Roxanna Saremi - Before Birth

Episode 231 · May 27, 2021 · with Roxanna Saremi

IN THIS EPISODE

Roxanna Saremi joins Dr. Elliot Berlin, DC at almost 38 weeks pregnant with her first baby — and, in a first for the podcast, about to let listeners come along for the birth itself. A therapist at Flow House who works with the body as well as talk — EMDR, somatic therapy and brainspotting — Roxanna is also Dr. Elliot Berlin, DC's patient, and she leads him through five seconds of the silence she uses with clients before looking back over her own pregnancy: a surprise positive test taken between sessions, a relentless first trimester of daily vomiting that did not lift until 18 weeks, and a third trimester in which, unexpectedly, she loves her pregnant body. She and Dr. Elliot Berlin, DC talk through why she chose a home birth, the fears that are not about safety, the affirmations and double hip squeeze she hopes will carry her through labor, and a round of predictions — due date, baby's size and length of labor — to be settled when she returns for her post-birth interview, with audio captured during the birth woven in.

About this transcript: *This transcript was created with AI-assisted transcription and reviewed by our team. It may not be 100% accurate — names, medical terms, and phrasing can occasionally be mis-transcribed. For exact wording, please listen to the episode audio.*

DR. ELLIOT BERLIN, DC: Welcome to the informed pregnancy and parenting podcast. I'm your host dr. Elliott Berlin. My guest today is an incredible therapist I'm told and She's an amazing human. I love love love spending time with her. You'll see why in just a minute. She is pregnant She's expecting her first kid and going to do a home birth. That's the plan and For the first time ever we have discussed Trying to record some elements of the birth so that we can bring you into the experience a little deeper During the post-birth interview Roxana Sarah me welcome to the podcast Guinea-pig of the possibility of doing during birth love it before during and after before during after

DR. ELLIOT BERLIN, DC: But I mean that goes with your awesome personalities that you're like open and why are you open? It's not for you

ROXANNA SAREMI: Maybe because I'm a double Aquarius I'm just open to the new the inventive the creative the different the weird I want to do it all I want to experience It all I hear feedback all the time from people that say hey The closest thing I have to having any kind of idea of what it's going to

be like when I'm in labor is listening to a bunch of other people's labor stories and

DR. ELLIOT BERLIN, DC: You know, I'm not going to be at your birth, but What you're gonna be surrounded by great people who just periodically will look for moments to capture an audio And then the idea is that will weave them in afterwards. So my goal in the whole thing and here's how I pitched it was What if we could get even deeper into that experience almost as if we're in a fly on the wall in the room with you And that's what we're going for. I

ROXANNA SAREMI: Love it. I'm super gung-ho about it as of right now. We'll see how I feel during Yeah, but right now I'm really into it and that's how I've been learning about birth is I watch Instagram stories. I Listen to the during the pushing it's how I've been learning what it could be like for me, especially a home birth

DR. ELLIOT BERLIN, DC: Yeah, I want to learn more about how you came to your birth intentions and how your pregnancy is going But let's start the beginning. You're very cool therapist. Tell me about your background

ROXANNA SAREMI: Thank you. Well, I actually Was gonna be a teacher I was midway through a master's program To be an elementary school teacher because I love kids so much and I think they're so wise and they have so much to share It's like such a synchronistic thing that happened. I was in a meeting and a flyer Flew like literally flew onto the table and it said Masters of marriage and family therapy on the flyer And I had no idea that I could get my masters and practice clinical therapy I always thought I had to be like wifey and become a psychologist or get my sidey And so I was like, oh my gosh, I could get my master's and practice therapy. That sounds so cool I want to like get more

ROXANNA SAREMI: Emotionally into me with people. I don't know if I can do that. I'm parent-teacher conferences. So I switched it up

DR. ELLIOT BERLIN, DC: Yeah, but you're a teacher. You're a teacher. You're a teacher But your approach is unique

