Randi Wood - Birth Story

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IN THIS EPISODE

Fashionista, entrepreneur and new mom Randi Wood joins Dr. Elliot Berlin, DC to share her pregnancy journey and her unique birth story. A former Canadian turned Angeleno, Randi built a career in styling and personal shopping in Los Angeles and founded Entrée Nous, an online vintage consignment shop — and she explains why she let go of her brick-and-mortar store just as she learned she was pregnant. She talks about being proactive on the road to conception, the thyroid discovery that changed everything after months of trying, a rough first trimester she wishes people talked about more honestly, and why she could be candid about not loving pregnancy without feeling ungrateful. A self-described planner, she walks through how she prepared — hiring a labor coach, studying every option, and settling on flexible birth intentions built around a hospital birth with a walking epidural — before the story turns to the day, two and a half weeks before her due date, when what felt like ordinary cramps refused to go away.

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DR. ELLIOT BERLIN, DC: Welcome to the informed pregnancy and parenting podcast. I'm your host dr. Elliott Berlin today I'm joined by a former Canadian turned Angelina She's a fashion lover and owner of entree new an online vintage consignment shop She's a brand new mom to baby boy Hudson and she's here to share her experiences in pregnancy and her unique birth story Randy would welcome to the podcast. Thank you so much for having me. I'm happy to be here Yeah, first of all your billboard for your fashion is you Yes, you are the most incredible things that I just like. Where do you even find them? Oh

RANDI WOOD: Well, thank you. It's um, I just always really loved fashion and really been drawn to items and You know the the art of fashion that's unique and one of a kind so I've always been like that and and even when it comes to furniture art I think that's the fun of it. So I love I love dressing up. So you grew up in Canada Yes, when did you come to the States about 12 years ago? I can't believe it's been that long But I've actually lived in the United States now in California longer than I've lived in Canada as an adult

DR. ELLIOT BERLIN, DC: Yeah, like I'm a true Angelina welcome to our country. Oh, thank you. Yeah, your English is very good Good it takes people a while to get rid of that. Hey Once in a while I hear the a boot from you. Yes

RANDI WOOD: It's usually when I've been speaking to my parents on the phone and then it will Flash out and everyone there is like are you Canadian?

DR. ELLIOT BERLIN, DC: Can't hide it forever

RANDI WOOD: What brought you to the United States so originally I came down to you attend college I went to the Fashion Institute of Design and Merchandising fit them in 2008 and I majored in visual communications What were your plans when you went to fit them? What were you playing do afterwards? Well, you know, I was really open to exploring all facets of where my Schooling and education would lead there was a lot of different sectors that I was interested in I was kind of interested in all, you know fashion show production public relations styling personal shopping so I started interning immediately when I got into school to really narrow down where it was that I really was passionate about and

RANDI WOOD: Where's my skill set really lied, but I didn't have like a super super concrete plan I just knew that I loved everything fashion and wanted to immerse myself into the industry During your schooling to the narrow down at all. Yeah, definitely it did. Like I said, I interned in a lot of different sectors of the industry and pretty quickly learned that personal shopping and styling was really where I was the most passionate and Really tried to zone in on that and for my graduation and really pursue that

DR. ELLIOT BERLIN, DC: It seems like Los Angeles would be a good place to do that

RANDI WOOD: Absolutely. I mean with the entertainment industry, I mean to be super precise Styling here in Los Angeles is mostly about red carpet and celebrity Whereas if you were to do styling in New York could be more editorial But any part of it I was more than enthusiastic to be a part of and

DR. ELLIOT BERLIN, DC: You had a store like a brick-and-mortar store. Yes, but you decided to go online at some point

RANDI WOOD: Yes, so when I opened the store wasn't that long ago. I really wanted to create an experience for people to come into You know when I was growing up with my mom and my friends Shopping like on a Saturday or on a weekend. I would really be an experience. It'd be something that you would do You know, you go for a lunch You would try on clothes maybe buy one or two things But it was all about like the day and the experience that surrounded that and for the last decade We've been so focused on online shopping and e-commerce, which I think is so wonderful in so many ways but we've lost that experience of like what shopping was and the connection with Friends to go out and do that and it's one of my favorite things to do

