Lindsey Wilson - After Birth

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IN THIS EPISODE

OWL Venice founder Lindsey Wilson returns to join Dr. Elliot Berlin, DC for the rest of her story. In her Before Birth episode she was nearly due, planning a home birth in Los Angeles with her partner Luis, a midwife, an assistant, and a doula friend — while still seeing her OB-GYN and staying open to a hospital birth if it became necessary. Now, a few weeks after the birth, she picks the story back up in the last days of pregnancy: eager, uncomfortable, and trying everything, from acupuncture, walking, and spicy food to the two tablespoons of castor oil she took after listening to Hilary Duff's episode. She recounts a movie and dinner out while early contractions stayed surprisingly mild, timing them on an app, and her doula arriving with supplies to bake a fresh cherry pie as labor quietly gathered strength. From there she describes finding her breath and her voice, leaning on hip squeezes and softer touch than she expected to want, and why a birth class that taught her to stay in the present moment mattered so much. How does the long night unfold once the midwife arrives, what does she make of the birth tub, the placenta, and those first moments holding her baby — and how is new motherhood treating her?

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DR. ELLIOT BERLIN, DC: To the informed pregnancy and parenting podcast. I'm your host dr Elliott Berlin after her mother was diagnosed with breast cancer my guest today gave up her diet coke and cheese its lifestyle and Initiated a health exploration that together with her entrepreneurial spirit led to the birth of a booming bone broth company owl Venice Which famously replaced garlic and onions with ginger and turmeric among other popular innovations About a year ago a chance meeting while vacationing in Mexico led to a whirlwind romance She waited nearly two full weeks before fast-tracking her plans to start a family with her new love Last time we talked she was nearly due to deliver and we discussed her plans for imminent home birth in this episode

DR. ELLIOT BERLIN, DC: We get the rest of the story Lindsay Wilson, welcome back to the podcast. Hi there. Thanks for having me. Oh my god It's such an honor. Let me start by offering you warm congratulations on your recent birth Thank you. Thank you because of your lightning-fast family

building pace. I hope that you're not yet pregnant again

LINDSEY WILSON: Not yet pregnant again. No

DR. ELLIOT BERLIN, DC: All right last time we talked to your plans had kind of shifted from maybe doing a home birth with a midwife in Mexico to planned home birth in Los Angeles with your partner a midwife assistant a doula and of course the two dogs and We talked about that aside from the typical reasons that people choose for giving birth at home You had extra incentive because it was during kovat and hospitals were requiring masking while you were laboring and in birth and limiting Who you could bring with you certainly not the dogs But with that said you also continued to see your OB GYN We really loved and were open to going to the hospital to give birth if that became necessary For safety. So let's start with this last time

DR. ELLIOT BERLIN, DC: Talk to you. It felt like you were so close to going to labor like it could be a day or two later

LINDSEY WILSON: I think I saw you on a Wednesday and then I had him the following Monday Okay, so there was still a little time to go. Yeah, I was the last week of your pregnancy. I Tried everything every day

DR. ELLIOT BERLIN, DC: Yeah, why were you so eager to get the baby out? Were you up against the deadline or you just uncomfortable?

LINDSEY WILSON: no, I think I was just uncomfortable and ready and For as fast as we decided to start a family I thought I would be totally fine with him coming late. And what's funny is the whole pregnancy I said I wanted him to come on May 31st because his dad and I both have holiday birthdays. I'm Halloween Louise's Valentine's Day and so I thought it would be cool if he was born on Memorial Day and then by 36 weeks. I was like, yeah, never mind just I Come now

DR. ELLIOT BERLIN, DC: And then he was born on the 31st. So oh look at that. Yeah. Oh, wow So when you say you tried everything every day, what kind of things I came to see you?

LINDSEY WILSON: I was doing almost daily acupuncture a lot of walking walking up hills eating spicy foods drinking raspberry leaf tea

DR. ELLIOT BERLIN, DC: And Did you feel like any of those things were particularly helpful?

