Madison Young: After Birth

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IN THIS EPISODE

Business owner and new mom Madison Young returns to sit down with Dr. Elliot Berlin, DC. The last time she was on the podcast she was 38 weeks pregnant, finally feeling decent after a brutal run with hyperemesis — and still waiting. Now she's back to tell the whole birth story: the false-start pre-labor that cut a Santa Barbara girls' trip short, the strange, suspended last weeks of pregnancy, and the race to get labor started before her 42-week home-birth window closed — castor oil, membrane sweeps, and a Foley balloon included. Plus the crystal grid she swapped out mid-labor, the Kobe Bryant "Mamba mentality" that anchored her through the surges, and a marathon labor that kept finding one more turn.

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DR. ELLIOT BERLIN, DC: Welcome to the Informed Pregnancy and Parenting Podcast. I am your host, pregnancy-focused chiropractor Dr. Elliot Berlin. My guest today, the last time we saw her was very pregnant and getting ready to give birth to her first child. Now she has the first child, Madison Young. Welcome back to the podcast and congratulations.

MADISON YOUNG: Thank you so much. I'm so stoked to be here.

DR. ELLIOT BERLIN, DC: You're very smiley, happy looking. I mean, I just sort of want to jump into how motherhood is going, but maybe we'll work backwards. How's life as a mom?

MADISON YOUNG: I love it. I really do. Oh, gosh, it's been so, you know, when people are like, oh, are you getting sleep? How are you feeling all this? And I'm sorry to say, but I've been getting so much sleep. The baby's been amazing. The baby's been a total pleasure cruise. I mean, I don't know how I lucked out, but I really did. I know the pregnancy was a little difficult, but the babe is so just like a total tenderoni.

DR. ELLIOT BERLIN, DC: Uh, yeah, the pregnancy was difficult. I'm so glad to hear, you know, everybody has different challenges along the way. Sometimes pregnancy is easy and birth is hard or

parenting is hard. So, you know, it could be any combination of things, but I'm glad that this part is going really well for you and you deserve it. And you got lucky because apples grow in trees and yours didn't fall far. Yeah. Thank you for saying that. Let's go back to pregnancy. I think you were 38 weeks when we recorded and maybe just starting to feel decent. You had a really tough pregnancy. Yeah, it was really difficult. Yeah.

MADISON YOUNG: I mean, it was hard. I was throwing up nonstop. I had hyperemesis. So it wasn't until eight months that I finally turned a corner and then I felt amazing. And I can't recall when we spoke last, if I started having pre-labor symptoms, but if I didn't, it was right after I spoke to you because I was going to Santa Barbara with my girlfriends and we were supposed to be there for three nights and we left the next day because all night long, I was having these pre-labor symptoms. My stomach was hurting. I was like, I had to take a shower. I took like an hour long shower because I was in so much pain. Like my back was hurting. My hips were hurting. And I was like very confident that I was going to go into labor

MADISON YOUNG: very soon. And you were in the zone. Time-wise, you totally could have. Yeah. And energetically, I feel like I was just really connecting with him and I felt like he was going to be coming soon. Totally wasn't the case. He came very late. Oh,

DR. ELLIOT BERLIN, DC: okay. So yeah, at that point you were a week or two before your due date. Yeah. So if he didn't come then did that pre-labor surging calm down?

MADISON YOUNG: Yeah. As soon as I got back to LA, I had like one more day. It was like I left on a Friday. I came back on Sunday or Saturday, I forget. But by Monday, it was like radio silent. Like I was totally back to normal. I mean, it was to the point where I told my sister to come down. She was going to hang out with me for a month to help me with the baby and postpartum. And she lives two and a half hours north of SF. And she came down and everyone was just hanging out. Okay. So was the baby just hanging out not ready to come? Yeah. And also too, I took off a work because I was like, you know, I talked to my midwife, Abby Vitikin, and I was like, what should I do? Should I just like work up to like the bitter end or

MADISON YOUNG: what should I do? She was like, well, I've seen in the past, like those who work up to their due date, if you will, the baby comes later. Like it's almost like your body really needs to settle in, calm down. So she's like, if you stop working now or, you know, soon, the baby might come sooner as opposed to working up to the due date. And so I was like, you know what? I'm right there with you. I'm going to stop working. And then I stopped working. I wasn't working for four weeks. Oh my gosh. It was so annoying.

DR. ELLIOT BERLIN, DC: So you mentioned midwife, your plan that you were putting together was to give birth at home with a midwife and also a doula and a reflexologist. Yes. And then using chiropractor. Your chiropractor and your partner in no particular order, by the way, and not your Rottweilers. Yeah. That was a no on the dogs. And it was such a great decision. And that was the plan. And so after all that cleared up, how was the last couple of weeks of pregnancy?