ROXANNA SAREMI: It is unique. It's more I mean people would call it holistic and to me that means Looking at the whole person Like a lot of therapists do talk therapy, which we do I'm trained in talk therapy And all of us at flow house are, but we also incorporate ways to tap into emotions, trauma that reside in the body, specific techniques that you're trained in or trained in EMDR, which stands for eye movement, desensitization and reprocessing, I feel better just hearing that, which we could talk about on a whole other episode, but people use it for trauma, honestly, all sorts of things, and we use somatic therapy. We use brain spotting someone means body. So what does body therapy, honestly, it's tapping into the messages

ROXANNA SAREMI: that your body gives you maybe sitting in silence, listening. I think it is for a lot of people. But after a few minutes, really, you can start to get a feel of what your body's trying to tell you. I mean, even these tools. Yeah.

DR. ELLIOT BERLIN, DC: How so?

ROXANNA SAREMI: Oh, here we go.

DR. ELLIOT BERLIN, DC: Okay. You set it up for me.

ROXANNA SAREMI: I know. I know. I'll hold on one second. I'm going to have five seconds of silence.

DR. ELLIOT BERLIN, DC: Yeah, it's creepy. Okay. Oh my gosh. The people at home can't see, but I could see you like your five seconds of, I feel like you got something out of your five seconds. You look so relaxed there in five seconds. And I was so anxious.

ROXANNA SAREMI: Well, I was doing it with you. Oh, maybe we can, if you know that I'm doing it with you, then it won't feel so weird. I don't know. We'll try that some other time. Okay.

DR. ELLIOT BERLIN, DC: You can try it up next Monday when I see you sweet. So you have all these different approaches in addition to talk therapy. Like you have a tool belt full of interesting tools.

ROXANNA SAREMI: Totally. And every client is different and everybody has different needs. And that might even change by the week so we can experiment. And that's why I love working at this private practice flow house that I'm a part of because I can be creative and spontaneous and just be in the moment with this other person who might have never tapped into their body. They don't know what that means. Or they want to get in touch with some childhood trauma and they've been talking about it all their lives. It's time to switch it up. They've been repeating the same patterns. And here there's an opportunity to tap into a different part of themselves that's innately in them.

DR. ELLIOT BERLIN, DC: You know, it's super interesting about you. I have a patient who is medically very, very anxious. And so any kind of clinical, anything like a blood draw, for example, and they have to do it with him laying down with his feet up, you know, with orange juice right before hands just to draw blood. Right. And then he was watching his partner during pregnancy and how the midwife would come draw blood. And it looks so calm. It's like a whole different environment. And so he's like, would you be able to draw my blood? And he doesn't have any of that reaction. It's fine for him. He's totally comfortable with it. And that's like now, now they already have their kid and like, if he ever needs labs, he's like, Hey, can I get some labs done by you?

DR. ELLIOT BERLIN, DC: And it sort of feels like the relationship that you have with your therapist, it could be, you know, more clinical or it could be one where you just, I don't know, just in the presence, I think doulas are like this too, like a sign of great doulas. They walk in the room and you feel relaxed. And I wonder if because of that, you're such a calming presence, I wonder if because that people are like, find their courage and strength to say, okay, in this warmth, I'm in this nurturing environment. I'm ready to finally tackle, you know, at 46 years and 11 months, I'm finally ready to tackle what I've been holding onto since three minutes after I came into the world.

ROXANNA SAREMI: Totally. And I do feel like a big part of my job is just holding space in that way.

DR. ELLIOT BERLIN, DC: I feel like you must be an incredible spaceholder. Who's your clientele? I like it. Do you work with a specific genre of clients as individuals, couples, kids?

ROXANNA SAREMI: Well, everyone at Flow House has their specialty and we see an array of different people, but for me personally, definitely not couples. I just don't think that I can do that. I

don't even know what I'm doing half the time in relationship, but my specialty is mostly young women. I can see men too, but I just bring in all the ladies and it's young women who come from emotionally unavailable or narcissistic families. So that's like my niche. But anything from depression, I mean, COVID has brought up a lot of stuff for

DR. ELLIOT BERLIN, DC: people when you said emotionally unavailable or narcissistic families. My immediate thought was like, are my kids coming from an emotionally unavailable or a narcissistic home? I don't think they are.

