a large meal before going to bed
- Lay down immediately after eating

Try These:

- Take a digestive enzyme before eating
- Glutamine caps or powder before or after meals
- Chew well and take your time eating
- Eat smaller meals throughout the day
- Sit up straight and have good posture at mealtime
- Slowly eat a handful of raw nuts
- Sip peppermint or fennel tea after eating
- Take a slow-paced walk after eating

Derek Johnson is a holistic nutritionist and founder of New Metabolism, an integrative nutrition consulting practice based in Santa Monica, CA. Derek provides a unique approach to helping people achieve their overall health and fitness goals by utilizing the latest research in nutrition technology. Visit newmetabolism.com.

Nutrition During Pregnancy

By Nicole Kuhl, CCN



about the expert

Nicole Kuhl, CCN

is the Director of Nutrition and full time health coach at LifeSpan medicine

Did you know that what you eat during pregnancy has a major impact on the health of your child? Research is proving that a woman's diet while pregnant influences the health of her child - for life. Because child care starts before birth, eating a nutritious diet while pregnant is a necessary step for promoting your child's health. So what are the top 5 things you can do to improve your nutrition during pregnancy?

1. Avoid processed foods and eat a fresh, whole foods diet. Whole foods are foods that do not have an ingredient list. These foods include fruits, vegetables, nuts, beans, poultry, fish, and meat. These are the foods humans were designed to eat. They are natural and provide proper nourishment for both you and your baby.
2. Eat a wide variety of foods. In order to get a broad array of nutrients, it is necessary to eat a varied diet. Brightly colored food such as blueberries, tomatoes, and spinach are the most nutrient dense foods. Aim to eat all the colors in the rainbow each day.
3. Consume essential fatty acids. Essential fatty acids found in flax seeds and fish are very important during pregnancy. DHA, an omega 3 fatty acid, is necessary for proper brain development.
4. Eat organic. Conventionally grown food contains toxic pesticides and other chemicals. These toxins are passed from mother to child during pregnancy and are harmful to the baby. The most important foods to eat organic are foods on the dirty dozen list. The 2011 list includes these 12 foods: peach, apple, bell pepper, celery, nectarine, strawberries, cherries, kale, lettuce, grapes, carrot, and pear.
5. Eat fermented foods or take a probiotic. One of the most important steps a mother can take to promote the health of her baby is to consume beneficial bacteria. This bacteria is passed to your child and sets the stage for your child's immune health. Beneficial bacteria can be found in fermented foods or can be obtained by taking probiotics. Fermented foods include: miso, yogurt, kefir, kombucha, kimche, and sauerkraut.

Nicole Kuhl, CCN is the Director of Nutrition and full time health coach at LifeSpan medicine. Nicole holds a Bachelor of Science in Health Education, a Masters in Human Nutrition and is a certified by the Clinical Nutrition Certification Board (CCN). She works face to face, by telephone or in your home to help you reach your nutrition goals including weight loss, better health and more vitality

Safe Shot Strategy

By Lauren Feder, MD



From the Hippocratic Oath of “First do no harm” to the homeopathic aphorism, “The physician’s highest and only calling is to make the sick healthy, to cure, as it is called,” every practitioner’s mission is to provide quality care to patients, and do no harm. The idea that vaccination, which is hailed as one of the greatest successes in public health, could be dangerous is an outrageous notion to most physicians. With more people recognizing that there can be side effects following a shot, parents are interested in taking measures to prevent, or at least minimize, any health problems.



If you decide to vaccinate, make sure your child is in good health. If your child is sick or has been sick in the past two weeks, I encourage the “wait until better” approach. If your child is cranky, fussy or not himself or herself, this may mean that he or she could be getting sick. Wait until they are feeling better. If your child has been

on antibiotics, wait at least six weeks before getting a shot. Antibiotics weaken the immune system and it is not uncommon that children become sick soon after.

For children who have chronic conditions such as allergies, eczema or recurrent ear infections, the timing of vaccinations becomes more complex. Unfortunately, so many children live with chronic problems now that we also need to consider the possibility that the condition has been caused by or connected to previous shots.

