Tasha Gonsalves - A Birth Story

Episode 251 · October 14, 2021 · with Tasha Gonsalves

IN THIS EPISODE

Revolve hair and makeup artist Tasha Gonsalves joins Dr. Elliot Berlin, DC to tell the story of her pregnancy and birth. Tasha grew up on her father's cattle farm in tiny Julian, California, moved to Los Angeles for hair and makeup, and met her partner Mike, an audio engineer, on a production set — in December, the month that keeps turning out to be magical for them: a year before she conceived, she predicted they would have a daughter. The pregnancy itself was a surprise, discovered while Mike was in Alaska for Deadliest Catch and revealed to him with a single grain of rice showing the baby's size. Her first and second trimesters were smooth, spent largely at home during COVID, and from the beginning she planned a home birth — hospitals, needles, lights, and crowds have made her uneasy since childhood, and she prepared with reading and hypnobirthing to keep fear from setting her back. She had warm, daily-check-in care from her midwife alongside brief, clinical OB visits. Then, at about 35 weeks, she learned her baby was still breech — and the plan she had counted on ran into hard limits: what her OB would offer, what California midwives can do, and what her HMO would cover. She tried everything she could to encourage her baby to turn. Would she find a provider willing to help her birth her breech baby the way she hoped?

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DR. ELLIOT BERLIN, DC: Welcome to the informed pregnancy and parenting podcast. I'm your host dr Elliott Berlin my guest today spent her childhood growing up on a farm and Is now a Los Angeles based hair and makeup artists for one of today's hottest brands revolve She's a creative spirit who draws artistic inspiration from 70s glamour Italian cinema and the styles of legends like Grace Jones and David Bowie She and her partner recently welcomed a truly magical creation a daughter In this episode, we'll talk about her pregnancy Original plans for birth and how she was able to pivot when her baby and insurance company were not cooperating with plan a Tasha can solve us. Welcome to the podcast. Thank you

DR. ELLIOT BERLIN, DC: You are an amazing spirit and I feel super blessed to have met you and been a tiny part of your major journey Let's start at the beginning. Where are you from? Tell me about

this farm

TASHA GONSALVES: It's a very small town Julian, California It's east of San Diego up in the mountains. It's like the only area in San Diego that snows Yeah Predictably every year every year. Mm-hmm. Yeah, so we had snow days at school, which was always fun. There's a one Stop sign in town. There's no lights. It's just one little tiny Isolated town in the middle of nowhere. Well, and did you have a farm?

DR. ELLIOT BERLIN, DC: Do you literally have a farm?

TASHA GONSALVES: Yeah, so my dad we have 18 acres and it's just all cattle my dad He just has them as pets. Honestly, he grew up on a dairy farm near Where my parents house is so it's a farm, but it's not like a running functioning Dairy or anything like that. It's just a farm with pet farm animals pet farm animals Sanctuary where yeah, my dad just loves cows

DR. ELLIOT BERLIN, DC: How'd you end up going from there to LA quite a different environment here we have a lot of stop signs and stop

TASHA GONSALVES: We do we do. Yeah, I take like five freeways just to get to work from Santa Monica Yeah, I ended up here for hair and makeup. This is where I needed to be for it. And also I just love Los Angeles I love that It's like a big melting pot of people and I love the city and being by the beach has been like the greatest Blessing ever where I'm at now and no snow no snow Which I prefer I get cold really easily

DR. ELLIOT BERLIN, DC: This is definitely a better place for you. Where did you become interested in here and make up in college?

TASHA GONSALVES: I used to see all of the Cosmetology girls with all of their cool hair and makeup and I was Intrigued because my mom was also obsessed with makeup and I used to always play with makeup in her vanity and steal all of her cosmetics This is not just my daughter's

DR. ELLIOT BERLIN, DC: Yeah And what were you studying in college before that?

TASHA GONSALVES: child development

DR. ELLIOT BERLIN, DC: Did you finish?