ROXANNA SAREMI: Your children sound wonderful.

DR. ELLIOT BERLIN, DC: Oh, they're the best. I just wonder if they're the best despite me or if I've somehow contributed to their. Yeah. We can get into that. Yeah, we totally can. I'm going to take a quick break. When we come back, let's find out about your pregnancy and your plans for birth. Don't go anywhere. We'll be right back. Welcome back to the informed pregnancy podcast. We're talking to Roxanna. So I mean, am I saying that right?

ROXANNA SAREMI: I'm just going to go with whatever you're saying. Cause I love it. So many, and she is pregnant now and you're getting up there.

DR. ELLIOT BERLIN, DC: How many weeks are you?

ROXANNA SAREMI: Almost 38.

DR. ELLIOT BERLIN, DC: Wow. You seem so comfortable.

ROXANNA SAREMI: This is the most comfortable I have felt in my body.

DR. ELLIOT BERLIN, DC: What at 38 weeks. Mind blown.

ROXANNA SAREMI: Just like being pregnant and Jen, I mean, the first trimester now, second trimester and third trimester. This is like the best I felt in my body. I love this body.

DR. ELLIOT BERLIN, DC: I have so many questions for you. And I love that you love your pregnant body. I want to get to that too, but I would love to start at the beginning. How did you find out you were pregnant?

ROXANNA SAREMI: It was a complete surprise and I hadn't even missed my period yet before taking a pregnancy test. I know that sounds so weird, but I, whatever reason gravitated towards my drawer, this is between clients too. So I don't think that this is going to be anything exciting, but for whatever reason, my body just led me to under my cupboard. I grabbed a pregnancy test, went pee, just left it on the window sill, went to wash my hands, kind of forgot about it was getting dressed for my next client and was like, Oh yeah, let me go check that. And there it was two lines. So I sat through my next session. Oh, goodness. Knowing this and, um, obviously texted my two best friends, then took two more tests. There it was.

ROXANNA SAREMI: And these were like the cheapy pregnancy tests that come in the ovulation kit. They're like paper. They're not the real digital cool ones. Yeah. Old school. They're old school.

DR. ELLIOT BERLIN, DC: But the fact that you had an ovulation kit, does that mean you were trying to get pregnant?

ROXANNA SAREMI: I wasn't trying to get pregnant. My periods were just so irregular that I started to track my ovulation just to kind of keep tabs of my cycle.

DR. ELLIOT BERLIN, DC: Oh, and then surprise. So I was like, cause you're like, it was a total surprise, but I had pregnancy tests in my cupboard. Now I understand.

ROXANNA SAREMI: Yes. So it was the opposite. Yeah.

DR. ELLIOT BERLIN, DC: Well, you were trying to not get pregnant.

ROXANNA SAREMI: I was trying to not do anything, but just figure out my body and just kind of look at my cycles and get a better understanding. And I was taking really good care of my body, then going to acupuncture, I was doing Pilates. And I think the combo was just, this baby was like, it's my time. Here I come.

DR. ELLIOT BERLIN, DC: And you just had a weird feeling. Like, I think I'm pregnant.

ROXANNA SAREMI: Yeah. It was so weird. Yeah. Pregnant before.

DR. ELLIOT BERLIN, DC: Never me either.

ROXANNA SAREMI: That's right. First for both of us. Yeah.

DR. ELLIOT BERLIN, DC: I've had the feeling like maybe I am, but I'm having the tests in my cupboard. Right. So first trimester, you said like skirt skirt, the first trimester. What does that mean? Was it not great?

ROXANNA SAREMI: It was just not great. And I talked to my mom and she said that she was nauseous and tired for the first 13 weeks. So every week I was like, okay, only three more weeks of feeling this way. Mom only felt it 13 weeks. So here I go. And it just was relentless. I was throwing up every day, multiple times a day.

DR. ELLIOT BERLIN, DC: Oh, wow.

ROXANNA SAREMI: Luckily COVID I did sessions from home, but I never stopped seeing clients. So I would see clients, maybe VOM in between and then continue on. One time I actually threw up mid session.