LINDSEY WILSON: No, actually I had listened to your podcast with Hillary Duff and Sunday before I went into labor later that day I ended up drinking castor oil after listening to her talk about her story and saying how I think with her her water broke and then she didn't go into labor so she tried the castor oil to get her labor going. I listened to that and then another friend told me castor oil so I ended up drinking two tablespoons of castor oil the morning I went into labor. Just by itself? Just by itself. Two tablespoons at the same

DR. ELLIOT BERLIN, DC: time or a tablespoon and then waiting in another tablespoon? Oh tablespoon and then

LINDSEY WILSON: waiting and taking another tablespoon. How long in between? I think I took them

DR. ELLIOT BERLIN, DC: about two hours apart. Okay did you feel anything after the first one? No I

LINDSEY WILSON: actually did not have a problem with my bowels emptying out or anything

DR. ELLIOT BERLIN, DC: Yeah but also did you feel anything changing with your uterus? Well I started

LINDSEY WILSON: getting contractions around 2 p.m. We went to the movies and I started getting contractions so I took the first tablespoon around 10 a.m. I think and then again around 12 p.m. Oh and then two hours after that? Yeah. Okay

DR. ELLIOT BERLIN, DC: was that the beginning of labor? Yeah. How did things progress? So we went

LINDSEY WILSON: to go see Cruella at the movies and I was getting contractions but it felt similar to Braxton Hicks that I had been getting so I didn't think much of it and then we went out to dinner afterwards and they started picking up a little bit and being a little more frequent so then I was like hmm maybe this is it but I still hadn't said anything to Luis at this point because I was still kind of thinking it might be in my head about it but he invited a friend of ours over and we met him at the house and we were outside like just chatting and I started timing my contractions then I texted my friend Stacey who was my doula and she told me just to start timing them so I was like I'm not really sure if this is it because it

LINDSEY WILSON: wasn't really hurting me at all so I wasn't sure if it could be labor so I started timing them with this app and after about 45 minutes it told me to go to the hospital so I was like okay I must be in labor now. Oh really? Do you

DR. ELLIOT BERLIN, DC: remember what characteristics there were to your labor pattern? I remember

LINDSEY WILSON: they were like a minute long contraction I think one to two minutes long maybe and then a couple minutes apart three minutes apart

DR. ELLIOT BERLIN, DC: maybe. Is that right? I mean it could be how did they feel to you I mean

LINDSEY WILSON: other than seeing them on the app? They were so mild that I was like this can't be it like this really yeah and my friend was like no that's how I ended up having my baby in the bathtub and not making it to the hospital I think you're in labor I'm just gonna come over and I was like I don't know I don't she has two kids so I didn't want her to come over unless it was really happening but it was consistent for two hours enough where we were like okay this is probably happening but I have no idea like how long this is gonna take because I'm definitely like still totally holding it together right now. Were you in touch with your midwives at all during that time? I told my midwife that I was having frequent contractions but

LINDSEY WILSON: she was kind of in agreement that I must not be like too far along if I was still totally coherent so she was like okay just like keep me posted this was probably around 7 p.m. that I like reached out to my friend and she ended up coming over like I think an hour or so later what's funny is the morning after you have the baby you're like wow I'll never forget this and then like one

week later you're like I have no idea what happened. Yeah

DR. ELLIOT BERLIN, DC: that's kind of interesting I interviewed somebody recently about a week after she gave birth and all the details were super clear and super coherent we hadn't aired it yet and maybe three weeks later she's like hey can I get that recording I don't remember anything. I always try to get you as soon as you have the baby so that we could get all the details okay but I do have this question you have the two dogs what kind of dogs are

LINDSEY WILSON: they? They are two like mutts they're shelter dogs rescue dogs one is like chihuahua terrier mix and the other is a spaniel dachshund mix. How long have they been with you? I've had Kismet for five years and Karma for three years. Okay did Karma and Kismet start acting any differently the day you went into labor? Not really no. Business as usual? I mean to be honest they didn't give my belly a whole lot of attention the whole time I was pregnant Kismet paid no attention to my whole labor, and Karma was like concerned and looking and seeing what was happening, but quiet. And then since like they've paid little attention to the baby, but they are wanting more attention from us, for sure.