TASHA GONSALVES: No, I did not and funny enough. I just last month Applied to Santa Monica City College and I'm going back to school to study child development So you still have a sort of an interest in that? Yeah, I feel like I want to go back towards that What would you like to do with it ultimately, um, i'd like to work with babies and somehow do something with children and animals.

DR. ELLIOT BERLIN, DC: Yeah. That kind of makes sense since you just made a child and you grew up with them.

TASHA GONSALVES: Yeah. Yeah. I feel like PAWS helps me work through some of my personal childhood trauma. So maybe working with kids who have trauma and somehow involving animals with that, I think would be really fulfilling.

DR. ELLIOT BERLIN, DC: It sounds very cool. And also very L.A. Very L.A. All right, so you had a child. Let's get to that. First of all, where'd you meet your partner?

TASHA GONSALVES: We met on set on a production and it was like a 10 day, 13 hour days. So he just kept coming into the hair and makeup and trying to hang out, just being Mr. Funny Man.

DR. ELLIOT BERLIN, DC: Oh, that's usually my job. Okay, wait, so what does he do in production?

TASHA GONSALVES: He is a audio engineer. So he does all the sound for productions.

DR. ELLIOT BERLIN, DC: Okay, so absolutely no reason to be hanging out with hair and makeup.

TASHA GONSALVES: No, he would just be in there, miking up the talent. But after a while, he didn't need to be in there.

DR. ELLIOT BERLIN, DC: And how long was that production?

TASHA GONSALVES: It was 10 days, but they were long production days, like anywhere between 13 to 15 hour set days.

DR. ELLIOT BERLIN, DC: Oh wow.

TASHA GONSALVES: Yeah.

DR. ELLIOT BERLIN, DC: So you got to get to know your time.

TASHA GONSALVES: Yes, definitely.

DR. ELLIOT BERLIN, DC: When did it get serious?

TASHA GONSALVES: Well, it's funny. Everything with us is, December is like our magical month, but we met in December. A year later, we became serious or exclusive for like the third time in December.

DR. ELLIOT BERLIN, DC: Oh.

TASHA GONSALVES: There was this December before she was born. I told him that we were gonna have a daughter like the year before I found out we were pregnant. I predicted we would have a daughter in December. His birthday is in December. Yeah, I don't know. Something about that month.

DR. ELLIOT BERLIN, DC: This December, I'm gonna see if you're getting any intuitive powerball numbers.

TASHA GONSALVES: Yeah, okay.

DR. ELLIOT BERLIN, DC: You seem to be good at predicting things.

TASHA GONSALVES: Yeah.

DR. ELLIOT BERLIN, DC: Oh, so that's it. And then when you got pregnant, was that you both ready?

TASHA GONSALVES: No, actually. We were both pretty, I mean, we were surprised it wasn't planned. And she definitely felt like destiny though, to begin with before she was conceived. So I was determined to have her, but we didn't know if it was the right time. And it didn't take long to decide to follow through. So it was a little miracle. A little shocking surprise. Yeah, yeah. He goes to Alaska twice a year for deadliest catch. And he was gone when I found out. So I surprised him with a grain of rice on his return home. Told him that that was the size of our baby.

DR. ELLIOT BERLIN, DC: Oh, wow. That's a fun way to reveal.

TASHA GONSALVES: Yeah.

DR. ELLIOT BERLIN, DC: All right, so let's take a little break. And when we come back, we'll find out how your pregnancy was and how you planned for birth. Don't go anywhere. We'll be right back. Welcome back to the Informed Pregnancy Podcast. We're talking to Tasha who predicted she'd have a daughter and then found out she was pregnant. Wasn't quite sure she was ready, but you and your partner got it together and you gave them a grain of rice.

TASHA GONSALVES: Yeah, exactly.

DR. ELLIOT BERLIN, DC: Romance. So let's talk about this. How was your early pregnancy?

