Alaina Meyer - After Birth

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IN THIS EPISODE

Alaina Meyer is back with Dr. Elliot Berlin, DC to share the rest of her birth story. In her Before Birth episode, Alaina's plan had already changed from a hospital birth with an epidural to a home birth — and then changed again when her baby, Avery, settled into a breech position and she built a home breech team around midwife Alex and Dr. Stu. In this After Birth episode she picks up the story a week out from her due date, when an ultrasound brought surprising news and a recommendation she never expected, and follows the twists that kept coming right up to the moment Avery arrived. Plus: her physical recovery, the raw and honest first days of early motherhood, painful first days of feeding and the silver nursing cups that helped, quarantining with family during the early pandemic, and whether she would try for a home birth again next time.

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DR. ELLIOT BERLIN, DC: Welcome to the informed pregnancy and parenting podcast. I'm your host. Dr Ellie Berlin you have tuned into the after episode of a before and after birth story My guest is an event planner and welder from Oceanside, California who now splits time between Los Angeles and Nashville We last talked to her about two weeks before she gave birth and I'm excited to reconnect and find out how her story Unfolded Elena Meyer. Welcome back to the podcast

ALAINA MEYER: From Nashville, yes

DR. ELLIOT BERLIN, DC: Yeah, things changed after you had your baby, but things really changed after we had our podcast So your young your young 20s and in our before episode We talked about how you wanted to have kids on the younger side. So mission accomplished. Yep, and You know you had already switched your birth plan a little bit You were planning to give birth at a hospital you're planning to give birth with an epidural You don't feel anything and then at some point you changed and you said, you know I feel comfortable having my baby out of the hospital with the midwife and the doula and in fact You gave him this great idea because you talked about how when they take blood from you You don't really like it at a hospital

DR. ELLIOT BERLIN, DC: But at the midwife it was like not a big deal at all and I was like I hate when they take blood So I'm gonna get myself a midwife. So thank you for that. You're welcome Yeah, and then your fears were that you talked about were fear of being in the hospital fear of ripping fear of pain and It was towards the very end of your birth plan I think your your pregnancy that you changed your plan and then the baby changed the plan on you too because the baby Was preach and did not want to turn

ALAINA MEYER: Accurate recap

DR. ELLIOT BERLIN, DC: 100% on point. All right, what happened next?

ALAINA MEYER: Well, Avery had a different plan than a home birth and I think that in my birth experience it turned out that my fears Kind of read checklists that all got checked off and for my birth experience and you got to experience them all I got to experience all of them and You know, I didn't tear in the way that I thought that I would that I was originally scared of I had To end up doing an urgent c-section So I did have a bit of a tear but it was a purposeful

DR. ELLIOT BERLIN, DC: Incision. Yeah skillfully crafted Let's start at the beginning because when you left the studio you were you were like Stoked on the home birth and you were very close to the end and the baby was already breached. So that wasn't a surprise What changed?

ALAINA MEYER: Well, I think it was about a week after We met and did the podcast I went in because I was a week out from my due date and so I went in to do my checkup with my OB and We saw that the fluids were low. She said that it looked like the cord was double wrapped around his neck and So she sent me to go and get another ultrasound at the special place where they really go in deep On their ultrasound and when I went in they saw my fluid was very low and not only was the cord Double wrapped around his neck and is also wrapped around his shoulder. Oh and so in that moment when I was sitting there getting the ultrasound, the doctor there said, honey, if you were my sister, I would tell you to go and get an emergency C-section right now.

DR. ELLIOT BERLIN, DC: Wow. That's powerful.

ALAINA MEYER: Yes.

DR. ELLIOT BERLIN, DC: Is that because of the fluid or because of the cord orientation or the combination of both?

ALAINA MEYER: She said it was the combination that he was breached. He was basically tied up in the upper corner of underneath my rib cage and the fluid levels were so low.

DR. ELLIOT BERLIN, DC: And I'm just curious, because that's like literally right before you were due, did they not see the cord orientation before that?

ALAINA MEYER: The cord orientation wasn't that bad the last time that I went in. So when I had my ultrasound two weeks before that appointment or one week, she said it looked like it might have been around his neck, but not twice. And it wasn't under the shoulder.

DR. ELLIOT BERLIN, DC: Oh, so it was just in some gymnastics in there.