DR. ELLIOT BERLIN, DC: Okay, so you're trying everything, eventually doing two tablespoons of castor oil, a couple hours apart, watching Corella and having some dinner, contractions are happening, but they feel mild to you, even though they're on a pretty strong pattern in terms of frequency and how long they're lasting. And your doula friend is on her way over. The midwife's not concerned. They also think because you're so comfortable, there's not much going on. We're going to take a quick break, and when we come back, we'll find out what happens next. Welcome back to the Informed Pregnancy Podcast. We're talking to Lindsay Wilson. Okay, your doula friends on their way over. What happens next?

LINDSEY WILSON: So she brought supplies to make a cherry pie, and we had kind of a penny.

DR. ELLIOT BERLIN, DC: I love your doula.

LINDSEY WILSON: I love her. So she's an amazing pie maker and we kind of made this joke like, oh, it would be a great thing to distract us from the labor, let's make a pie. So we had gone this day before, I guess, to the farmer's market and we got a bunch of cherries. And so she came prepared to make a fresh cherry pie. So that's what she did as I was starting to go into a different zone.

DR. ELLIOT BERLIN, DC: So once she came over, things started to feel different for you?

LINDSEY WILSON: She came over around eight and I would say like probably around nine or 10, I started getting more intense contractions where they were actually taking my focus. Like I wasn't really helpful. I remember making the pie, but I wasn't really involved in that process. The pie was made, the pie was made, and probably by the time the pie went into the oven, I was like long gone because I don't really remember that. And she was the one communicating with my midwife at that point as well.

DR. ELLIOT BERLIN, DC: Okay. Do you remember when you felt the surges and they started to take your attention

LINDSEY WILSON: away where you felt them in my uterus, like it feels like you're about to have diarrhea is how I would explain it almost.

DR. ELLIOT BERLIN, DC: Wow. I'm not sure how to process that because usually people say I felt it more in the front or in the back, but like you're going to have a loss of control? Like that cramping feeling that you get like when you're about to have

LINDSEY WILSON: diarrhea where your like stomach is cramping and you're just like oh like that is kind of like

DR. ELLIOT BERLIN, DC: what I would describe it. Okay I get it better now. So mostly in the lower front? Yeah lower

LINDSEY WILSON: front. Did you have any of it in your back? I did not have back labor and I was so happy

DR. ELLIOT BERLIN, DC: because I was a little afraid of that. Oh good I'm glad you didn't have that. What kind of things did you find helpful in terms of comforting yourself or being able to relax and surrender into that?

LINDSEY WILSON: Definitely focusing on the breath and for me like making noise which I normally not somebody that makes a lot of noise but I definitely like use my voice during my contractions and I was pretty good about resting in between contractions. I did a lot of like sitting squatting leaning forward and backwards like I sat kind of like on a bolster with my knees together and my legs spread apart and like when somebody would squeeze my hips together like go on either side of like my hips and kind of push them together that was helpful too.

DR. ELLIOT BERLIN, DC: Were there other things that people did for you that were helpful?