I believe it is best to treat these underlying conditions with natural holistic medicine before vaccinating again. Before vaccinations, many parents bring their children to see me for homeopathic medicines to help strengthen their child’s constitution with hopes that this will decrease the chances of the vaccine aggravating the preexisting condition.

If you vaccinate your child, I would



about the expert

**Dr.
Lauren Feder**

**specializes in
homeopathy, pediatrics
and primary care
medicine.**



recommend using a safe shot strategy to educate you and help minimize, if not prevent, any possible adverse effects following a shot. The Safe Shot Strategy is outlined in four steps.

1. Be familiar with the disease.
2. Be informed about the vaccine.
3. Know the standard vaccination schedule.
4. Decide on the right time to give the shot.

Because it is important that your child be healthy at the time of vaccinations, I prefer extra strengthening for the immune system prior to and following your appointment. Most pediatricians will recommend you give your child a standard medication like acetaminophen to reduce any fever or body aches. In general, parents in my office prefer not to begin with these medications as they can mask

or suppress symptoms, which can make it difficult to determine if there has been a reaction. If so, the residual effects would make it harder to find a proper homeopathic medicine.

In an attempt to use a more natural preventive approach, I prefer a different course of action. Before any vaccination, I recommend administering the following vitamins seven days before and after the shot as well as the following remedies on the day of the shot for general strengthening of the body. They may help reduce side effects following the vaccine. Remember, your child should not receive a vaccination if she is cranky or ill. Contact your practitioner if any unusual symptoms occur following the shot. You can use with protocol together with acetaminophen (if you have chosen that route) or any personal remedies that you give your child.

Lauren Feder, M.D. is a nationally recognized physician who specializes in primary care medicine, pediatrics and homeopathy. Known for her holistically minded approach and combining the 'best of both worlds,' Dr. Feder is a frequent lecturer for parents and professionals and has been seen nationally on various health-oriented television and radio programs including most recently Oprah and Friends interviewed by Dr. Mehmet Oz. She is the author of Natural Baby and Childcare and The Parents' Concise Guide to Childhood Vaccinations, and is in private practice in Los Angeles.

The Safe Use of Herbs During Pregnancy

By Melinda Olson

Before there was a neighborhood pharmacy with the Rx sign outside, there was nature. For eons women have relied on traditional knowledge of herbal remedies and plant medicine. This knowledge has been passed down from great-grandmother to grandmother to mother to daughter, as women have used herbs to comfort and support the common discomforts of pregnancy and childbirth. When combined with the safety and assurances of contemporary evidence-based research, traditional herbal medicine is a natural way to ease everything from morning sickness to swollen feet.

Here are some safe herbal ways to nurture, comfort and soothe yourself, whether you're expecting a baby or not! Be sure to choose organic herbs whenever possible, both externally and internally, to help reduce exposure to potentially harmful pesticides, herbicides and fertilizers.

Feeling queasy? Ginger root is a time-tested comfort for nausea of any kind, and research supports its safe use during pregnancy. Fresh ginger can be used as a tea, and even candied ginger can help. Ginger essential oil is wonderful in an aromatherapy spray for a quick spritz of relief. It's even safe to use for queasy, carsick kids and for anyone during flu season.

Swollen balloon-art feet and alarmingly expanding ankles are common in pregnancy, but that doesn't mean you should ignore them. Those hard working feet are carrying an extra load, so they deserve a warm footbath, with plenty of salt and soothing, aromatic and antifungal herbs like lavender and yarrow. Salt used externally soothes, refreshes, and can help ease swelling. But extra salt in a pregnant mama's diet is a no-no!

Bottoms are a sore subject with lots of mamas-to-be and brand new moms as well. Witch hazel leaves and bark are naturally astringent and help shrink hemorrhoids both before and after the baby arrives. For episiotomy or perineal bruising and tears, look for wound healing, antibacterial and antifungal wonders like calendula, plantain, or yarrow in external balms and sprays.