TASHA GONSALVES: It was really good, to be honest, but right before I found out I had a lot of morning sickness, I thought that I was just coming down with the flu or something. My period isn't always regular, so I didn't really think anything of it when I was late. So I was quite sick and I decided at work when I was running to the bathroom after drinking tea, as soon as I arrived to work to throw up, I went out and got a pregnancy test and found out that I was pregnant. So yeah, early on I was a little sick with morning sickness, but that went away shortly after and the first trimester was actually quite smooth.

DR. ELLIOT BERLIN, DC: Three questions. First of all, were you doing something to try to prevent pregnancy and it

TASHA GONSALVES: failed you? Just the pool and pray, Dr. P.

DR. ELLIOT BERLIN, DC: Okay, that fails everybody.

TASHA GONSALVES: Yeah. So we were very careful now.

DR. ELLIOT BERLIN, DC: Okay. So it couldn't have been that huge of a surprise.

TASHA GONSALVES: No, no, no.

DR. ELLIOT BERLIN, DC: And then the second thing is, how far along were you when you found out?

TASHA GONSALVES: Six weeks.

DR. ELLIOT BERLIN, DC: Okay. So not too deep into the pregnancy. And then this is the question I ask everybody. Did you do one pregnancy test or multiple pregnancy tests?

TASHA GONSALVES: I just did one and I actually felt it. I was like, this is it. I'm definitely pregnant. I got like a cheap test and didn't think twice, but I did, however, make an appointment right away to get it verified by a doctor.

DR. ELLIOT BERLIN, DC: Okay. If your first trimester was good, then I have to imagine your second trimester was great.

TASHA GONSALVES: It was great. Yes. And unfortunately with everything that was happening with COVID, it turned out to work in my favor. I've pretty much spent my entire pregnancy home with my partner, which was something I don't know if I'll ever be able to be lucky enough to experience again. Yeah. Silver linings for sure.

DR. ELLIOT BERLIN, DC: Yeah. No pregnancy during COVID. Did that make you nervous?

TASHA GONSALVES: It did, but I had already planned to do a home birth. So I wasn't as nervous because I just felt like that plan would come to fruition. I didn't predict any complications or challenges that would arise. It was a little scary. Yeah. I see. Yes. And definitely the isolation factor of it. Cause I tend to be more of a permit and stay indoors. And so it was a little nerve wrecking for both my partner and I, but we made the most of it. And actually I feel like it was quite beautiful. We bonded and I got so much time with him and the baby. It

DR. ELLIOT BERLIN, DC: was so fun. You said you knew from the beginning, you wanted a home birth. Tell me more about that.

TASHA GONSALVES: Yeah. Well, I was a C-section baby and I don't know ever since like a young age, I've always been kind of scared of hospitals. I get like a nervous, uneasy feeling in that type of environment. I don't like shots. I don't like needles. I don't like lots of people. I don't like all the lights. So having something at home just sounded and felt intuitively right to me and just being my age and knowing that I didn't have a lot of complications early on. I knew if anything were to happen as a backup plan, I would do whatever it took to ensure the baby had a healthy, safe delivery if needed to go to hospital. But I intended from the

DR. ELLIOT BERLIN, DC: beginning to do home birth. I have a whole list of people I don't like. Yeah. So we have that in common. Yeah. And those are some of the fears of medical things. Did you not have any fears of, like,

TASHA GONSALVES: the intensity of childbirth and how people talk about that? I just tried not to think about it. I also read a lot of books, and I was doing the hypnobirthing. I was reading up on that and listening to podcasts. I don't know. I felt like fear would just set me back. I just went into it without having any fear. I don't know. Maybe it's the motherly instinct that comes over a lot of women, but, right?

DR. ELLIOT BERLIN, DC: Are you able to do that with other things in life?

TASHA GONSALVES: No, no.

DR. ELLIOT BERLIN, DC: Okay, so this was extra special.

TASHA GONSALVES: It's just extra special, for sure. This was the exception. Paws was casting a spell

DR. ELLIOT BERLIN, DC: over me, so. Did you stop seeing a doctor at some point and switch to a midwife?