LINDSEY WILSON: They would do that they would put pressure on my hips and push them together. Right outside of

DR. ELLIOT BERLIN, DC: that were there other things that people did for you that were helpful? A little bit of

LINDSEY WILSON: massage but what was interesting is like after going through my birth class and knowing like my partner is a massage therapist I really thought the whole labor like we would be totally connected and he would be massaging me but that is not at all what happened. For some reason I just didn't want as much touch and his touch felt a little too strong for me. I preferred having my doula or my midwife touching me because their touch was like a lot softer so I totally understand why women have doulas in the birth but I kind of felt like I don't need a doula like Luis is a massage therapist and he's going to be great. I ended up having one because my friend offered to do it and wanted to do it and I felt really comfortable with

LINDSEY WILSON: her so I was like oh sure why not but I totally understand now why you would want a doula because for some reason like for me I just wanted to be with that feminine energy and the male energy was like a little too much and Luis was really like tending the fire and setting up the tub and just making sure other things were handled so that was interesting.

DR. ELLIOT BERLIN, DC: Were there specific things that you ate or drank while you were in labor?

LINDSEY WILSON: Watering and that was it. I don't think I ate anything during my labor. I don't normally eat after dinner before breakfast and my labor was right after dinner until right before I would eat breakfast so I don't think I would normally eat during that time so I didn't and food never really sounded good to me throughout the labor. As things picked up and became more intense did you experience any fear? No not really I mean towards the very end I was afraid I was going to poop in the pool so I got out of the pool and sat on the toilet for a little bit but no not really I didn't have fear about the birth going into it or during it

DR. ELLIOT BERLIN, DC: I had more fear about postpartum. Okay how did things continue to progress overnight?

LINDSEY WILSON: So my midwife came by around one in the morning and contractions were very intense by that point like I barely remember her getting there. I don't remember her assistant getting there. I have like a very cloudy memory of that whole time like I remember going from the bolster to the bathroom and sitting on the toilet and going back and laying on the couch a little bit. I did not really go in the bedroom or go on the bed at all or go in the shower which I expected I would spend like my whole labor in the shower. I think because I heard that getting in the tub too early could slow things down I just really didn't want to risk like anything slowing down. It felt like a long time and no time at the same time but I remember somebody saying like

LINDSEY WILSON: well the sun's about to rise and for some reason at that point I was like are you kidding me like this has been going on too long and it was like right after that that I started pushing and the pushing I was really lucky it only lasted like 30 minutes I think I had like

DR. ELLIOT BERLIN, DC: three pushes and he was out. Prior to that did you have your cervix checked at any point?

LINDSEY WILSON: No I did not do any cervical

DR. ELLIOT BERLIN, DC: So, was there a way for you or the midwives to kind of tell where you were in the process or how much longer things might go, or were you even thinking about that?

LINDSEY WILSON: I wasn't thinking about that. I took a birth class prior to the birth that I think was super helpful just for preparing me in terms of like knowing my body is made for this and just breathing through it and bringing in the present moment, not thinking farther ahead about how long is this going to take or how bad is it going to get? And I knew that my midwife's philosophy was not doing cervical exams, so I didn't expect to have updates throughout the labor. Aside from knowing that based on my contractions and how I'm progressing, that's how they're able to tell really how far along I am. And once I was ready to push, like my body would just tell me to push like I didn't need to know that I was 10 centimeters dilated. And it was true.

LINDSEY WILSON: Like once it was time for me to push, like my body just started doing it, you know, there was no like forcing that.

DR. ELLIOT BERLIN, DC: Um, so you said you did get it to the tub at some point because then you got out because you were afraid of the floaties and then did you get back in?

LINDSEY WILSON: I did get back in. He was born in the tub. So I would say I spent maybe the last two hours of my labor in the tub. I could be wrong about the timeline, but I don't remember being in the tub for a very long time, like a little over an hour before I started pushing maybe two hours.

DR. ELLIOT BERLIN, DC: So when you went in the tub, the first time was that just you having an instinct, Hey, I want to go in the tub now. Or did somebody suggest it?

LINDSEY WILSON: No, my midwife was like, you're ready now to go in the tub.

DR. ELLIOT BERLIN, DC: What did it feel like when you got in there?