Stretching, itchy skin expanding to accommodate the brand new occupant is another pregnancy reality. One of the best ways to prevent stretching or scarring is to keep yourself well hydrated, inside and out. Massage on a light, organic oil or lotion with herbs like anti-inflammatory chamomile and wound-healing calendula to help ease the itching that stretching skin causes, and make you less prone to stretch marks.

about the expert

Melinda Olson

Melinda Olson is a nurse, herbalist and the founding mama of Earth Mama Angel Baby



Photo:
Patrick McElhenney

So little room, so little digestion! Pregnant or not, heartburn is a very familiar problem. Goosefoot, coating marshmallow root and soothing digestive herbs like chamomile and lemon balm are well loved for their ability to turn down the heat. An herbal tea made from these herbs and a sprig of spearmint makes a deliciously soothing cup of tea.

It's the third trimester and time to tone the uterus! Red Raspberry leaf is a time honored third trimester herb to help prepare the uterus to show up for the big day and perform like a champ. Stinging Nettle is high in iron, which is essential since a pregnant woman's blood volume is increasing daily. Her body also needs an extra dose of calcium since it is building a little someone's teeth and bones. Calcium is naturally calming. Since oats are high in calcium, help yourself to a nutritious bowl of oatmeal or enjoy a calming cup of oatstraw tea.

A wee bit nervous? Chamomile, lemon balm and of course oatstraw are reliable soothers, and can be steeped into a calming tea that settles busy minds any time, not just during pregnancy. (Note:

People with allergies to plants in the asteraceae (daisy) family should not use chamomile.)

The way an herb is used — its concentration and whether or not it's used topically or internally — can be as important as which herbs are used. (See 20 Herbs To Avoid During Pregnancy) A little sprinkle of herbs in small culinary amount can be just fine, while too much of a good thing can be problematic. For example, an herb like oregano is perfectly safe when eaten in small culinary amounts in your spaghetti sauce. But highly concentrated oregano essential oil should not be ingested during pregnancy. In other words, don't ignore your innate mama-wisdom. But when in doubt, consult a healthcare provider who is knowledgeable about the use of herbs in pregnancy.

It's a lot of work growing a miracle! Pregnancy is pretty impressive work and deserves a round of applause. It's key to remember that the discomforts of pregnancy are temporary, and common. And best of all, they can be safely soothed using nature's herbal gifts.

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Home 'Sweet Dee' Home

By Mandy Schutt

Kaitlin Olson, a Hollywood actress best known for playing Deandra “Sweet Dee” Reynolds on *It’s Always Sunny in Philadelphia*, recently became a mom, giving birth to her first child at home. In recent years homebirth has been on the rise. Between 2004 and 2008 the rate of homebirths in America increased by 20%. However, Kaitlin is no stranger to homebirth; on August 18, 1975 Olson herself was born at home in a small town outside Portland, Oregon.

Kaitlin’s mother, Melinda Olson, is a passionate and compassionate herbalist and supporter of women and nature. She is the founder of Earth Mama Angel Baby, a company that makes a popular line of organic certified pregnancy, childbirth and baby products. Melinda is a firm believer that “pregnancy is not an illness – it is a wellness”. With that said, it comes as no surprise that when Kaitlin became pregnant, she planned for a home birth, “I’m not anti-hospital but if everything was normal there was no need to have my baby in the hospital because I wasn’t sick.”

During her pregnancy, Kaitlin embraced holistic self-care including eating plenty of nutritious foods and getting lots of moderate intensity exercise. At her 34 week check-up, Kaitlin’s midwife found that the baby was in a breech position and referred her to Dr. Elliot Berlin for

natural approaches to helping her baby settle into the head down position. With Dr. Berlin’s unique combination of prenatal chiropractic, massage and acupuncture the baby turned after just one visit. Kaitlin continued to see Dr. Berlin for the remainder of her pregnancy to keep her feeling great and to optimize pelvic function in preparation for labor and delivery.

Kaitlin’s husband, Rob McElhenney who plays Mac on *It’s Always Sunny in Philadelphia* and is one of the shows developers and executive producers, is a huge Philadelphia Phillies fan. It was at a Phillies game during her ninth month that Kaitlin started having what seemed like Braxton Hicks contractions. By the 7th inning stretch however, it was clear that the contractions were escalating so Kaitlin and Rob went home.