RANDI WOOD: so I really wanted to create a space where you came in and It was a beautiful store. You felt very comfortable. You felt like you were getting one-on-one Attention and it really just felt special So I think I was on to a right idea But I don't think people were quite ready for that I think the experience is coming back where all these now Big-time brands are having these experiential stores,

but for a small business like mine It wasn't quite the right time So I was finding that most of my business really was coming from my online sales So if 80% of my revenue was coming from online sales 80% of my

RANDI WOOD: Expenses were coming from having a brick-and-mortar. So it just didn't really make sense to keep the brick-and-mortar space from just like a business

DR. ELLIOT BERLIN, DC: Perspective. Yeah, it's good that you figured out quickly Yes, yes for sure and also you recently had a kid. Congratulations. Oh, well, thank you very much And I don't know It just seems like it's easier to run an online business as a new mom than to have to manage everything that goes into a brick-and-mortar store. Oh

RANDI WOOD: No, absolutely. You're right. I mean timing is everything I had my space for Sublease up on the market for six months. Not one person had come to look at it and In June, which was the same month. I found out I was pregnant Two people came to look at it and made two offers to sublease it so it was really just impeccable timing and now looking back I'm like, oh my gosh, I'm so grateful that that happened because as rewarding and fulfilling as motherhood is it would have been so stressful to know that I have like a brick-and-mortar that Also carries so much responsibility And I would have been having to like juggle those and I just think it would have Maybe taken away from my experience of trying to be so present with being a first-time mom

RANDI WOOD: So it really was just really great timing for everything to happen

DR. ELLIOT BERLIN, DC: It all worked out or I should say it all worked out I heard you say it one time All right, I would love to learn more about your pregnancy and your birth experience We're gonna take a little break and we'll be right back with Randy would four times and brand D four times. Welcome back to the Informed Pregnancy podcast. We're talking to Randy Wood. So you said you found out you're pregnant in June. Had you

RANDI WOOD: been trying? Yes, we had been trying for a while. At least in my mind, I felt like it was a while, probably been eight months. But at first we were pretty casual about it and I didn't want to over analyze about timing and things like that because I wanted it to be a like a stress-free experience and then when that wasn't really working out I actually went to see a fertility doctor just to make sure. I had gone to the fertility doctor a year and a half prior and everything looked great. But why did you go to a fertility doctor before you were trying? Oh no, this was while I was trying. So six months in I went to the fertility doctor around when I was like 34 and I just wanted to make sure I'm all about

RANDI WOOD: being proactive. So I just wanted to make sure that everything looked great. So then when we did start to try that there would be no setbacks because I knew we weren't planning on trying for like another year, year and a half and me coming into that like 35 to 40 age window. Geriatric pregnancy. Yeah exactly, exactly. So I was just trying to like have all my ducks in a row, have all our ducks in a row and make sure that once we started trying there would be no obstacles. The last thing I wanted to do was wait a year and a half, start trying for a year, get nowhere, then go to the fertility doctor and then be like oh well this is the reason and I could have cut all that time out. So I was just trying to be

RANDI WOOD: really proactive about it. So you both did testing? My husband actually didn't at the time only because no reason other than like the fertility doctor was like everything looks great. That's the easiest test to do. I know. We were almost getting to that point after we've been trying for six months and I went back to the fertility doctor and she was kind of like monitoring my every move according to like every move of my cycle. We were getting to that point and we were just getting down to the last couple tests and my husband was going to go in and get his fertility you know tested and then I got pregnant. How did you find out? So what actually ended up happening and I think maybe it's important to share this