ALAINA MEYER: Yes, for sure.

DR. ELLIOT BERLIN, DC: Yeah, because cord around the neck, I mean, it's pretty common. You know, one wrap around the neck is generally not considered a complication or scary. So, but the baby just kept on lassoing. He's a little cowboy. He was getting ready for Nashville. That makes sense if you think about it. Did your doctor already know that you were planning to do the home birth?

ALAINA MEYER: Yes, I had spoken with her and she was, you know, hesitant because he was breeched, but in support of me trying. And, you know, you had linked me up with Stu. The best loves Stu and Alex. And so I had my team and I felt very prepared going into doing a breech vaginal delivery at home.

DR. ELLIOT BERLIN, DC: Yeah, just to explain, Alex is your midwife, Alexandra, and Dr. Stu Fishbiden is an OB who only delivers at home, but also learned back in the day, breech birth was not uncommon. And so he has a ton of experience in his training and residency delivering breech babies and never really stopped. And so as long as he meets certain safety criteria, he still attends breech birth and then he works together with midwives. So that was going to be your plan.

ALAINA MEYER: Yes.

DR. ELLIOT BERLIN, DC: Yeah, so now you're OB, knew you were planning a home birth with them. Once she tells you, hey, if you were my sister, honey.

ALAINA MEYER: She wasn't the one to tell me that. It was the woman at the ultrasound specialist place.

DR. ELLIOT BERLIN, DC: Oh, okay. So MFM, a high-risk OB, like sort of a maternal fetal medical specialist.

ALAINA MEYER: Yeah.

DR. ELLIOT BERLIN, DC: So it's not scary to hear that from her.

ALAINA MEYER: Yeah, I mean, it's scary to hear that from anyone.

DR. ELLIOT BERLIN, DC: So where do you go from there?

ALAINA MEYER: Well, immediately it just started falling, you know, because it was like something I was so scared of and I felt like, okay, this might end up actually going that way. And I was really scared, but my mom was with me there, thank God. And so we called my dad and we told him what was going on. And then I had talked to my fiance and then my next call was to Alex, my midwife. And, you know, I stayed there while they were monitoring Avery, my son, just to make sure everything was okay. And then I drove to go and see Alex and Stu. I just wanted to get their opinion as well. Even though my time with them wasn't as long as with my OB, like I had really grown close with Alex and Stu. And Alex especially was just having her support behind me

ALAINA MEYER: made the experience so different. Like I can't imagine how it would have been without her. So then I drove out to Calabasas in rush hour, stuck in traffic.

DR. ELLIOT BERLIN, DC: Oh.

ALAINA MEYER: Freaking out, trying to get to her. I got to leave and they said, you know, you should consider a C-section today or tomorrow. They agreed.

DR. ELLIOT BERLIN, DC: The woman at the ultrasound place. So they let me leave. Oh, they let you leave but when you got to talk to Alex and Stu.

ALAINA MEYER: No, and then when I got to them, you know, it was first of all, just very calming to be in Alex's presence and to have her support. And then we met my fiance there. So that was like, oh, my heart felt so much better when we were all together. And then Stu did an ultrasound and he saw the cord around the neck and they were both in kind of an odd position of like really they both had great advice. They told me information on both sides. Like they were really in the middle of things I felt. And then they just said, look, this decision needs to come from your intuition and what you're feeling guided to do. And after that I went and I had some dinner and while I was eating, I could barely eat because I had so much anxiety

ALAINA MEYER: but I was sitting there and I just. felt like, okay, doing the c-section is absolutely one of my biggest fears for sure. But I feel like that's what I need to do for Avery. And something that we had talked about in the podcast before is being in the right mindset to do a home birth. And I had totally lost all of that energy to feel that I could do it on my own, that trust in my body, everything went out the window. So that was gone. And so since that was gone, I was like, it's definitely, I have to do a c-section.