Reflecting upon the twenty hours that came next, Kaitlin describes her labor as, “totally manageable.” As each surge peeked, she would think, “Wow, this is a lot but I can do it.” During the few moments of fear, Rob was right beside her to encourage and support her.

To prepare for labor and delivery Kaitlin studied and practiced hypnosis. She learned how to rethink about pain, how to stay focused on the present moment, how to remain calm during



Photo of:
Kaitlin Olson

tense moments. The hypnosis was very helpful and “a key factor in having a pleasant birth.”

Labor progressed slowly but steadily. After a while Kaitlin got into the tub at which point her body started involuntarily pushing. When that pushing dragged on for more than two hours, Kaitlin started to become discouraged. “I said, ‘I’m disappointed in myself.’ and my midwife said, ‘Don’t let your son hear you say that about his mother.’ That empowered me and I thought, ‘I can do this! I can do this!’”

To help with a position shift the midwife suggested getting out of the water and moving to the bed. Moments later the baby was crowning and the midwife said, “Go ahead, push your baby out.”

Kaitlin birthed a baby boy and still gets choked up as she recalls, “It was the most amazing moment of my life, we were just staring at each other...he was just this perfect little baby.”

“I felt so empowered and grateful to my midwife for being so knowledgeable...

and prepared.” After the birth, the placenta did not readily detach and come out.

The midwife calmly gave Kaitlin a shot of Pitocin to cause the uterus to contract and expel the placenta without incident.

When Kaitlin reflects back on her birth experience she has no regrets, “I did a lot of research and thinking before deciding to birth at home. I did it because I felt that the baby and I would be safer at home. Had I been laboring for 20 hours or pushing for several hours at the hospital, someone would have suggested c-section. Had I gotten an epidural I would not have been able to get on my knees and move around into several different positions to help the baby come down.”

Kaitlin shies away from praise people give her for birthing naturally. “We need to reframe our minds about pain and childbirth...now, of all times, is the time to knock it off about being afraid of pain and just do it! I hope I get to do it a bunch more times!”

Mandy Schutt is a birth and postpartum doula as well as a Hypnobabies Childbirth Hypnosis Instructor in Los Angeles. She is a CA credentialed teacher, world traveler, and an advocate for informed birthing choices. Mandy loves to support and mentor new moms and is the proud mama of a spunky toddler!



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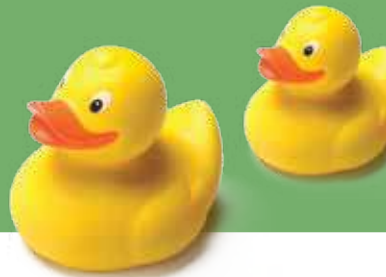
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New Guidelines for CPR

By Richard Pass, RN



It's that time again. The newest CPR guidelines have just been released and at Save A Little Life, we are very excited to share them with you. As described, these are based on international agreement by CPR experts the world over and have been adopted by the American heart association and the American Red Cross.

New Focus Applied to Older Techniques

Perhaps the oldest and best known approach to CPR was the reminder to use the “A-B-C’s” of CPR. Those letters, of course meant “Airway (checking to see if the person is breathing), “Breathing” (actually blowing breaths or mouth-to-mouth for the victim) and “Circulation” (or chest compressions). This has officially changed. The most important of these changes is the order in which we are now asking the public to do them.

Our new approach to life-saving has changed to “C-A-B” (compressions-airway-breathing)– which simply flips around the sequence of actions, with the same intent – to get oxygen to the victim’s brain.

Chest Compressions as a primary life-saving technique

Scientists who have studied these techniques now have a consensus on

what works best when dealing with a dying person. Over the last decade considerable evidence now exists suggesting that good quality chest compressions will make the biggest difference in extreme emergencies requiring CPR. These changes were summarized by the American Heart Association in a recently released document. The highlights of that document are listed below.

Please keep in mind that providing CPR to a victim is, in itself, not that difficult a task. It is also clear that one does not have to perform CPR perfectly in order to make a difference. Yet we do know that the worst thing you can do, if someone really needs you, is nothing. This may be the most important take-home message of all.