RANDI WOOD: is that a couple years prior to starting to try I had been diagnosed with like slight hypo thyroidism. Okay. And I had been on a prescription and I actually had been on and off. It was Synthroid for seven years and I know my body pretty well. So if there was a time that I would go off it and I would start to feel very sluggish you know lots of symptoms are like you're cold, your digestion's not that great. I'd be like hmm maybe I should go into the doctor and get my blood taken or perhaps I need to go back on my thyroid medication. This had happened twice in the six months that I was trying. I wasn't on Synthroid and I went to like just my regular doctor and said you know I'm not feeling right. I'm

RANDI WOOD: really low energy you know etc. I'd like to get my blood taken and my thyroid tested. So we did that twice over six months period and they were like you're fine, it's fine, don't need to go back on your prescription. So then I went to the fertility doctor and she did all my like very typical fertility tests like looked at my ovaries you know that my fallopian tubes made sure my eggs were dropping all of that and then my like fourth appointment she took my blood tests and she said to me oh your thyroid levels are not good are you on something for this no I'm not but like I have brought this up to my regular doctor and she's like no no no no you need to get on something your levels are

RANDI WOOD: really low this might be okay for a regular person but these levels are not okay to get pregnant so she says I'm gonna says renew your prescription for and I was really annoyed and upset from my regular doctor so but I was like thank goodness like I went to the fertility doctor she put me on a prescription and then she said okay so next time you ovulate or next time sorry the first day of your period I want you to come in and we're gonna actually put you on I forget what the drug is called but it's actually yes yes and I said okay and so I started taking the Synthroid and I was on it for 10 days and I got pregnant oh wow so it was so clearly that it was affecting my progesterone and that was my progesterone was really

RANDI WOOD: really low and so hence when I found out and took a pregnancy test I almost didn't believe it because I really believed that my progesterone was too low to be pregnant and or I felt like I couldn't get excited because if your progesterone is very very low there is a high likelihood that you won't carry your baby you know past the first trimester so we found out I was three four days late I took a pregnancy test just for a piece of mine but I really really did not feel like I was pregnant and then it said pregnant and I was out for dinner and I happen to have a pregnancy test in my purse I know this sounds really weird I'll just take it I'm washing my hands in the restaurant and I'm looking and I go back to the table and

RANDI WOOD: I say to my husband I'm like you're never what just happened he was like what he was very concerned I was like I just took a pregnancy test and he was pregnant and he was in shock as well he's like okay like don't think you should have another drink but maybe we should just wait till we go to the doctor to be excited did he know you were going to take one no I had bought in like a bunch of pregnancy tests and because I've had been trying to get pregnant over the past eight months like I would like think I was pregnant all the time so I was taking pregnancy tests all the time so I just happened to have one in my purse and wasn't focused on taking it but just after

RANDI WOOD: my second drink I was like oh I'm in the bathroom because the pregnancy test went as

DR. ELLIOT BERLIN, DC: well oh that's that's one of the most crazy finding out your pregnant stories I know I've heard a lot of them how's pregnancy for you how are the

RANDI WOOD: different trimesters so the first trimester was very rough for me I one thing I was really not prepared for and I actually my husband and I have gone to your wife on numerous occasions and you know we talked to her a lot about this but the first trimester I feel like people don't talk about enough because I think people don't tell their friends and family they're pregnant until their second trimester so the first trimester kind of gets glossed over but it was really really tough for me like I can ever remember feeling that terrible I was so nauseous for a solid seven weeks and it wasn't morning sickness it didn't go away after morning it was just all day every day were you throwing up to not throwing up I mean

RANDI WOOD: thankfully I think some people are like no throwing up you feel better I don't know I just know I didn't throw up but I just felt like I wanted to throw up all the time couldn't eat had no appetite was very tired but like I was so nauseous I didn't want to face the day like just wish I could have slept for seven weeks but I was so nauseous I couldn't sleep so it was pretty tough. Did anything give you relief? Not really I tried everything it was really just waiting it out. Did you try medications for it? No I didn't basically my doctor had said that I could go on medication only if I throwing up so I was just kind of stuck with my nausea. At least it went away after