TASHA GONSALVES: You know what? We switched to a midwife almost right away. So I found my midwife, Davey Kalsa, and she was amazing. Mike and I really loved her. So she was with us from the beginning, and she encouraged, because my insurance was already covering doctor visits, that I just continued to see Dr. Rana, who was my OB, throughout the pregnancy.

DR. ELLIOT BERLIN, DC: You saw both of them.

TASHA GONSALVES: Yes.

DR. ELLIOT BERLIN, DC: I mean, how would you compare the two models of care?

TASHA GONSALVES: Totally opposite from one another. Just completely like everything about it. Dr. Kalsa is warm and welcoming and comforting, very maternal mama energy. Just everything about the whole vibe and the visit, and they're so gentle in the way they talk to the baby, They seem to really care. I mean, she was concerned about my mental health. She did daily check-ins with me throughout the week. I had food journals, just so much love and care around me and the baby throughout the entire process. Whereas when you go in for your visit, it's very just medical. Like, how are you feeling? Great. Okay. Move on. Do the ultrasound. This is what your baby looks like. All right. Awesome. Okay, you're done. We'll see you in a couple of weeks.

TASHA GONSALVES: Wow. Measure your belly, pee in a cup. Goodbye.

DR. ELLIOT BERLIN, DC: Yeah. It's very like, we got to draw your blood. This is it. Blah, blah, blah. You must hate that part because you don't like needles.

TASHA GONSALVES: No, I did not like that. I'm into necessary evil.

DR. ELLIOT BERLIN, DC: Yeah. Did you stay really active during your pregnancy?

TASHA GONSALVES: Super active.

DR. ELLIOT BERLIN, DC: Like what kind of things? Cause you're like mid pandemic.

TASHA GONSALVES: Right. So grateful where my partner and I live. I mean, he's had the apartment for about eight years now. I'm in counting. So we're right here, right off of PCH across from Will Rogers beach. So there's just so many places to walk. I would walk the boardwalk or just walk along the beach almost daily. And then also just throughout the community right here, there's all throughout the palisades, there's so many little stairs and beautiful homes to just walk around. And we found like really cool little like reservoirs. So many people were walking during the pandemic. Like there was nothing really else to do except walk around outdoors.

DR. ELLIOT BERLIN, DC: Oh, or stay home and make sourdough.

TASHA GONSALVES: Yeah, sourdough. Yeah. Did you have any cravings? Speaking of which, speaking of which, I craved a lot of fruit. It was funny. There was one week where I was craving shrimp really bad. And Mike got me shrimp. And then sure enough, like the next day I read on the app that it's a good time to start eating shrimp for your baby.

DR. ELLIOT BERLIN, DC: You're so intuitive. I definitely need those powerball numbers. Yeah. Don't let me down.

TASHA GONSALVES: I don't know. It's all pause. Whatever she was doing. I don't have any of those abilities anymore.

DR. ELLIOT BERLIN, DC: At some point, you got interesting news from your obstetrician.

TASHA GONSALVES: Yes, around 35 weeks, I was told that my baby was still breech. I actually found out with Davey during our visit, she felt my belly and we were unsure if it was the head or the bum. So we decided that I should make an appointment with my OB ASAP. So I went in to see Dr. Rana to UCLA. And she confirmed that pause was indeed breech at the time still.

DR. ELLIOT BERLIN, DC: What kind of options did they give you?

TASHA GONSALVES: Right away, it was just like, she didn't actually even offer a version. She just off the bat was like, yeah, we'll just continue. You can keep coming in for ultrasounds to see where the baby's at and we'll just do an automatic. section for you. So we'll just schedule the c-section meeting if the baby doesn't flip your only option. Did your doctor know that you're planning home birth? Yes. And she said obviously that's out the window, but that if the baby continues to be breached that you can't deliver at home, which is sort of true in Los Angeles, but not entirely true. Right. Which I didn't know at the time. I mean, I was actually like just

DR. ELLIOT BERLIN, DC: overwhelmed and in shock. You never even considered breach as a thing? No. Okay. But midwives in California can't deliver breached babies at home anymore. So, you know, if your baby wouldn't turn your plan A to deliver with baby at home would be out the window. What kind of things did you do to try to encourage

TASHA GONSALVES: the baby to turn? So the first thing that I did was schedule a virtual visit with on a beer wall. And what does she do? She basically goes over your family history. She was able to figure me out in like the first five minutes when we were chatting virtually, basically shy was in tears within five minutes. So she just broke down my whole psychology.