DR. ELLIOT BERLIN, DC: Oh my goodness.

ROXANNA SAREMI: Yeah. It was how I told her. I was like, by the way, by the way, I'm pregnant.

DR. ELLIOT BERLIN, DC: Wow. Multiple times a day.

ROXANNA SAREMI: Yeah.

DR. ELLIOT BERLIN, DC: So when you would throw up, do you feel relief afterwards?

ROXANNA SAREMI: Yes. For like 45 minutes after I would actually feel relief. Yes.

DR. ELLIOT BERLIN, DC: The idea of throwing up feel appealing to you.

ROXANNA SAREMI: Yes.

DR. ELLIOT BERLIN, DC: And then were you able to get anything down where you start to lose weight?

ROXANNA SAREMI: So I never weighed myself, but I bet I lost at least five pounds and I was getting IVs and I was, so I was never diagnosed with hyperemesis. But when I read about it, I felt like I had it.

DR. ELLIOT BERLIN, DC: Sounds like it to me. It sounds like whenever this topic comes up, I'd like to talk about the her foundation and that does research on hyperemesis and really tries to get the word out. And they have an app that helps you. You put in the information, like if you throw up and if you're feeling nauseous and on what scale and things like that, and it puts that information together and your weight is also a big thing because if you're losing weight, it's a very significant sign that you might have hyperemesis, not nausea and vomiting or pregnancy in its typical sense. And you know, you could take that information to your doctor and they can look at it and they can be like, Oh wow. Or your midwife, they can be like, Oh wow, this is a sign.

DR. ELLIOT BERLIN, DC: And the earlier you start intervening, the better it gets. So when you were getting IVs, you were just going to be fluid because you're dehydrated or you're getting IV nutrition.

ROXANNA SAREMI: So in the beginning, it was just B6 and glutathione.

DR. ELLIOT BERLIN, DC: So, uh, you'd like to help not only to rehydrate you, but sort of try to help prevent nausea.

ROXANNA SAREMI: Yeah. Yeah. And it would work for a little bit. I'd hang on for a good four days feeling okay.

DR. ELLIOT BERLIN, DC: Now, when I interviewed Amy Schumer about this, she said, she had definitely a diagnosis of hyperemesis, she said that she would stop eating food based on what it tastes like and start to think more about what it would taste like on the way back up.

ROXANNA SAREMI: Ooh, damn that hits.

DR. ELLIOT BERLIN, DC: Not Roxanna, you didn't have that.

ROXANNA SAREMI: I honestly, it's like literally a block that time of my memory. I don't even remember.

DR. ELLIOT BERLIN, DC: I will tell you, she did say tuna melt.

ROXANNA SAREMI: No, not a good choice. I can strongly say tuna melt. No, and no meat, maybe like fruits, like smoothies and berries.

DR. ELLIOT BERLIN, DC: The smoothies kind of along the way she went. She said purees were kind of, were exactly the same on the way down the way out.

ROXANNA SAREMI: Oh gosh. Yes, though.

DR. ELLIOT BERLIN, DC: All right. Let's shuffle over to the second trimester. Oh, when did all that kind of fade away for you?

ROXANNA SAREMI: So things started to lift around 18 weeks and then I was golden.

DR. ELLIOT BERLIN, DC: That's halfway through your pregnancy almost. And it was different than for mama, for your mama.

ROXANNA SAREMI: Yep. She got off easy.

DR. ELLIOT BERLIN, DC: She really did. Wow. 18 weeks. Did you start to think this is never going to end?

ROXANNA SAREMI: Yes, that's exactly what I thought.

DR. ELLIOT BERLIN, DC: That's a desperate feeling.