LINDSEY WILSON: It was definitely a relief and felt nice. But by that point, like my contractions were so intense that it wasn't like I got in there and I was like, Oh, that's the soap. Yeah, it wasn't like that.

DR. ELLIOT BERLIN, DC: Um, okay. So then when you got back into the tub for pushing, you kind of felt your body doing it. Did you also have to assist with the pushing?

LINDSEY WILSON: Yes. Like the first time my body started doing it, I didn't really assist with it. It was just like a different feeling than contractions. Or else when you're like, Oh, like almost like when you throw up, like you don't try to throw up, like your body kind of like just does it for you, it was that kind of feeling obviously different end of my body. But yes.

DR. ELLIOT BERLIN, DC: Yeah. So far we got the diarrhea and the vomit comparisons, but they kind of make sense body functions.

LINDSEY WILSON: Yeah, totally.

DR. ELLIOT BERLIN, DC: And it's your body doing its own thing, but that by itself, do you think if you had let that continue, that would have done the trick or did you feel like you needed to push also?

LINDSEY WILSON: No, I think I needed to push also. Like you're working with your body at that point. I didn't have to like push hard. It was just like, knowing that my body was doing that, like working with my body and pushing a little bit. I mean, I pushed like two times, I think. And once his head came out, the rest of his body just lit on out.

DR. ELLIOT BERLIN, DC: So was there an increased sensation when the baby's head came through?

LINDSEY WILSON: Yes. I had the ring of fire and that was definitely a painful, painful moment.

DR. ELLIOT BERLIN, DC: Do you recall roughly how long that lasted?

LINDSEY WILSON: Not long, like minutes, probably.

DR. ELLIOT BERLIN, DC: Okay. Was that the most intense part of your labor?

LINDSEY WILSON: Yes.

DR. ELLIOT BERLIN, DC: Okay. So in water birth, it's kind of interesting.

LINDSEY WILSON: Since the baby came out on submerged, he was submerged when he first came out. He was pulled out pretty quickly. Cause my water broke in the tub at the very end. So the water was like very cloudy and blood in the water and stuff.

DR. ELLIOT BERLIN, DC: Oh, so you didn't leave him under too long. What position were you in at that point when you pushed the baby out?

LINDSEY WILSON: I was on my knees.

DR. ELLIOT BERLIN, DC: So are you the one who caught the baby or was it someone?

LINDSEY WILSON: No, my midwife got the baby. And then brought the baby out.

DR. ELLIOT BERLIN, DC: All right. So it sounds like such a natural experience for you that labor just started and although you did have the caster, but labor just kind of started and progressed and built up in intensity and you just were surrounded by people who supported you in riding the wave as your body did the work. We're going to take a quick break. When we come back, we'll find out about the afterbirth and how motherhood is going for you. We'll be right back. Informed Pregnancy podcast, we're talking about Lindsay Wilson. In our story, she just gave birth. Congratulations.

LINDSEY WILSON: Lindsay Wilson Thank you.

DR. ELLIOT BERLIN, DC: Pete Slauson So, you're in the tub, your baby's out. How does that all work logistically in terms of the cord and the placenta? Do you stay in the tub? Do you get out?

LINDSEY WILSON: Lindsay Wilson I stayed in the tub. They put the baby on me, and we didn't cut the cord for a while until it stopped pulsing. And then and my placenta, I didn't start having contractions for my placenta to come out. And it was probably like 45 minutes to an hour after I delivered and my midwife kind of like pulled it out with the cord.

DR. ELLIOT BERLIN, DC: Pete Slauson Oh, but you're still in the tub at that point?

LINDSEY WILSON: Lindsay Wilson I was still in the tub, yeah.

DR. ELLIOT BERLIN, DC: Pete Slauson Oh, wow. And holding the baby. Do you remember that moment when you literally picked the baby up onto you?

LINDSEY WILSON: Lindsay Wilson Yeah, I do. I couldn't believe how much hair he had. I was just like in shock and I was crying and I was like, Oh my God, his hair. Like he has so much hair.