DR. ELLIOT BERLIN, DC: I mean, because there is some idea that some of breach might be due to, you

TASHA GONSALVES: know, emotional hold back. Yeah, she knew like trauma, like childhood trauma, that I certain things about my mother that I didn't even share. And she's a healing witch. A beautiful healing witch. Yeah.

DR. ELLIOT BERLIN, DC: So you did that? What else?

TASHA GONSALVES: I did that. And that was really helpful, obviously, spiritually and mentally. And then in addition to that, I started doing acupuncture. And then that's when I was grateful. And that's me to you. And we did work together. Hashtag mutual. Yes.

DR. ELLIOT BERLIN, DC: Have you done acupuncture before?

TASHA GONSALVES: I had done some acupuncture for some neck pain in 2018.

DR. ELLIOT BERLIN, DC: Because I'm thinking to myself, you do not like needles or acupuncture

TASHA GONSALVES: needles different. It's a little different, but it was quite unnerving. It wasn't always pleasurable. I had to like really get into the right state of mind to not concentrate on that pain in my toe.

DR. ELLIOT BERLIN, DC: Were you also doing moxa, the smoking?

TASHA GONSALVES: Yes, I was doing moxa as well. And I had to do it at home, which Mike would do for me. I did the spinning baby. So I did the upside down on the ironing board. Pretty much all of it. There was a girlfriend's friend of a friend whose pool I went to. And I was doing handstands in her pool, like twice a week. But pause was just determined. She was like, no, no, no, I have a plan.

DR. ELLIOT BERLIN, DC: Yeah. I mean, you definitely provided multiple opportunities for turning, but she had other plans.

TASHA GONSALVES: Correct. Yeah. And then in addition to that, Davey encouraged me to do the ECB, which I followed through with and

DR. ELLIOT BERLIN, DC: I thought your doctor wasn't offering ECB as an option.

TASHA GONSALVES: So yes, she did eventually offer it when I asked about it.

DR. ELLIOT BERLIN, DC: What was it like?

TASHA GONSALVES: It was emotionally painful. I wouldn't say that it was actually painful. The experience going into it felt very medical and it was really emotionally hard. I was crying quite a bit, but the process itself wasn't really painful. It was just scary because her heart rate dropped a few times. And we tried twice during the version to flip and it was unsuccessful. She tried once going to the left and then going to the right. And it was a hard stop both times. Pause, hard stop halfway both times.

DR. ELLIOT BERLIN, DC: Did your doctor have clues as to why? Like what was blocking the turn?

TASHA GONSALVES: And she just looked at us and said, you know, like, I feel like if I try again, you might go into labor. The baby is in a lot of distress and we didn't want to follow through with the third attempt or even another round of aversion. We just kind of accepted that she used breach. And if that's the plan, we have to accept that and make peace with that.

DR. ELLIOT BERLIN, DC: Okay. So you're at this point, 37 weeks, you found out a couple of weeks earlier that you were breach and that derailed your plans for a home birth with a midwife. And you're

running out of time and you're running out of options. Let's take a little break and when we come back, we'll find out what you ended up doing. Informed Pregnancy podcast, we're talking to Tasha and, you know, at the end of pregnancy, you got the breach news, you tried everything under the sun to get that baby an opportunity to turn. But she said, no way. So here we are. And you have very few choices left. At the beginning, you said you wanted to do home birth because you really don't like

DR. ELLIOT BERLIN, DC: hospitals and you don't like needles and medical stuff. And here you are facing the only choice being surgical birth in a hospital. What do you do next?