2011 CPR Guidelines for Pediatric CPR

Initiation of CPR, starting with chest compressions, rather than rescue breathing, is recommended and will lead to shorter delays. The emphasis should always be on quality chest compressions first, then check for breathing and provide rescue breaths. Depth of chest compressions for pediatric victims should be about 1/3 of the depth of the victim’s chest wall. Chest compressions are to be done in the middle of the breast bone at nipple height. Compression (pumping



about the expert

Richard Pass

Director of Save A
Little Life, Inc.



speed) should be at least 100 X per minute. After 30 chest compressions, administer 2 “rescue breaths” and then repeat with 30 chest compressions. Continue with this ratio of “30:2” – compressions to breaths until help arrives or the victim has a spontaneous return of breathing. Breaths provided should be just enough to get a normal rise in the victim’s chest wall. If spontaneous breathing or moving returns during CPR, stop immediately and observe the victim until help arrives.

CPR for drowning victims is the same as described above.

If alone with a pediatric victim, do up to 2 minutes of CPR before you call 9-1-1. THIS IS NON-NEGOTIABLE! Most emergency health experts agree that during pediatric emergencies the CPR that is provided at the scene BEFORE PARAMEDICS ARRIVE gives

the victim the best chance of survival. Thus, it is imperative that all parents, close family members or anyone else with primary care responsibilities for infants and/or children be trained and re-trained in current CPR skills.

The newest guidelines for adult CPR now include a similar approach. However, several things should be mentioned. Adult CPR may be provided with chest compressions only.

If alone with an adult who collapses, CALL 9-1-1 first, then resume compressions until paramedics arrive. If an automatic defibrillator is nearby, have someone grab it and use it as directed prior to the arrival of paramedics.

To check for times and locations of upcoming CPR classes for parents, log on to www.savealittlelife.com or call (818) 344-1442.

The Quilt of Guilt

By Dr. Alyssa Berlin, PsyD



Im tired and hungry and feel so drained. I have so much to do. I should be clearing off the breakfast dishes. I should be going to the supermarket. I should be planning dinner. I should be playing with my baby. I should want to be playing with my baby. I should be spending time with my older kids. I should be hanging out with my husband. I should go back to work. I should stay home. I should want to be a full time stay at home parent. I should nurse my baby. I should want to nurse my baby...

Sound familiar? You must be a new parent. Seemingly nothing short of being a superhero will suffice. Society dictates the importance of doing everything for everyone and being an amazing parent. And when you fail, because your expectations are too unrealistic, society is waiting with a pointed finger, "I told you so."

End result? You end up being nothing to anyone. You feel despondent and guilt-ridden, questioning "what's wrong with me? Why don't I want to be with my baby every second of the day? Why do I want to go for a walk by myself or spend time getting a manicure?" It becomes a vicious cycle of unrealistic expectations which you

feel bad about not meeting. How can we break this cycle?

Let's start by acknowledging that there is nothing wrong with you. You are having normal feelings and you are in good and abundant company. Contrary to popular belief, there is no 'right way' to parent your children. There are many right ways; we all approach parenthood differently.

Universally, babies want happy, healthy parents.

That means that your children will benefit from you feeling content and satisfied with your role as a parent.

Here are some steps that may help you find balance in your life and contentment as a parent.

Take some time to nurture yourself. Time spent taking care of yourself will directly benefit anyone who depends on you. Just like on the airplane, you are instructed to put on your own oxygen mask before helping your children. If you try to help your children first and pass out then you are no longer helpful to that child or any others. To be happy and productive, you must make time to take care of yourself. Take naps, meditate, exercise, eat healthy, take a bath, read a book. You will be helping the whole family when you do.

*"...I should...
I should...
I should..."*

about the expert

Dr. Alyssa Berlin, PsyD

Clinical
Psychologist



Let's try an experiment - for the next two weeks carve out 30 minutes from your day dedicated to self-care. You can take advantage of any of the activities we mentioned above or be creative and do something that you have been longing to do – anything goes as long as it is just for you. You will be amazed at the level of rejuvenation that you will feel at the end of two weeks. In addition to helping yourself, you will also be modeling important life skills for your child. So the next time, the guilt is beginning to creep in as you look down at your tattered nails, tell yourself “I am doing this for my family.”