ROXANNA SAREMI: sorry you have that. That's okay because there's something about pregnancy that my memory just wiped it away and now I'm, now I'm all about it. And do you remember the first time you felt movement baby? I do. It was in bed. It was around the same time, maybe a little bit earlier than that. My girlfriend described it. It felt like when you move your hand like this underwater, nobody can see you. I know. How do I describe this? Back and

DR. ELLIOT BERLIN, DC: forth, flopping back and forth. But underwater. Underwater. That's what it felt like to you? Mm hmm. And did you know right away that's what it was? Mm hmm. You did. I feel like you're super intuitive with what's going on in there. That's very cool. And then when you did, I mean, I assume you did a structural ultrasound. Where do you see

ROXANNA SAREMI: all the little pieces? We did with Dr. Stu, our 20 week scan. Did you have a favorite thing to see on there? The whole thing was so cool. I mean, the first time I heard her heart beat, I just hysterically cried. But I'm trying to think of the structural, I think just seeing her little nose and the shape of her face and he can do 3D. So we have printouts and you can really see the details of her face and all her toes. I love the spine. The spine. Every

DR. ELLIOT BERLIN, DC: time I do it, I love the spine and the four chambers of the heart. Just watching that heart just squish away. Squish, squish, squish, squish. So cool. Could you tell on the 3D if she looks more like you or Tom? I think she looks more like me. Ooh, time will tell. We'll see. She's gonna be interesting looking. Did you find out right away what you're having? We

ROXANNA SAREMI: did. We did the blood test. That tells you. Did you have a thought at all of maybe we want the surprise? Oh, I wanted to know. I'm not one of those people that wants the surprise. Maybe the next one? That sounds like you would have known

DR. ELLIOT BERLIN, DC: anyway. I love that. I always know. All right, let's take a break. When we come back, we're gonna find out how your third trimester is going and your plans for your imminent birth. Don't go anywhere. Welcome back. It's the Informed Pregnancy podcast. I'm your host, Dr. Elliott Berlin, and I'm talking to Roxana. It's getting ridiculous. Okay. So when did you pop? I mean, you said you love your pregnant body. You're super pregnant. I'm gonna tell you in 20 years of doing prenatal care, not a whole lot of people say that. Some people are like, Yeah, I like it. It's okay. But at 38 weeks, I'm just put a fork in me. I'm done. Oh, hate it. Hate the changes. Mm hmm. They look the way they feel the way the clothing feels. You just

DR. ELLIOT BERLIN, DC: look so happy and so comfortable. When did you see like the first signs of belly? And have you attracted at all? I mean, now do you look at it and you're like, Oh, my God, that's attached to me.

ROXANNA SAREMI: Maybe that's why I like it so much, because I had such a rough beginning and I wasn't showing at all for a really long time for, like, 23 weeks or something. It just looks like I had too many cheeseburgers. So I was so ready to pop and show my belly. And it was, you know, in the midst of the pandemic. So you're not going out anywhere. I have no cute clothes to where to show off my bump. So I think by the time it came, so maybe like 28 weeks, it was late that I started to really pop. And then I was just, you know, wanted to debut this baby. Did you still not wear yourself? You don't

DR. ELLIOT BERLIN, DC: know how much weight you gained. I did weigh myself. My sister-in-law

ROXANNA SAREMI: has a scale and I did weigh myself and I gained 35 pounds so far.

DR. ELLIOT BERLIN, DC: And you feel good. Let's talk about plans for this birth. You mentioned you're doing a home birth. Was that the plan from right at the beginning? Or how did you make that choice?

ROXANNA SAREMI: So way before I even got pregnant, I loved watching birthing videos. It's just one of the things that I enjoyed. I always cry. I think it's so beautiful. And my girlfriend introduced me to the movie, The Business of Being Born.

DR. ELLIOT BERLIN, DC: Ricky got you.

ROXANNA SAREMI: Ricky got me. That was my first introduction to the possibility of doing a non hospital birth. And I dug it. I liked it. It spoke to me non hospital person or is it you don't feel like birth is a hospital thing. That's a good question. It's not that I'm not a hospital birth person because if during labor, I have to go to the hospital, I'm totally okay with it. and I will surrender if that's my journey. But there was something so cool about the idea of giving birth at home. You know, not having to leave the house, possibly birthing in the bathtub, using hypnosis and care from like this amazing midwife and this doula and this beautiful team and just being surrounded by love. There's something just so enticing about that.