TASHA GONSALVES: So what did I do? I mean, I was just utilizing all my resources with Davey and you. And I was referred to Dr. Barry Brock and met with him and was trying to see if he could be our backup plan for delivery because my OB Dr. Rana at UCLA advised me that there was no one within my medical group that could provide me with a vaginal breach delivery and that my only option would be a C-section. She was very definitive about that. And so we were a little panicked and just trying to see what our options were. I was contacting my insurance. My insurance was very limiting.

DR. ELLIOT BERLIN, DC: So your insurance, you know, there are different types of networks. You have an HMO. The way it works is you have to go in network or they cover nothing. But your network had no doctor that would do a vaginal breach birth for you. And sometimes that creates an opening for what they call gap insurance, where your insurance will pay for you to go out of the HMO network if you can find a doctor who will provide what they're lacking in service. So Dr. Barry Brock is at a different hospital, doesn't take your insurance, but he does do vaginal breach delivery on a regular basis. So he could have been a good option for you. But the only way that you could not have to pay for it out of pocket, which could be exorbitant between the doctor and the

DR. ELLIOT BERLIN, DC: hospital is if like your doctor network would send you a letter saying, yeah, nobody in our practice will do this. Did you ever get that letter?

TASHA GONSALVES: So that's what I was requesting with Dr. Rana. And once I addressed that with her, she then quickly turned around and said that there may or may not be a doctor, Dr. Yalda Afshar, who would take me on for breach delivery, and that she may or may not have experience with breach delivery. She was not certain. So that was confusing. And there wasn't any clarity on that. And I followed up a week later to see if there was any word regarding Yalda Afshar. And she got me in contact with her. So once I spoke with her, I guess she had previously studied under Dr. Brock.

DR. ELLIOT BERLIN, DC: Oh, so she was open to vaginal bridge birth.

TASHA GONSALVES: And she was open to it. She said she had experience with it, and that she would be willing to see me and move forward.

DR. ELLIOT BERLIN, DC: Did you feel comfortable and confident with that option?

TASHA GONSALVES: No, not initially. I mean, I had met with Dr. Brock, and I kind of wanted to move forward with him. But I still had to stay open because this was my network. And this was kind of my only option through my HMO. And UCLA wasn't really willing to work with us.

DR. ELLIOT BERLIN, DC: Well, they provided you a doctor who would do what you were looking for. So, yeah, you know, they had two choices, provide you a doctor, write you a note, and they provided a doctor.

TASHA GONSALVES: And they provided his doctor. So obviously, we scheduled an appointment right away. And then once I saw her, all of my fear and worry kind of dissolved pretty quickly, actually, right off the bat, really liked her.

DR. ELLIOT BERLIN, DC: Oh, that's great. So you made a plan with her that when you go into labor like anybody else, you'll just come to the hospital and give birth to your baby. That's a breach.

TASHA GONSALVES: Yeah, I mean, I explained my entire situation and what we were facing and how we felt and my experience with Rana. And she was super kind and understanding and gave me the whole rundown and the whole plan. And she had a softer touch. So maybe that's just what I was in search of. And I liked that.

DR. ELLIOT BERLIN, DC: Awesome. How did your birth start? How did your labor start?

TASHA GONSALVES: Um, she did a sweep on me two days prior before I went into labor.

DR. ELLIOT BERLIN, DC: And where were you in relation to your due date?

TASHA GONSALVES: My due date was the eighth, and I gave birth on the fourth. So this was on the second. She had done a sweep the week prior to the first time I met her. So our first initial encounter, she did a sweep that day. And I thought I was going to go into labor that night. And then I didn't.

DR. ELLIOT BERLIN, DC: And so after the second sweep, you went into labor, did it start with contractions?