RANDI WOOD: your first trimester. Yes thankfully because I hear that that's not the case with some people so I'm very very thankful that it just lasted the first trimester. How was two and three? Two was pretty good definitely I you know felt like myself for most of two and then I think I started seeing a U around my third trimester and when I started to have some back issues and rib issues so overall I would say like I didn't have and I don't want to sound ungrateful or anything but I didn't overly enjoy my pregnancy I didn't have the best time and that's just me being super super honest. I think it's

DR. ELLIOT BERLIN, DC: great to be honest and it doesn't make you ungrateful at all that you

RANDI WOOD: were so uncomfortable. Yeah and I think that's why a lot of people don't talk about you know if they don't love their pregnancy it makes you seem ungrateful and it wasn't that I was ungrateful at all about actually being pregnant and getting pregnant naturally and all of these things but I was just I was very uncomfortable to be frank the whole almost the whole time or 75% of my pregnancy I was very uncomfortable so I was looking forward to actually having the baby. Aside from being uncomfortable how were the body shape changes for you? I didn't really start showing until I

would not say like five months so I had a lot of mental preparation I knew that I was going to change obviously and funny as it is I actually liked

RANDI WOOD: when I started showing a little bit more like around six months it was very hard for my husband I think to make the connection like how like I wasn't feeling well you know because of pregnancy and you know that it was actually carrying a human being when I wasn't really showing and then I thought it was a lot easier for him and he was able to have as silly as it is but a lot more sympathy empathy for me when you could like actually see my bump and I don't know if it was because of me being super uncomfortable in the first trimester but I actually didn't gain that much weight and my appetite wasn't incredibly large or anything I actually have much more of an appetite breastfeeding than I did being pregnant

DR. ELLIOT BERLIN, DC: that's interesting yeah hmm all right let's take a little break when we come back we're gonna talk about how you plan for your birth and how it actually went back with Randy Wood welcome back to the informed pregnancy podcast we're talking to Randy Wood when did you start thinking about how you

RANDI WOOD: want your birth to go I'm a planner so I started thinking about it right away like a couple months in I researched getting a doula I really didn't know much and I wanted to hire someone to inform me as much as possible because you hear so many opinions about different things but I really wanted to be educated and informed so I can make the best decisions possible for myself and I really didn't know that much what resources did you use to brush up well I hired a she's actually technically a labor coach and nurse and she has different levels of packages that you can get with her and basically we hired her I think I was three months in and we meet with her every two weeks and discuss a different topic

RANDI WOOD: whether it would be how to prepare your relationship for after the baby what the different kinds of medication are that you will be given as options in the hospital you know different ways of delivery different you know the things that will happen during labor the different stages it was so much information and like I said we met with her every two weeks for you know two hours up until I was eight months and then she was online courses as well so I just felt like I learned everything that I could possibly learn or be prepared I was prepared as much as I possibly could be going in so there are so many choices to make where did you settle on your birth intentions so I was really

RANDI WOOD: flexible in the sense of having an intention just like you said but I wasn't attached to a certain outcome because I have known people in the past some of my friends have been very attached to like wanting their birth to go a certain way and then having a lot of like emotional stress when it doesn't go that way so I wanted to be open-minded and not put too much my intention was to deliver vaginally and have a walking epidural and that's an

DR. ELLIOT BERLIN, DC: option that's not available in large parts of the country so you wanted to have a hospital birth with an obstetrician vaginally and you wanted some pain relief the walking epidural option that's offered at one of the hospitals here if it works well gives you probably about 40 or 50 percent of the intensity off but you can still walk around and one of the greater benefits is you don't have to have a urinary catheter if you have to pee

RANDI WOOD: you just get up and go to the bathroom exactly exactly so I thought it was kind of bridging the gap between the things that I've heard about the cons that I've heard about having a totally natural birth or having an epidural where you don't feel anything in the middle and yes thankfully the hospital that I was going to be delivering an offer at