ROXANNA SAREMI: I couldn't pass it up.

DR. ELLIOT BERLIN, DC: For sure, if you describe that experience with the typical hospital experience, it's just a night and day set for the activity that's gonna be happening. Are you nervous or

anxious about any of the elements? First of all, what things might feel like and second of all, of just what might happen along the way?

ROXANNA SAREMI: I think I'm definitely, I wouldn't say I'm nervous, but I do have fears and it wouldn't be right of me to say that I didn't have fears about giving birth because I definitely do, but they're not overpowering fears.

DR. ELLIOT BERLIN, DC: Specific fears?

ROXANNA SAREMI: It's not a fear of safety, which a lot of people who question me giving birth at home kind of lean towards, like it must be a safety thing. Like you're obviously safer in the hospital, but I don't feel that way. For me, it's more just this feeling this pain that I've never felt before and it's so unknown and the whole experience and the timeline is so unknown. It's more that than anything else.

DR. ELLIOT BERLIN, DC: How are you in general in pain?

ROXANNA SAREMI: Physical pain?

DR. ELLIOT BERLIN, DC: Yeah.

ROXANNA SAREMI: Kind of a wimp.

DR. ELLIOT BERLIN, DC: I don't think so.

ROXANNA SAREMI: You don't think so?

DR. ELLIOT BERLIN, DC: No, I think you're pretty tough.

ROXANNA SAREMI: I've been practicing my breathing, especially when you're like getting a spot maybe on my neck or somewhere. Yeah. Okay. Intense pressure. I got this.

DR. ELLIOT BERLIN, DC: Yeah. I mean, I think a really wonderful way of telling your nervous system, I know that's intense, but I'm not in danger. So I don't want to fight it. I don't want to surrender to it.

ROXANNA SAREMI: Love that. Yes. And from what I understand that comes in handy later, maybe later tonight for Alaina.

DR. ELLIOT BERLIN, DC: I'm gonna remember that. Wait, say that again?

ROXANNA SAREMI: Later tonight?

DR. ELLIOT BERLIN, DC: No, the affirmation. I think you already have a wonderful way of telling your nervous system that this intensity is something I'm not used to, but I'm not in danger and the baby's not in danger. Yes. So I want to surrender to it and not fight it. And then you're able to just like, yeah, Zen into it and let it move through you. I'm sort of envious. I wish I had that, but you know, I'll grow up one day.

ROXANNA SAREMI: I can teach you.

DR. ELLIOT BERLIN, DC: Thank you. So at birth, like what do you envision being comforting to you? Do you think touch will be comforting? Do you think words or affirmations will be comforting to you? Music, sense?

ROXANNA SAREMI: Watch, I'm gonna tell you all the things that are gonna bring me comfort now and then we're gonna talk after and none of those things are gonna have been comforting. This wouldn't be the first time that happened. But I'll tell you how I feel right now about it. I think, oh, one of the things we learned was the hip squeeze. Oh, that already feels good. I think I'm gonna want the double hip for sure. I'm gonna want some positive affirmations. Mostly you're doing a really good job. That's what I wanna hear. You're doing a really good job. Everything's okay.

DR. ELLIOT BERLIN, DC: Is there anything specifically you don't wanna hear?

ROXANNA SAREMI: I don't wanna hear back noise chatter that might really irritate me and I need it to be a vibe. So I have my battery operated candles and I don't know what kind of music I'm gonna want but I already have a good eclectic playlist that also includes some classic Disney songs.

DR. ELLIOT BERLIN, DC: Oh, are you a Disney fan?

ROXANNA SAREMI: I'm a huge Disney fan, especially old classic like Lion King songs. Aladdin was my favorite. Wait, though?

DR. ELLIOT BERLIN, DC: All of that. I love to make birth parodies out of those.

ROXANNA SAREMI: That's amazing. That's such a good idea.

DR. ELLIOT BERLIN, DC: Thank you very much. We do it usually in the moment if you're in the right mind frame for it. You know, it serves two purposes. I do have this question for you. Do you have predictions? It's a new thing we're doing. Predictions about when you'll give birth in relation to your due date.