DR. ELLIOT BERLIN, DC: Pete Slauson I mean, do you think that's all the ginger and turmeric?

LINDSEY WILSON: Lindsay Wilson Maybe.

DR. ELLIOT BERLIN, DC: Pete Slauson Could be.

LINDSEY WILSON: Lindsay Wilson I don't know.

DR. ELLIOT BERLIN, DC: Pete Slauson Did you have heartburn during pregnancy?

LINDSEY WILSON: Lindsay Wilson Only for like a week or so. I had bad heartburn. And I just drank a bunch of green juice and kind of went away. And I was careful with what I ate after that, like eating more cooling foods because some stuff would give me heartburn.

DR. ELLIOT BERLIN, DC: Pete Slauson I mean, having that baby literally was a very fast process. Like we talked about at the beginning, you met your partner, you got pregnant pretty quick. Is there like an emotional element to the reality of holding your baby for the first time in your arms?

LINDSEY WILSON: Lindsay Wilson Yeah, I mean, I think it's like, there's so many emotions and hormones and adrenaline and like, there was such a sense of relief of getting through the labor. And I was in such a zone of just getting through that that it was almost like coming to afterwards of like, where am I? What just happened? So I would think I was in shock for a little bit. Yeah.

DR. ELLIOT BERLIN, DC: Pete Slauson Did you have any tearing or stitching that you needed?

LINDSEY WILSON: Lindsay Wilson I did not tear and I did not get any stitches, but I had what they called road rash, which is essentially like a rug burn on your vagina. And that was very painful healing process.

DR. ELLIOT BERLIN, DC: Pete Slauson I don't even like rug burn on my knee.

LINDSEY WILSON: Lindsay Wilson Yeah, I'm not convinced that it's any better than tearing. I had to pee into a bucket of water for like two weeks after I had the baby.

DR. ELLIOT BERLIN, DC: Pete Slauson Oh, wow. And then it healed up?

LINDSEY WILSON: Lindsay Wilson Yeah, and then it healed. And I'm still healing.

DR. ELLIOT BERLIN, DC: Pete Slauson How is motherhood?

LINDSEY WILSON: Lindsay Wilson Motherhood is great. It's full on and everything anyone ever said about motherhood is true.

DR. ELLIOT BERLIN, DC: Pete Slauson You mean in terms of like the intense workload or the…

LINDSEY WILSON: Lindsay Wilson Yeah, just how it's the hardest thing you'll ever do and the most rewarding and how your heart's living outside your body and they grow so fast and just like all of the cliche things about motherhood that my friends have said or people have said to me. I'm like just experiencing and bowing to all moms out there because for me, I'm breastfeeding on demand and that's been more intense than I expected because, you know, people tell you and in my class it's like, oh, the baby eats every two hours. I'm like, oh, I can totally handle that. If I have two hours in between feedings, that's like great. But that's not really like been my reality. My baby likes to eat nonstop all day. But I've been really

LINDSEY WILSON: lucky because he does usually always sleep a four hour and a three hour stretch at night. So…

DR. ELLIOT BERLIN, DC: Pete Slauson I mean, it could be because right before he came out, your house smelled like cherry pie. Yeah, that could be. That was a sweet way to enter the world, I bet.

Pete Slauson Okay, so outside of that, are there, in terms of like the emotional transition or the things that people talk about postpartum in terms of sadness or blues, did you experience any of that?

LINDSEY WILSON: Lauren Henry I have some days where I feel that usually when I'm like exhausted and Luis is like having stuff to do outside of the house and I'm spending a good part of the day at home with my boobs out and like nothing to wear. And, you know, I have my days where I feel sad and emotional. But I also have days where I feel like I got this and this is amazing. And my baby is so cute.

DR. ELLIOT BERLIN, DC: Pete Slauson Oh, well, that's lucky.