DR. ELLIOT BERLIN, DC: okay so that's that's a good plan were you of the mindset to labor at home for a while or to get to the hospital sooner than later yes I wanted to

RANDI WOOD: leave her at home as much as possible and then get to the hospital being five or six cents meters dilated that was the intention although I didn't quite know what that would look like yeah and then your labor coach was

DR. ELLIOT BERLIN, DC: gonna come with you yes she would she would meet us first at home help

RANDI WOOD: us through some part of laboring at home and then go with us to the hospital anybody else in the room with you that you were planning to have no just the three of us so my husband and her yeah and eventually like the

DR. ELLIOT BERLIN, DC: baby and the doctor and all the nurses but yeah the three that you that you brought with you so how did it actually go down where were you in relation to your due date when things started happening so I was two and a

RANDI WOOD: half weeks early which was one of the most surprising parts about giving birth because I had gone to my doctor so at 35 weeks I believe I went to him 35 and a half weeks and he had checked my cervix and he had said oh yeah you're all closed up who haven't dilated at all you know your first time mom don't expect to give birth to this baby for him before your due date mm-hmm so I had that in my head and then I also had in my head that you know the percentage of first-time moms that go to their due date and beyond is very very high it's not super likely that you know you are giving birth a couple weeks early if you're a first-time mom so having that kind of in the back of my head I had also been telling people like my labor nurse I

RANDI WOOD: had also been explaining to her and the doctor if I was experiencing any like pre-labor symptoms and I think everyone kind of brushed me off a little bit not that they didn't want to take me seriously but they're probably used to like the mass of women getting really riled up about like any sensation that they experience and thinking that they're going into labor and so I had been experiencing some like pre-labor symptoms but both like I said my labor nurse and my doctor were like oh yeah yeah that's that's normal so I was like okay okay so I actually saw you on the day that I went into labor it was crazy we just crazy I know which means perfect that we're talking you haven't heard my story yet yeah it was crazy

DR. ELLIOT BERLIN, DC: because you came in and you're like very seemingly having contractions you said something like yeah well I don't know I've been uncomfortable I've been feeling these cramps for a while just like come and go you know and I was like maybe that's labor you're like no it's not labor it's just cramps that are coming every whatever number of minutes

RANDI WOOD: Also, one thing that was really confusing to me about it was that I had had Braxton Hicks contractions and what I was experiencing the day I went into labor was very different. So I thought that when I was going to go into labor, I thought they would be like Braxton Hicks contractions just more intense. But what had happened is that day I woke up at like 2 a.m. with what felt like very intense period cramps. And I told my husband and I was just like, oh, like I'm so uncomfortable. But to me and my head, I'm thinking like, what's new? Like, I'm uncomfortable. This has been my pregnancy, you know, so I just really tried to brush it off. And my husband actually traveled that day for work. And he's like, do you want me to stay?

RANDI WOOD: I don't have to go. And I was like, oh, no, no, it's fine. So I just tried to distract myself all day. And so I had what we'll call cramps or what I really felt like were cramps that would like come in waves of intensity that I carried on about my day. I got eyelash extensions. I went for lunch and I just tried to like breathe through them. And to where when I came in to see you, I was telling you about them and you were kind of like, yeah, well, you could be in labor. But then we kind of were like talking about it and it didn't seem like they were contractions as much. Wouldn't you say remember when I turned over and you like felt my belly?

DR. ELLIOT BERLIN, DC: Yeah, yeah, I still thought you were having contractions. I was I was suggesting that you go see because your doctor wasn't is not too far away from my office. Right. Like maybe you can go see your doctor on the way home.

RANDI WOOD: Right, right. Which I did call and they and I told them what was going on. Again, everyone was kind of like, OK, yeah, sure. And they're like, why don't you come in tomorrow morning? Oh, yeah.

DR. ELLIOT BERLIN, DC: So you went home.