DR. ELLIOT BERLIN, DC: Wow. Okay, so two things I can relate to. Number one, I always feel safe around Alex, just very calm. You know, if I could bottle her energy into a little pill, I would take it all the time. And also, all my decisions come to me when I'm either eating or in the shower. So we're like a little 20s. Let's take a quick break, and we'll be right back with Elena Meyer and find out how things unfolded. Welcome back to the informed pregnancy podcast. We're talking to Elena Meyer. Your birth story changed so many times. It's sort of like a tennis match. Okay, we're gonna do it the hospital with an OB with the epidural. I don't want to feel a thing. Okay, very end. We're gonna just do it at home. Oh, no, the baby's

DR. ELLIOT BERLIN, DC: breech. Maybe we can't. Oh, yes, we can do it at home. There's a doctor who tends on birth with breech babies with the midwife. And then at literally the last minute in the game, you have this ultrasound and they tell you, well, you know, we think you should have a C-section right away. And then you're having dinner. And you go ahead with that plan. You decide this is what I got to do. But out of curiosity, after doing the ultrasound, your home birth team still thought you could do a home birth if you want to. And you could go to the hospital if you want to. And they just sort of left it up to you. It wasn't like a unanimous decision like this is an emergency that needs to have a C-section right now.

ALAINA MEYER: That's exactly why I went to Alex and Stu after having the doctor say, well, honey, if you were my sister, it was just this energy to that that did not feel right. And it felt like some of the fear tactics that I have.

DR. ELLIOT BERLIN, DC: Okay. And so then you, you at the end, you get this information that, you know, honey, if you were my sister, I'd have a C-section right now. And then you go back to your home birth team and your doctor does his own ultrasound your home. thought it was an ultrasound do they immediately agree and say hey this is an emergency should go up a c-section right away or are there still options no they

ALAINA MEYER: didn't have the same sense of like fear and urgency and like oh my god the baby's gotta come out right now like Sue and Alex they while doing the ultrasound they're like look heartbeat solid like yeah the fluid is low for sure they saw the cord wrapped around the neck one time they didn't see it two times on that ultrasound and he was also moving so the position you know could have changed or whatever but there wasn't this sense of like you should go right now and get a c-section boom go it wasn't that it was hold on think about this feel into your intuition feel what you need not you need to go do this this is how it is and having that energy from them be calming it was

ALAINA MEYER: still super overwhelming but it just like Alex helped me to feel that I was making the decision in my power not out of fear that's nice and over dinner

DR. ELLIOT BERLIN, DC: you decided you know what this is what I need to do right now even though it had built into it a lot of your deep fears so how soon after that did

ALAINA MEYER: well on the drive home to Hollywood from Calabasas I called my OB and she had suggested doing a c-section either that night or the next morning and I said look I just met with my home birth team like there's no signs that he won't be okay overnight but I do feel that we should do this in the morning and so we scheduled to meet and do the c-section at Cedars the next morning were you able to sleep I actually did sleep really well that

DR. ELLIOT BERLIN, DC: night I mean I kind of wondered now that your plan was sort of solidified obviously not gonna change again was there some comfort in that knowing like okay this is how and when the baby's gonna come out yeah there was

ALAINA MEYER: some peace to that and it was also just an overwhelming night of you know my best friend came over who's also his godmother Nicole my mom was there my dad drove up Johnny was by my side the whole time and just thinking like holy crap we're meeting him tomorrow like he's going to be here tomorrow and that I tried to journal to Avery that night and I couldn't even find the words I wrote like a tiny tiny bit and it was just so overwhelming for me of like I'm meeting you tomorrow at 11 o'clock it's very surreal yeah so in the morning when you get to the hospital we need to go before I get to the house oh I didn't even realize well you tell so I shared it with Johnny that I wanted to drive to the hospital you know I got I had this

ALAINA MEYER: talk with Alex I'm doing this in my power this is like the last thing that I can really do is like drive myself to my c-section I'm gonna do this you know and we did a lovely meditation with my family before we left or I had my mom my dad Johnny and Nicole we all had our hands on my belly praying and it was beautiful and then we left and I subconsciously drove to your offices where I do therapy with your amazing wife oh no kidding it's like Elena you do realize that we're at therapy not at Cedars we need to be at Cedars right now yeah we're not set up for surgery no so that was really funny and then I drove from Cedars from your offices drove to Cedars from there when you got to

Cedars first of all what's

DR. ELLIOT BERLIN, DC: what's going on in your mind and emotionally how you're feeling and then

ALAINA MEYER: physically what's the process like um well I met my brother in the parking lot in Cedars and then we all walked in together and it looked like I was moving in because I wanted to have candles and pillows and an altar and all the things and I just remember really using like the comedy defense was just coming up of like trying to make jokes about how I was totally not okay and I was just so overwhelmed I just didn't know how to feel what to do you know the anxiety was just blasting through me I mean whenever I