LINDSEY WILSON: Lauren Henry Yeah, it's everything. I think the first week I'll say like right after you have the baby, I felt like Superwoman for like a week. And I felt amazing. so empowered and then there's no way to know what your baby's gonna be like and how your baby's gonna sleep and eat and all of those things so it's not like you can plan out a schedule with your partner in advance like okay like you're gonna have like from this hour to this hour and on from this hour to this hour it's like we kind of have to just go day by day and see how the baby's doing and we were trying to schedule a time to do the podcast but like until a week ago I think he wasn't taking a bottle so figuring that out so

LINDSEY WILSON: that now I can like leave the house for a couple hours if I need to do that like we didn't get to that point until five weeks so it's different I think

DR. ELLIOT BERLIN, DC: for each kid even to the same parents a couple of more questions for you so in our pre birth interview you said like you feel like you have a very high pain threshold but you never broke a bone or anything so you weren't quite sure did labor and birth test your limits on that how do you feel

LINDSEY WILSON: about that after giving birth I feel like I definitely have a high pain threshold still because I feel like I was able to get through my labor gracefully you know like I wasn't like oh my god I can't do this like I never had that moment where I said I can't do this or give me drugs or I heard that you get to this point in your labor where like oftentimes you'll have a lot of self-doubt and like I can't do this and that's totally a normal part of labor I really didn't experience that like when his head came out that was probably the most pain I've experienced but there's also such a short period of time and when it's over it's over and you have a baby so nature also plays this trick where like after a couple weeks like you

DR. ELLIOT BERLIN, DC: just don't even really remember it yeah that way you'll have another one the round ligament pain was I think if I remember correctly one of your most uncomfortable parts of pregnancy when you're having to flare up did it bother you during labor at all and did it immediately go away after birth that

LINDSEY WILSON: was definitely my biggest complaint throughout the pregnancy that's how I ended up finding you and going to see you did help a lot and I need to back because I will say it didn't bother me during the labor but I've still had a little bit of pain on that one hip that I was experiencing it and it just feels weaker on that hip and my muscles feel softer on that side than the other side I think that's the best way to explain it but I still feel the aftermath of where that was happening but it's not quite like the piercing pain like it was during my pregnancy my final question for you is now that

DR. ELLIOT BERLIN, DC: you've been through it all would you do anything differently next time you

LINDSEY WILSON: know the only thing that I would do differently is I would just go with my midwife and I wouldn't do the co-care knowing how I was able to get through my labor and not even question about going to the hospital my whole pregnancy was super healthy not that I have anything against my OBGYN it was just a lot by the end of it going to so many appointments because you

DR. ELLIOT BERLIN, DC: literally went to all the appointments that somebody would go to with a midwife and all the appointments that somebody would go to with an OB so that you had both avenues open to you but even one of those is a lot

LINDSEY WILSON: by the end of pregnancy oh yeah and doing two appointments a week by the end of it I was like I just want to have this baby so I don't have to go to the doctor again it's just like so over the appointments and my midwife has a great backup doctor so I'll probably switch to see that OBGYN or midwife not

DR. ELLIOT BERLIN, DC: a doctor yeah amazing I assume you're getting lots of bone broth yes

LINDSEY WILSON: lots of bone broth my friends have been great I've done some mother's bees meals and yeah my parents were here for a little over a week and they cooked a lot my partner cooks a lot so that sounds great all right Lindsey

DR. ELLIOT BERLIN, DC: thank you so much for sharing your story your wonderful story where can we

LINDSEY WILSON: find you online you can find us at owl Venice I'm Lindsey owl and then owl Venice comm if you're interested in bone broth or gut resets or

DR. ELLIOT BERLIN, DC: anything like that amazing thanks again for sharing your story and at home thanks for listening to the informed pregnancy podcast let's connect on Instagram at dr. Berlin it's at D O C T O R B E R L I N

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