ROXANNA SAREMI: Ooh, okay.

DR. ELLIOT BERLIN, DC: Oh, answer that one right now.

ROXANNA SAREMI: Yeah, you guess and I guess. We'll see what happens. Okay, you guess and I guess. I'm gonna guess May 4th. May 5th.

DR. ELLIOT BERLIN, DC: Oh, so you're saying, first of all, Star Wars Day.

ROXANNA SAREMI: Yeah.

DR. ELLIOT BERLIN, DC: May the 4th. May the 4th. Yes, one day before your due date. I will go with the unpopular answer of May 8th. May 8th. Yeah, I don't know if it has any significance, but May 8th, I'm going with a few days after the due date. Okay. Next thing, do you have a prediction on how big she will be or small?

ROXANNA SAREMI: Ooh, I'm gonna go with seven pounds, seven ounces.

DR. ELLIOT BERLIN, DC: Wow.

ROXANNA SAREMI: Okay, I was at seven pounds, three ounces.

DR. ELLIOT BERLIN, DC: Okay, it's gonna be a close race for that one. Let's see. Yeah, how about length of labor?

ROXANNA SAREMI: Ooh, wait, does this mean active labor?

DR. ELLIOT BERLIN, DC: From the time you're having surges on a regular basis, right, until the time the baby comes out.

ROXANNA SAREMI: I wanna say 12.

DR. ELLIOT BERLIN, DC: You're not gonna love my answer at all.

ROXANNA SAREMI: Oh my gosh.

DR. ELLIOT BERLIN, DC: I might just keep it to myself.

ROXANNA SAREMI: No, tell me.

DR. ELLIOT BERLIN, DC: I was thinking 25.

ROXANNA SAREMI: I don't know why I'm right, but maybe it's better actually for it to be longer. I don't know, I'm a newbie. I think that labor turns into the casino type of environment where time-

DR. ELLIOT BERLIN, DC: I love that comparison. Whoa, yes. And time just goes by and you're like, what, it's Tuesday? So I don't know that you'll necessarily feel like, wow, it's hour 12, 13, 14, 15, but I think if it is like 25, 26 hours, and it could be shorter or longer, I was at a birth a while ago and the midwife put a sign over all the clocks and the sign said, the time is now.

ROXANNA SAREMI: Ooh, be here now.

DR. ELLIOT BERLIN, DC: I think it was very helpful to just stay in the present moment where it's happening at this moment is what I have to deal with. Whether I'm taking a break or I'm having a big surge and I'm relaxing into it or whatever it is that you're doing, the time is now. And I think in that environment, 25 hours is not all that different than 12 hours.

ROXANNA SAREMI: Okay, that's comforting.

DR. ELLIOT BERLIN, DC: Hopefully I'm right. The last thing I want to talk to you about is, well, now I have two things. Do you have snacks in mind for labor?

ROXANNA SAREMI: Do I have snacks?

DR. ELLIOT BERLIN, DC: Yeah, like specific things you think you want to eat in labor.

ROXANNA SAREMI: Oh my gosh. I'm thinking fruit, all kinds of fruit like mangoes and melons, grapes, strawberries.

DR. ELLIOT BERLIN, DC: All those sound really good.

ROXANNA SAREMI: Anything hydrating? Oh yeah, sweet hydrating. I have a sweet tooth.

DR. ELLIOT BERLIN, DC: But you have like a sweet fruit tooth.

ROXANNA SAREMI: Also a sweet fruit tooth. That's such a good question. I didn't even think about snacks. I think-

DR. ELLIOT BERLIN, DC: What kind of mother are you?

ROXANNA SAREMI: What kind of mother?

DR. ELLIOT BERLIN, DC: You haven't thought about your birth snack.

ROXANNA SAREMI: Yeah, seriously. TBD, I guess. I don't know, cause what if I want something hefty like a cheeseburger, but then what if I'm throwing up and I'm like, no. Oh yeah, who knows? I mean, it's good to have a variety available. I'll keep you posted.