DR. ELLIOT BERLIN, DC: feel awkward I go to comedy at least I think it's funny so that's our third way that we're 20s absolutely in terms of preparation physically what are the things the steps that they do with you

ALAINA MEYER: So when I got there, we checked in, which was like, I felt like I had no brain power. They asked me my birthday and I looked at Johnny and I was like, I need you to do this for me. I can't give you anything right now. I have nothing to give. And then they checked us in to like a preparation room and my family got to be with me during that time. And then that's also where my doula met us. Patty, she came and was an incredible support during that time for my whole family. Yeah, she was an angel. And then they got me hooked up with an IV, which took over an hour because my veins were too small. Yes, because my veins were too small. The tattoo is covering the good vein. I can't see this one. This isn't good enough. We're gonna poke you here.

ALAINA MEYER: That didn't work. We need to do it again. It was a nightmare for someone who feels.

DR. ELLIOT BERLIN, DC: Right, that's the whole thing.

ALAINA MEYER: Yeah, so that was the start. We got off to a rocky start and I'm like trying not to be a bitch to the nurses. I'm like trying so hard to be nice and it's just like impossible because I'm so scared of needles and I'm so scared of what's gonna happen in the next five minutes. It was just all the scary, wild unknown.

DR. ELLIOT BERLIN, DC: Okay, so now it's settled. If I ever get a tattoo, it's gonna be a vein map. Poke here. But you got through. I mean, most people don't love having IVs placed, but if it's just one quick shot and it goes well, it's no big deal, but all that poking or I hate when they say, ooh, I came out the other side of the vein. I'm like, oh, that's gross. Or they're moving it around trying to find it and you end up really black and blue. No fun, but you got through it. You got through all of that.

ALAINA MEYER: I got through all of it.

DR. ELLIOT BERLIN, DC: Yeah. And then is your doula allowed to come with you and your partner into the caesarean or did you have to pick?

ALAINA MEYER: Well, I didn't actually get to have anybody join me in my caesarean. So when it was finally time to go back, I said I just like, I was panicked. When the door to the OR opened, I was with my mom and Johnny and my whole body shirked away from the door and everyone thought I

was gonna pass out and I was like, no, just don't touch me. I'm just freaking out. I've never seen an OR before in person. The lights were so bright. The scrubs were just fluorescent. The smell was terrifying. It was cold. I had no comfort to me. There was nothing of comfort except for my doctor. And luckily she looks like a legit angel. So I was just staring at her the whole time.

DR. ELLIOT BERLIN, DC: Yeah, I've been to births with her and she's very comforting even in trying circumstances. She's just a lot of warmth and confidence that make you feel safe. And beautiful eyelashes that we talked about.

ALAINA MEYER: I don't know if she had them in the OR but also generally amazing shoes once we're at it. Yes. But when we got into the OR, they were gonna do the spinal and for the epidural for regular cesarean. And then before they did that, well, they actually prepped and they put one of the straws in after they did the numbing agent or whatever. And that was terrifying. And then before they actually put the spinal in, there is a sense of panicked energy that washed over the room. When she explained that my platelets had dropped so drastically. And then she grabbed my hand and looked at me and said, you need to decide, either we're going to put you under and we're gonna do the birth and get him right now. Like right now, no one can come in.

ALAINA MEYER: Or we need to take you out, retest you, wait a couple of hours, try and get in cause we're all scheduled and we're all booked up for the day in the OR. And I was just like, I'm never walking back through that door. I'm not doing this again. And I want him out. I want him safe and I want him here in my arms. And so I said, okay, like then I guess I gotta go under and get him now.

DR. ELLIOT BERLIN, DC: Oh wow, that's a big decision.

ALAINA MEYER: Yeah.

DR. ELLIOT BERLIN, DC: And that's what you did.

ALAINA MEYER: Yeah, talking about a tennis match, it literally was a tennis match till the very second.