Some parents enjoy being home with their babies all day and others feels more invigorated and enjoy time with baby more after having gone to work. Remember, there is no single ‘right way’. Make a decision that is right for you and wear it proudly. Most important is that you find an arrangement that works for you, your baby and family. In this way, your family is getting the best of you – a happy, healthy parent who truly wants to be spending time and enjoying their family. Now that is a meaningful interaction. Guilt free.



Dr. Alyssa Berlin is the clinical psychologist with the Berlin Wellness Group and offers the internationally acclaimed Bringing Baby Home workshop once a month. Dr. Berlin's private practice is aimed at helping new parents avoid the typical pitfalls and relationship discord that can often accompany the birth of a new baby. Dr. Alyssa and her husband, prenatal chiropractor Dr. Elliot Berlin are the proud parents of four amazing children.

How to stay properly hydrated while pregnant and nursing. **By Ashley Koff, RD**

Celebrity Dietitian
Author, Mom Energy
www.ashleykoffrd.com

True or False: All you need for optimal hydration during pregnancy and nursing is plenty of water? False. For true hydration, the body requires nutrients known as electrolytes. The core electrolytes are minerals: potassium and sodium which work in opposition to each other. Potassium brings water into the cells and sodium maintains water balance outside the cells. While both are critical for hydration, it is often a deficit of potassium that hampers most peoples' hydration efforts.

Coconut water IS true, natural hydration. Effective hydration requires appropriate levels of electrolytes to replenish cellular needs. When it comes to coconut water, think Mother Nature's version of Gatorade™ or Pedialyte*; Mother Nature always knows best and that is why there's naturally more potassium per serving of coconut water than in sports drinks, and with no added sugars or preservatives. Adequate hydration needs affect us all including pregnant women, nursing mothers and children suffering with the flu.

Coconut water is the liquid found in young (about nine months old) coconuts prior to the onset of maturation. Coconut water bears little resemblance in nutrient content, consistency or flavor to its elder - coconut milk. Coconut water is a rich source of potassium (the equivalent of more than one banana in 11 ounces of coconut water) and other electrolytes; it is devoid of fat and cholesterol, as well as proteins (to which sensitivities or intolerances are attributable). It is also more alkaline and is called a "water" because it contains a diluted amount of natural sugar (15 grams per 11 ounces), unlike most tropical juices which tend to be more acidic and highly concentrated in natural sugar (15 g per 4 ounces).

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| <b>The Sanctuary Birth &amp; Wellness Center</b>        | 310-566-7690 | www.birthsanctuary.com            | p.22    |
| <b>Prenatal and Family Chiropractors</b>                |              |                                   |         |
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| <b>Classes &amp; Workshops</b>                          |              |                                   |         |
| <b>Birth &amp; Beyond</b>                               | 310-837-5686 | www.birthandbeyond.net            | p.64    |
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| <b>A Heart for Family</b>                               | 626-644-3304 | www.ahheartforfamily.com          | p.46    |
| <b>Bini Birth</b>                                       | 818-822-9568 | www.binibirth.com                 | p.12    |
| <b>Hypnobabies Childbirth Hypnosis</b>                  | 424-222-1563 | www.betterbirthdoula.com          | p.23    |
| <b>Doulas - Birth/Prenatal</b>                          |              |                                   |         |
| <b>Supportive Doula Services</b>                        | 818-994-6800 | www.supportivedoula.com           | p.7, 31 |
| <b>Doulas Association of Southern California (DASC)</b> |              | www.dascdoulas.org                | p.47    |
| <b>Baby Nurse and Doula Service</b>                     | 310-365-8042 | www.babynurseanddoulaservices.com | p.8     |
| <b>The Sanctuary Birth &amp; Wellness Center</b>        | 310-566-7690 | www.birthsanctuary.com            | p.51    |
| <b>Blessed Baby Doula of Orange County</b>              | 949-235-9834 | www.blessedbabydoula.com          | p.64    |