TASHA GONSALVES: The following day. Yeah. So the second, after. we did this week, I came home and the following morning I drank Castor oil. Delish. Delish. In a nice little, with a little bit of OJ, just a nice little cocktail. And then I went for a three mile walk on the beach with Mike. And on our way back from our walk, I had some really intense contractions, but Mike had to go to work and I didn't really, I was like, maybe I'll go into labor, maybe I won't. We'll just see. I'll call you if anything changes. And an hour later I was calling him like on my hands and knees in the living room. Like I am definitely in labor. You need to come home now. Oh, you were just on your own? It was on my own. Okay. So after he came

TASHA GONSALVES: home and had things progress. Pretty quickly. I showered. There was lots of things coming out of my body. Fluids. Yeah. I'm pretty sure my water broke. Yes. The mucus. I forget what you call that. Also delish. That was coming out. Yeah. I was ready to get in the car and go, but we called Yalda and she told us to just relax and like, take shower, eat a meal, and then slowly make our way to the hospital. And I was like, she's nuts. We got to go now. So did you take the advice? I had already showered. So I was just in the shower. I just stayed in the shower and Mike made a meal. And then I came out of the shower and I was just on my hands and knees in the kitchen, like begging him to leave while he was still

TASHA GONSALVES: like frying something in a pan. Do you remember where you felt the intensity? My back. I labored like entirely in my lower back. Oh, that's awful. It was really painful.

DR. ELLIOT BERLIN, DC: How long was the trip to the hospital for me? Probably not that far.

TASHA GONSALVES: Well, it's a 20 minute drive from our place. So it felt like a really long time. It felt longer than 20 minutes. And with COVID we got there and there was no valet and there was a line and they had to do the whole check-in. So we had to park in the parking structure, make our way, but we couldn't find the elevator. It was kind of like funny. It's funny now it's funny now, but at the time I was like, this is crazy. Like what is

DR. ELLIOT BERLIN, DC: happening? Oh, this pandemic was nuts. And you have a breech baby and you're deep in labor with back labor. When you finally got to see somebody, did they check you right away to see how far along

TASHA GONSALVES: you were? Yes. So I was four and a half centimeters dilated. Almost halfway there. Yeah. Almost halfway there. Yeah. So four and a half centimeters and they offered to give me the epidural now, or I could get it by seven centimeters. Yes, because they automatically prepped me as if I were to go into surgery. So it was a requirement to get the epidural. That was her stipulation. Part of her like requirement. Dr. Brock is the same way. I'm not sure how many centimeters I had to be with him, but he also required an

DR. ELLIOT BERLIN, DC: epidural at some point. Yeah. I mean, the only option for not epidural, which I don't know if you looked into was Dr. Fish buying her does them at home. Oh, right. You had told me about that, but he's also out of network. Right. Okay. So did you get the epidural earlier? I just

TASHA GONSALVES: decided to get it then I'm like, if I have to get it by seven, I might as well just take it now. And then hopefully it'll wear off closer to when I'm ready to push. Cause I was worried that I've like heard stories about women who like, I can't feel anything by the time that they're fully dilated and can't even tell if they're pushing. So that's what worried me about the epidural. So I felt if I got it sooner, it would be more relaxing. And then it would hopefully wear off a little bit more closer to when it was go time. Did the epidural give you complete relief? Complete relief. I was just like on a cloud. How long did it take

DR. ELLIOT BERLIN, DC: to get from there to 10? So about four or five hours. And were you excited when it was time to push? Yeah, I was really excited. What was the mood in the room? Because I'm sure the nurses don't see very many breech worths. Were they excited? Were they nervous? Were they just

TASHA GONSALVES: regular? Everyone was excited. When it was go time and I started to push, I was progressing really fast, like really quickly. So we moved into a new room where they had a table. people prepped for surgery right next to me, which was quite scary at the time. We went from like this really calm, peaceful room that was dim lights and music into this like what felt kind of scary and like bright lights and everything that I described, all the things I don't like the surgery table next to me, but there was tons of people. There was probably like 35 people in the room, like watching. And I remember you said that's one thing you don't like either. Lots of people, lots of people.