DR. ELLIOT BERLIN, DC: Yeah, I thought we were done with the drama but no. All right, let's take another quick break and come find out the rest of your story. We'll be right back with Elena Meyer. Welcome back to the Informed Pregnancy Podcast. We're talking to Elena Meyer. Okay, this is different than I ever would have thought. So they knock you out completely. You're asleep. What is waking up

ALAINA MEYER: like? Waking up was a really rough experience. When I woke up, it was very nightmarish. I couldn't move my legs. I felt like I couldn't breathe. No one told me before I went under that I was gonna have a breathing tube in. And so I just woke up, couldn't breathe, couldn't talk, couldn't move. You'd never had surgery before I take it? No. Okay. So this is a lot of firsts going on for you. Yeah. And, you know, I hear my doctor saying, Elena, just please move your toes. Show me that you can. And I'm trying to move my toes and it's coming out is like convulsions. It's not coming out as like cute little moving my toes, like my whole foot was going crazy. And so I heard them talking about saying that I'm having an allergic reaction to Regulin.

ALAINA MEYER: And I kept spitting the tube out. That was the only thing that I can do because I was trying to tell them I couldn't breathe and nothing was working. And so then they gave me Benadryl and I fell back asleep. And then I woke up, like I came into consciousness again, getting wheeled into the recovery room. I don't remember anything else other than like when I woke up, I was screaming for Avery and Johnny. Oh yeah. So when do you get to see them? Well, this whole time is blurry and foggy. And that's one of the worst parts of this for me is that I'm not perfectly clear right when I woke up, but I was screaming for the baby, like I need him. And I was with my mom. She was holding my hand. They let her in

ALAINA MEYER: to try to help wake me up because I was having a really hard time get up. And she kept telling me Johnny has Avery. Avery's okay. He's here. He's okay. And then finally I saw this angel rolling through the curtains with Johnny. And it was just like the most magical experience and it still gets me so choked up even just talking about it now, seeing him for the first time, you know, and everything happened so different than how I wanted. But the second that I got that baby on my chest, none of the birth mattered. None of the forethought mattered. The only thing that mattered was that I had him in my arms and that he was safe and I was okay.

DR. ELLIOT BERLIN, DC: Getting me choked up. Yeah. That's so powerful. Now this is such a powerful moment and experience, especially after everything you've been through. So just flashing forward a little bit, how was your physical recovery from that birth? And how was early motherhood for you? How's early motherhood been?

ALAINA MEYER: So my recovery was honestly not, I can't complain. I didn't take any narcotics. I just stuck to Tylenol and Motrin after the C-section and I was discharged. I spent two nights in the hospital, which is pretty normal. I was walking the day of, well, you know, I could stand up and the doctors were all very happy with my recovery and everything. And it was just like being in an etheric state. Like it didn't feel real. Like I felt so connected to this like more astral side of things. It was just very dreamlike the first couple of days. And I had incredible support around me. I had my sister Meredith, who is now a mother to her beautiful daughter Estelle.

DR. ELLIOT BERLIN, DC: Congratulations.

ALAINA MEYER: Yes, she's incredible. I had her with me. I had my mom, my dad, my partner. My partner was incredible throughout this whole thing. And, you know, that experience bonded us so deeply. No matter what that experience, we'd see each other so differently after that. You know, love the goggles all the way. It was beautiful. Yeah. And then early motherhood was something that was just so raw and open and honest. And like Alex talked about in the first episode, it's a wet time. There's tears. There is sweat always. Like you have babies throw up on you. You have pee on you. And it's just all amazing it's incredible you're like my mom and I always said we got christened

ALAINA MEYER: when they repeat on us for the first time. How was feeding for you? Oh god painful the first four days man the pain is so real but I I remember just eating and just sobbing but being like this pain is gonna be so worth it because it's giving him the best nourishment and it's gonna not be painful forever and something that really helped me it was the silvaretts. Alex recommended those to me. What is it? Silver things that you put on your nipples after feeding and it's just like oh they're cold. Oh soothing. Yes they're incredible nursing caps silvaretts they're great. And then it's always a

learning curve but after a few weeks that had become pretty natural for you. Yeah you know I feel like something really just in that

ALAINA MEYER: time when I was asleep in the C-section that I was out there is just something otherworldly happening inside of me and I think you know if people do believe in like etheric bodies and whatnot that like that part of me was transforming during that time instead of in the normal birth where you are feeling the pain and you're pushing and you're physically moving into this new realm of motherhood like I felt those changes when I woke up I just didn't feel like my old self anymore I felt so different and I still feel that way now today and I just got to experience a very different type of rebirth than the regular birth experience and it did feel very natural to me and you know riding the waves of minimal sleep and nourishing that