RANDI WOOD: So I went home. So by the time I got home, though, I left you your office at four. And by the time I got home by five, I couldn't even walk through the garage without like pausing. And my husband had just come home early because he thought, well, maybe Randy's in labor, but maybe she's not either way. She's really uncomfortable. And I at least need to be there for like moral support.

DR. ELLIOT BERLIN, DC: Good thinking.

RANDI WOOD: Yes. So I came in and I was in so much pain. Like, I don't know if like whatever you did, the massage, it like started to intensify or just so it was just coincident of timing. But I was starting to cry from the pain.

DR. ELLIOT BERLIN, DC: Oh, wow.

RANDI WOOD: So my husband called my labor nurse and said, this is what's going on. Like, Randy is in a lot of pain. So whether she's in labor or not, I think we need to go to the hospital. So then by that time, my husband, David was telling her, you know, everything was going on. She's like, okay, okay. Yeah. I think she's, this sounds like labor. This sounds like labor. Okay. I'm going to come over. So that was six 30 PM. She came over and my contractions were getting intense. And I still was in like a little bit of denial that this was again labor. I like, I couldn't believe it because I was just so not mentally prepared for it to happen so quickly. Like I didn't even have, I had all these projects set aside

for me

RANDI WOOD: like to do while I was getting close to my due date. Like I hadn't packed my hospital bag. My nursery was not done. And I was like, well, I'll just keep those to the side to distract myself while I'm waiting for this baby to come. So I was quite denial about it. Till then about finally, like I was in so much pain by seven o'clock. I just was crying almost inconsolably when I was having contractions. And then my husband was like, we need to go. We need to go to the hospital. Cause he said also to my labor and our Sarah, he said, Sarah, I know you don't know Randy like super well, but if she is crying this much, like I think she's pretty far along. Like she is in a lot of pain. I really feel like we need to go to the hospital.

RANDI WOOD: And Sarah said, I know she was trying to just postpone us a little bus and slow us down because I think what she was thinking like, God forbid we get to the hospital. I'm not that far along. I'll be really upset and discouraged. And so she's like, okay, well, you're going through a shift change right now. Like let's wait 15 more minutes until finally we're like, like we're going. We have to go. So we get to the hospital and check in. They take me to a triage room, put the fetal monitor on, check me. I am six centimeters dilated.

DR. ELLIOT BERLIN, DC: Oh, wow.

RANDI WOOD: Yes.

DR. ELLIOT BERLIN, DC: Do you find that?

RANDI WOOD: I know. I know, and right when we checked in, we asked if the anesthesiologist was close by, told them that I wanted an epidural. So they were like, okay, you know, again, they were thinking first time mom's probably going to take a while for like, we'll check her get her into the triage room. So then they got my actual labor room ready. And we're like, okay, like when we get to the labor room, like, Randy, like really wants to get an epidural and I was in so much pain. Were you feeling it in my really just right below my stomach? So what was below the belly, like really like felt like men's super, super intense menstrual cramps. It was never in my belly at all. Again, that's what was confusing. I think I expected something different.

RANDI WOOD: So finally get into the labor room after it took me like 20 minutes to walk down to the hallway because I was in so much pain. And then the nurse we had, who was lovely, but new, yes, had no sense of urgency to her and had a really hard time drawing my blood and getting my IV. That was taking a very long time. And she was saying that they couldn't call the anesthesiologist until they sent my blood down to the lab, which my labor nurse was a little confused by because she used to work at the hospital and she never heard of that before. So it was just like, we were waiting and waiting. I was in so much pain. And my husband was actually getting like very distraught because, you

RANDI WOOD: know, we had requested the anesthesiologist and the epidural about an hour and a half earlier. And I was progressing and it just seemed like there was just no urgency in the room. So finally, I shouldn't say finally, about like 40 minutes later, I just said, I'm like, I feel like I need to push.

DR. ELLIOT BERLIN, DC: Whoa.

RANDI WOOD: Yes. And again, everyone was like, like all the nurses in the room were like, oh, yeah, you feel pushy. Oh, okay. Yeah.