MADISON YOUNG: Well, it was a lot of waiting and it was like a really odd time. I never had the conversation or even read about like the last weeks or days of pregnancy, like this unknown, you're

like, it's going to happen very soon. And you just don't know. And I was trying to like take myself on dates, which I'm good at doing anyways, but just like really enjoying these like last moments and kind of just like tapping into him. But like, I would just go visit different neighborhoods, kind of shop around, go to different cafes and try to relax. And, you know, you can only do so much laundry and you can only rearrange the room so much. And yeah, at one point it was kind of, you just sit there and you're

MADISON YOUNG: waiting to receive your child, like earth side, yeah, I guess I'm an impatient person, but that was an interesting thing to kind of endure, if you will. I don't know.

DR. ELLIOT BERLIN, DC: I think you're just a person.

MADISON YOUNG: Yeah, I guess so.

DR. ELLIOT BERLIN, DC: And before something huge and unknown happens and you never know when it's going to happen, like there's no timeframe. I think any of us would start to get a little bit, you know, anxious and really I'd lose my mind.

MADISON YOUNG: Totally. And I kept like, just cause I'm such a nut, I was looking at potential charts, like astrological charts, being like, oh, okay. Well, he could be a Taurus moon. Okay. He's definitely going to be a Pisces, but maybe he'll be like, you know, he ends up being an Aquarius moon and a Cancer rising. And so. That was my guess.

DR. ELLIOT BERLIN, DC: Yeah, I was going to say the same thing. So then what changed as you got closer and closer and you're giving more stir crazy, what changed?

MADISON YOUNG: I mean, honestly, absolutely nothing. My 42 weeks was on a Friday and I asked my midwife and I said, what's the plan if I go into Saturday, can I still the baby at home? And it was a real concern of mine. Cause I really didn't want to go to the hospital. I really wanted to have the space here. And she said, well, if you're not like pushing by midnight on Friday, we're going to have to do a hospital transfer. And that totally tripped me out. And, you know, she was super calm and very reassuring. And so was my amazing doula Nina feeling. And, you know, we just kind of waited to see, and we're talking about options, how to naturally induce. I was like, well, what about castor oil? You know, you read all about that.

MADISON YOUNG: I was doing reflexology almost the whole way through. And I also did acupuncture. I stopped the acupuncture like around like four months because I was feeling so sick and I couldn't just lay down for an hour and then I just never went back to it because I was feeling great, but it didn't do anything for me. And they're like castor oil is truly like last resort. I said, all right. So Wednesday before my son was born, my son was born on a Saturday. Wednesday. That's when I want to take the castor oil. I don't want to wait till Thursday because I feel like it might be too soon. Wednesday morning, I took the castor oil. So gross, so disgusting. It was like in a smoothie and it made me throw up. I was sick to my stomach.

DR. ELLIOT BERLIN, DC: Gross in the sense that you can taste it in this movie.

MADISON YOUNG: Yeah. I mean, I'm just a very sensitive person in general. And that was just like, so nor, but yeah. So drink it was disgusting. Nothing happened. Just made me really sick. Throwing

up or also like upset stomach, upset stomach, throwing up. Yeah. Yeah. Those were the two ones. But I was like, really surprised because I know it makes you go to the bathroom, but like, I didn't think it was going to make me throw up. And at that point I would, so I have just PTSD from throwing up earlier. And my like pregnancy was throwing up. Yeah. So you forget about it. And then that happened. I was like, Oh my God, please not again. But yeah, like no contractions started, no water breakage, none of it.

DR. ELLIOT BERLIN, DC: Okay. So in California, midwives can attend home birth from 37 to 42 weeks. You are running out of time and your 42 weeks is on a Friday. And if by Friday at midnight, you're not pushing, they're out of their scope. You've got to go to the hospital and it's Wednesday and you've done all these things, including castor oil. And all you are is very uncomfortable, not in labor at all. Let's take a quick break and find out what happens next. four times. Welcome back to the podcast. We're talking to Madison Young. In the birth story, we are almost at 42 weeks. You've done everything you couldn't think of to try to get things rolling. I have a question. Is anybody checking your cervix along the way?

MADISON YOUNG: We didn't check it. We did a sweep. I think that was on Monday. She gave me a sweep. I was one centimeter and then did another sweep. I was still one centimeter because we're trying to start it. We're trying to start the labor. It wasn't until... What happened? Okay. So on Thursday, because now I'm freaking, I'm like, this baby is not coming. I had an OB come to the house and give me a Foley. Oh, really? At the house? Yeah. Interesting. Which was great because she can come to the house. But a Foley, for those who don't know, is a balloon catheter that they put in your cervix as long as you're one centimeter dilated. And then they blow it up and it opens up your cervix. One of the most painful things ever, ever, ever.

DR. ELLIOT BERLIN, DC: When they placed it or when they filled it or all of it?