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| <b>Doulas - Postpartum</b>                       |              |                              |         |
| <b>Baby's First Weeks</b>                        | 818-614-1546 | www.babysfirstweeks.com      | p.56    |
| <b>Dream Team Doulas</b>                         | 818-304-4777 | www.dreamteamdoulas.com      | p.6     |
| <b>Doula Birth Partners</b>                      | 310-326-2764 | www.doulabirthpartners.com   | p.51    |
| <b>Mother's Wellness Doula</b>                   | 323-251-9700 | www.motherswellnessdoula.com | p.64    |
| <b>Doula Vibrations</b>                          | 310-455-2332 | nmaples@verizon.net          | p.11    |
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| <b>Film and Photography</b>                      |              |                              |         |
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| <b>Life Iz Photography</b>                       | 310-371-8220 | www.lifeizphotography.com    | p.7, 31 |
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| <b>Prenatal and Family Massage Therapy</b>       |              |                              |         |
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# directory listings (continued)

| <b>Midwives</b>                                  |              |                                                                                |         |
|--------------------------------------------------|--------------|--------------------------------------------------------------------------------|---------|
| <b>Davi Kaur Khalsa, CNM</b>                     | 310-278-6333 | <a href="http://www.tlcwomanscenter.com">www.tlcwomanscenter.com</a>           | p.50    |
| <b>The Sanctuary Birth &amp; Wellness Center</b> | 310-566-7690 | <a href="http://www.birthsanctuary.com">www.birthsanctuary.com</a>             | p.72    |
| <b>Sue Wolcott, LM, RN</b>                       | 562-334-5706 | <a href="http://www.homebirthwaterbirth.com">www.homebirthwaterbirth.com</a>   | p.72    |
| <b>Naturopaths</b>                               |              |                                                                                |         |
| <b>The Sanctuary Birth &amp; Wellness Center</b> | 310-566-7690 | <a href="http://www.birthsanctuary.com">www.birthsanctuary.com</a>             | p.26-27 |
| <b>Nutritionists</b>                             |              |                                                                                |         |
| <b>Lifespan Medicine</b>                         | 310-453-2335 | <a href="http://www.lifespanmedicine.com">www.lifespanmedicine.com</a>         | p.12    |
| <b>Psychologists and Therapists</b>              |              |                                                                                |         |
| <b>Berlin Wellness Group</b>                     | 323-549-0070 | <a href="http://www.DoctorBerlin.com">www.DoctorBerlin.com</a>                 | p.71    |
| <b>Retailers and Products</b>                    |              |                                                                                |         |
| <b>Daddy Scrubs</b>                              | 310-320-3775 | <a href="http://www.daddyscrubs.com">www.daddyscrubs.com</a>                   | p.56    |
| <b>Belly Sprout</b>                              | 714-879-1303 | <a href="http://www.bellysprout.com">www.bellysprout.com</a>                   | p.65    |
| <b>Rosie Posie</b>                               | 952-226-5241 | <a href="http://www.rosieposie.net">www.rosieposie.net</a>                     | p.47    |
| <b>Green Diaper Store</b>                        | 818-340-0099 | <a href="http://www.greendiaperstore.com">www.greendiaperstore.com</a>         | p.6     |
| <b>Baby Holdings Inc.</b>                        | 832-239-5110 | <a href="http://www.babyholdings.com">www.babyholdings.com</a>                 | p.72    |
| <b>Cutie Covers</b>                              | 805-380-5770 | <a href="http://www.cutiecovers.com/home.php">www.cutiecovers.com/home.php</a> | p.72    |
| <b>Services</b>                                  |              |                                                                                |         |
| <b>VIP Nannies, INC.</b>                         | 818-980-6269 | <a href="http://www.VIPnannyagency.com">www.VIPnannyagency.com</a>             | p.26-27 |
| <b>Ultrasound Imaging</b>                        |              |                                                                                |         |
| <b>Baby View Ink (Prenatal Peek)</b>             | 877-422-2933 | <a href="http://www.prenatalpeek.com">www.prenatalpeek.com</a>                 | p.12    |



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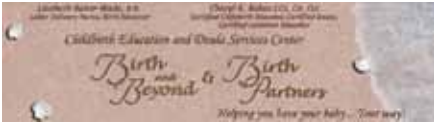
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