TASHA GONSALVES: So there was tons of people watching, but I was actually grateful because I wanted everyone to like, I was okay with that. I felt confident that she was coming and everything was moving along smoothly. And I was just in my own world. So there was a brief moment of like fear, but that dissolves pretty quickly.

DR. ELLIOT BERLIN, DC: How long did pushing take?

TASHA GONSALVES: 10 minutes.

DR. ELLIOT BERLIN, DC: Oh, wow. Quick.

TASHA GONSALVES: Yeah. Correction. Sorry. I think in total, maybe 25, because we pushed for maybe 15 minutes initially. And then when we went to the next room, she was out within 10 minutes. Her head came out in two pushes. Her head. Yeah. Pushed her buttocks and everything that came out. Yeah. Her butt came out first and then her legs and her torso. And then her head was the easiest part. It just was like two pushes and it was out. So nothing spooky. Nothing spooky. No tears, no nothing. Yeah.

DR. ELLIOT BERLIN, DC: They get a round of applause from your 35 member audience.

TASHA GONSALVES: No, everyone was like silent and they took her right away.

DR. ELLIOT BERLIN, DC: They took her away from you.

TASHA GONSALVES: Yeah, they took her away from me. That was one thing that was quite sad that I was, they were fearful that there might've been something wrong. The y'all there was just looking at me like, Tasha, we discussed this. We discussed this. Like, it's okay. Stay calm. Like, we're going to have you birth your placenta now. Like, stay with me, stay with me. I was like, no, like, where's my daughter? Cause I told them I wanted to do skin to skin with her vernix and everything on. Oh yeah.

DR. ELLIOT BERLIN, DC: How long were you separated?

TASHA GONSALVES: Maybe five minutes.

DR. ELLIOT BERLIN, DC: Oh, okay.

TASHA GONSALVES: I mean, it wasn't long. It felt long in the moment, but I just had Mike will be with her. Yeah.

DR. ELLIOT BERLIN, DC: Well, I mean, it wasn't the plan you set out for. Did anybody ever figure out why your baby was breach?

TASHA GONSALVES: No.

DR. ELLIOT BERLIN, DC: But if it happened again, would you do the same thing?

TASHA GONSALVES: Yeah, I think so. I mean, I would hope that I have Yalda again. It was such a good experience. I was so grateful overall.

DR. ELLIOT BERLIN, DC: And it was in your network. So you kind of went from home birth plan, definite home birth, no hospital, no interventions, no drugs, no needles to a hospital plan with the breach baby in the operating room with an epidural, but everything went really well for you. And I'm so glad that you had a good experience.

TASHA GONSALVES: Yeah. She was the famous baby in the ward. Should we have the stairs from all the nurses come in that they wanted to see her?

DR. ELLIOT BERLIN, DC: A celebrity, a celebrity. Tasha you're amazing. Thank you so much for sharing your story. I love how you just like talk what's in your mind and what's in your heart and just put it out there and it's raw and it's real and it's much appreciated. It's certainly helpful to people who listen. And honestly, I just feel lucky to again, have been a small participant in your epic journey.

TASHA GONSALVES: Thank you. I loved all of your work that used it on me. You're a magician with those hands. So ladies get going, get over there. All right.

DR. ELLIOT BERLIN, DC: Well, I don't know if you have another accidental baby.

TASHA GONSALVES: Yeah. Maybe hopefully maybe she'll be planned. Boy, girl. Who knows little miracle. Who knows last question for you.

DR. ELLIOT BERLIN, DC: Where did the name come from?

TASHA GONSALVES: Uh, pause. Oh, it's a funny long story, but we came up with it during COVID pause, Zamora Zamora is also Mike's middle name, but pause means peace in Spanish and she really was that for us. So,

DR. ELLIOT BERLIN, DC: all right. Thanks again at home. Thanks for listening to the informed pregnancy podcast. If you want to connect with us, visit us on Instagram at drberlin at D O C T O R B E R L I N.

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