ALAINA MEYER: baby and just growing our connection and having that time together is just amazing and having support is like the most important thing I feel during that

DR. ELLIOT BERLIN, DC: early early period for sure. Yeah I got to see you actually maybe a week or two after the baby was born and just seeing you guys together I mean it's just like such two parts of the same unit it's just really beautiful all right so sadly we're running out of time because I would hang out with you all day if I could but I do have a couple of questions left for you first of all soon after you had your baby the world changed with the pandemic coronavirus and COVID-19 how's that if at all how's that affected you in your you know the states that you're in? Well I think that this is a

ALAINA MEYER: very challenging time and isolating and rough time for everyone but in that comes very deep gratitude that I've been feeling that I get to have this time luckily my mom is with us here so we're quarantining with my mom and Johnny and Avery and it has just been really special time it's the world is slow again you know like it used to be in the olden days like you would farm you would spend time at your home with your family cooking and or without and that's the hardest part is that we are missing our family that we're not with right now but to be able to focus on connecting with Avery and we are so lucky to be able to have food to eat that's healthy that we are being able to nourish ourselves and our family and having

ALAINA MEYER: that experience is the once-in-a-lifetime thing to be able to have no work pressures or really the feel like the outside world is still going so fast and that we're just home missing it that feeling is completely gone and it's really nice to be able to just fully focus in on Avery right now and bond and growing into the mother that I want to be

DR. ELLIOT BERLIN, DC: that's really sweet and you know I feel that way too it's I think the whole thing is very double-edged there's obviously aside from all the people who are experiencing the worst of the plague literally the plague with death and sickness and job loss and financial ruin you know everybody experiences some of them on different levels but it's hard to not notice that there's also some silver lining in the sense that you know people are able to spend time with their families I think in general in America we work too much too hard and and so to be forced to take a little break and reset a little bit once this is in the rear view mirror it has a potential to help a lot of people be on a different path

DR. ELLIOT BERLIN, DC: where they're better able to juggle work and life. Hopefully.

ALAINA MEYER: And also, we're taking time and we're being more gentle with the earth and you can see that the environment is appreciating some space from us right now.

DR. ELLIOT BERLIN, DC: Yeah. So, you know, I feel terrible and sad for everybody who's struggling and suffering, but I do think that once it's in the rarefumera that we could take advantage. If we want to, we can take advantage of some of these upsides. My last question that I have for you, and maybe too soon, even though because of coronavirus, it's been several months since you had the baby, and normally we'd get into these after episodes a little quicker, and also we're remote. You're in Tennessee and I'm in Los Angeles, but have you had any thoughts of, if you had another baby, like what you'd want to do? Would you do the same thing again or not even?

ALAINA MEYER: It's funny, actually, because in Cedars, like in my two days of recovery there, after just having a baby, that was every single nurse's question.

DR. ELLIOT BERLIN, DC: Oh, really?

ALAINA MEYER: Oh my God, are you gonna have a second? I'm like, let's just give this one some time. But I've had five months to think about it because it was his five month birthday a few days ago, and I am definitely not calling in another pregnancy at the moment, but if that did, if I did get pregnant, I would want to try again, or try to do a VBAC, a home birth after cesarean. I would want that, and I would have the exact same team. I would change no one, and I would just hope and pray that I got to experience that home birth that we had planned the first time.

DR. ELLIOT BERLIN, DC: Yeah, and then we'll have a whole new podcast. Exactly, round two. Elena, thanks so much for sharing your powerful story. You're a powerful and inspiring person to me, and I just know that birth typically is unpredictable. You kind of have to set your intentions and then let go and let the journey take you where it will, and yours was a wild ride. So I know other people have experiences like these, and they'll always benefit from listening to a raw honest story. So thank you so much for sharing it.

ALAINA MEYER: I just wanted to give a big shout out to Alex and her tag on Instagram is at The Vital Woman. I just love her.

DR. ELLIOT BERLIN, DC: At The Vital Woman, I love her too, and I need her to draw some blood for me when she gets a chance. Yes. At home, thanks for listening to the Informed Pregnancy podcast. If you would like more pregnancy and parenting information, visit us online at InformedPregnancy.com.

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