DR. ELLIOT BERLIN, DC: Are you doing anything to kind of, cause you love your pregnant body and there's all sorts of things you can do like plaster or belly balls or things like that. Are you doing any of those?

ROXANNA SAREMI: What's plaster?

DR. ELLIOT BERLIN, DC: You have like plaster up your belly and then make a-

ROXANNA SAREMI: Oh yeah, no, I really want to do that. I should do that.

DR. ELLIOT BERLIN, DC: And then you could either, you could paint it or you could have an artist paint it. I see people put them on the wall sometimes.

ROXANNA SAREMI: I love that idea. No, I haven't done any of that. The most we've done is a maternity shoot, which has been fun cause I got to get dressed up and take pictures. Oh, great. We'll probably use one with the podcast.

DR. ELLIOT BERLIN, DC: Yeah. I'm so glad you stopped by because otherwise you wouldn't have thought about the belly cast.

ROXANNA SAREMI: I'm dead. What was the other thing you said? Belly cast?

DR. ELLIOT BERLIN, DC: A belly bowl. There's another company that kind of makes a cast of just the bump, not your whole bust and they make a glass bowl out of it.

ROXANNA SAREMI: What? Yeah. Okay, I'm looking into this. That sounds incredible. I don't have much longer.

DR. ELLIOT BERLIN, DC: Yeah, neither one takes very long. Okay, so you are, we talked about it at the beginning. You're the first attempt of trying to bring people a little deeper into a birth experience. And the way we're going to try to do that is the people around you, like your midwife and especially your doula, to just periodically give us a like, okay, it's two o'clock in the morning. Roxanne has been in labor for three minutes and she is giggly and listening to Disney tunes and eating cheeseburgers

and other things like that. To the extent that it's not bugging you at all, we'll try to get like little questions from you along the way about how you're feeling and what you're experiencing, what you're thinking about. And then.

DR. ELLIOT BERLIN, DC: background noise, like we'll try to hear the noises like a fly in the wall in the background. If all goes well, well, you will come back and get your post-birth interview and try to incorporate some of that from the scene on the ground audio, create a whole new experience for listeners. So I'm very grateful to you for being super cool and open to the idea. I just want you to know from the beginning. There is absolutely positively no pressure. If you feel like you're not talking at all, you want them to shut off the audio recorder, kick us out. You got it. The last thing I want to do is create any extra tension or anything like that for you at your own birth. So here we are at the end.

ROXANNA SAREMI: What?

DR. ELLIOT BERLIN, DC: I know, but it's really just a halfway mark because we'll be back with a whole new type of post-birth interview.

ROXANNA SAREMI: I'm so excited.

DR. ELLIOT BERLIN, DC: At 38 and a half weeks, I'm sending you the juiciest, most positive birthy vibes.

ROXANNA SAREMI: Thank you.

DR. ELLIOT BERLIN, DC: You're amazing. You have an incredibly lucky baby in there. That's going to be showered by your overflowing maternal love. And I just hope you have an incredible journey and I can't wait to hear about it. And thank you for sharing.

ROXANNA SAREMI: Yay. Thank you so much. Honored.

DR. ELLIOT BERLIN, DC: Roxanna, where can we find you?

ROXANNA SAREMI: You can find me at Flow House Therapy on Instagram. That's our Flow Insta and then flowhousetherapy.com.

DR. ELLIOT BERLIN, DC: Awesome.

ROXANNA SAREMI: At home.

DR. ELLIOT BERLIN, DC: Thanks for listening to the Informed Pregnancy podcast. If you have questions or topic suggestions, there are topic suggestions coming in all the time now. And some of them are great things that I never thought about. And then I'm curious about seven to us info at informedpregnancy.com or join the conversation on Instagram at Dr. Berlin.

Enjoying the Informed Pregnancy Podcast?

Visit us at **informedpregnancy.com** for episodes, articles, and resources for pregnancy, birth, and beyond.

Want more? Subscribe to **Informed Pregnancy+** at **informedpregnancy.tv** for films, series, and exclusive content.