DR. ELLIOT BERLIN, DC: They still weren't taking you seriously.

RANDI WOOD: They were not taking me seriously. Thank goodness for my labor nurse, my doula, Sarah. So she said, can someone just please check her? And so they check me and I am 10 centimeters dial.

DR. ELLIOT BERLIN, DC: Oh, so you could start pushing.

RANDI WOOD: Yes.

DR. ELLIOT BERLIN, DC: Were you excited at that point or were you still frustrated not to have your epidural?

RANDI WOOD: I was really frustrated and I was really so like distraught. It's kind of a blur to me. Like I could not open my eyes. I was in so much pain that I like a little bit blackout. The way I remember it the most is because Sarah and my husband even took so many pictures and videos. So I remember through kind of that experience through the documentation of it. But if probably if I didn't have those, like I wouldn't remember much because I was just in so much pain. So at that point, Sarah said to me, she said, okay, like we need to have a conversation, which at that point, I couldn't even have a conversation with her. She's like, the anesthesiologist is ready to come in and he can give

RANDI WOOD: you your epidural, but you're going to have to sit up and not move for five minutes while he administers it. It will take 30 minutes to kick in and then you will feel no pain. You will be very comfortable and you will probably have your baby in three hours, but you will have to sit up for this and you will have to not be able to move or I can call the doctor in right now and you can push and you'll have your baby in probably 30 minutes. And the thing was about it is that I just did not think that I could sit up and be still for five minutes. That was really the reason that I said, okay, if the doctor comes in right now, not in five minutes, not in 10 minutes, but right now I will push.

RANDI WOOD: So the doctor came in right away and I pushed probably about 10 pushes was probably 30 minutes, just like she said. And I had a baby.

DR. ELLIOT BERLIN, DC: Wow. That's such an incredible story.

RANDI WOOD: Thank you.

DR. ELLIOT BERLIN, DC: Thank you. Hopefully at that point they started taking it seriously.

RANDI WOOD: Yes. Oh yes. Actually the nurses were really wonderful about it. At that point they were, they were just kind of watching in awe and they were like, you're so strong. I had, I remember at one point I have like this one very clear memory where I opened my eyes and it was actually the anesthesiologist was in the room. about two or three nurses, my husband, like there was a lot of people in the room and three of the nurses were holding hands watching me. She's so strong. It was actually a

DR. ELLIOT BERLIN, DC: very nice memory. Did you have that moment when the baby came out where it

RANDI WOOD: was blissful, like totally okay? Oh yes, so after when the baby actually came out, I was so happy, one, that the baby came out, but two, just like so relieved that I could not stop smiling and I was almost like laughing. It seemed like a odd reaction but I think my adrenaline was so high. I was so relieved and it was just such a whirlwind and just so crazy that happened so fast. I was just like all smiles, so excited. My husband was teary-eyed and I was just like, oh my gosh, like I have a baby, like this is so extreme. I'm so happy.

DR. ELLIOT BERLIN, DC: Oh, that's amazing. Yeah. Well, it was a joy to work with you during your pregnancy and I'm grateful to you for sharing your story from literally beginning to end. Thank you. Yeah, sorry if I gave too much detail. No, it started really interesting and it ended really interesting. Yeah. I have a question for you. Where can we find your online

RANDI WOOD: boutique, Entree New? Yes, of course. It's at Entree New showroom on Instagram and the website is EntreeNewShowroom.com and I'm on First Dibs at Entree New is the boutique. I want to say thank you to you also for having me and

DR. ELLIOT BERLIN, DC: being such a wonderful support system throughout my pregnancy. I have the best job in the world. I get to help really nice people enjoy as comfortable pregnancy and birth as they can, so I'm super grateful. And at home, thanks for listening to the Informed Pregnancy podcast. If you have questions, you can always write to us at informedpregnancy.com and if you'd like more parenting-related media, visit us on Instagram at Dr. Berlin. That's D-O-C-T-O-R-B-E-R-L-I-N.

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