MADISON YOUNG: Both. All of it. All of it. And so she put it in and immediately I'm in so much pain, my legs are shaking. Tears are shimming down my face. And she said it's going to be about two hours until you get some relief. So this is Thursday afternoon. This is Thursday at four, when she put it in. The two hours after that, I start getting inconsistent contractions. And so labor, I guess, has started at that point.

DR. ELLIOT BERLIN, DC: Is that upsetting to you in the moment?

MADISON YOUNG: I couldn't tell if I was in labor though. I mean, I'm glad something was happening. But honestly, at that point, I feel like just between the sweeps and like doing a painful acupuncture with them putting the needles, the induction points for acupuncture in the most painful places, like your nail beds, your pinky toes, it's terrible. So anyways, I was just so sick of being hurt in a way. And I was looking at my husband after they put it in, I was like, I can't believe. So they blow it up until four centimeters is what it's supposed to dilate you to. And I was looking at my husband and I was like, I can't believe this is four centimeters. This ain't nothing compared to what's going to happen. And I'm in so much pain.

MADISON YOUNG: But he was such a rock star. So two hours after the full he put in, it kind of calmed down like the severity or the intensity of the pain. And then it starts going into these

inconsistent contractions and he's recording them. But really, we're not sleeping. They're happening every like 10 minutes, 14 minutes, 12 minutes, 10 minutes, 14, you know, it's just like kind of all over the board. And I'm texting my doula the whole time. And Nina around 4am was like, why don't I come over? We're like, no, no, no, it's okay. We have like a rhythm. She was like, you know, this is a good time to sleep because once dawn hits or like, you know, when the sun comes up, it's a totally different

MADISON YOUNG: ballgame. And she's like, at least like, you know, you guys can get some rest. I can take care of you. Rick can get some rest. I was like, all right, fine. That sounds great. So she comes over around 430. I'm on the couch. Rick, my husband is sleeping in the bedroom. And she's doing reiki on me and squeezing my hips with every contraction. And I'm trying to sleep as much as I can. And 8am rolls around and it's like, she was so right. It's a totally different experience. And this is 8am Friday morning.

DR. ELLIOT BERLIN, DC: 8am Friday morning. Yeah. So now you're like, pretty much on a 12 hour clock.

MADISON YOUNG: Yes, completely. But it feels good. Like I'm like, okay, like I'm contracting. I'm like, we're doing it. And it hasn't like really hit me yet, but I'm like, okay, we're doing it. And, you know, around, I think it was around 9am, Abby, my midwife, she comes and she checks me and she goes, great news. You're at six centimeters. She was like, yesterday you were at one centimeter. She's like, girl, you're going to have your baby by dinner. And I was like, yes. Yes, yes, yes. I'm like, you know, like it refocuses me and I'm just like, okay, like trying to ground into this, you know, really like allowing these like waves and surges to come and around noon ish things start to really pick up. We blow up the tub.

MADISON YOUNG: We have our birth photographer come, which if you guys are familiar with Christina she's incredible, amazing. So she comes and yeah, things start to get rolling and then four o'clock comes around and it feels like things are pretty the same. My mom comes, my sister comes, and I will say when they came, things feel like it kind of shifted. And I've, you know, heard stories about like when new people come into your space, it can kind of slow down contractions. And even though it's my mom and my sisters, I think that's kind of what happened because it almost felt like too many cooks in the kitchen. As much as I really wanted them there, I think my body felt differently, even though my mind was like, yes, I want

MADISON YOUNG: them there. I want the photos with them. I want them to see, you know, her becoming aunt and my mother to become a grandma. And it just kind of, I think, I don't know, I just think that's like where it shifted. And especially since I was, you know, I was like, Oh, I met my baby by dinner. I'm like, that's soon. Yeah, seriously. And I was like, when should I go in the tub? And I like, well, do you feel like ready to push? And I was like, I have no idea what that feels like. But I do not feel like I want to push. Like, okay, well, you know, you can go in and out of the tub. And I mean, the contractions were really intense, you know, and I'm also really tired. And I haven't eaten anything. I didn't notice. But during

MADISON YOUNG: labor, you're not hungry, or at least I wasn't. And then Nina, my doula was like, you know, why don't you and Rick just start to just when you guys cuddle and just take a nap as much as you can. So everyone left. And it was just me and Rick on the couch. And that's when the night

started to fall. And it shifted everything. Everything felt way more intense.

DR. ELLIOT BERLIN, DC: So when morning came, and you said things shifted, was that like an upshift things started to pick up more? Or was that a downshift? Like sometimes in the morning, things sort of peter out?

MADISON YOUNG: Yeah, no, it felt like an uptick. I like I was getting this like second wind, you know, it's like, okay, put me in coach, I'm ready for it.

DR. ELLIOT BERLIN, DC: And then my second question is, you said the surges, your contractions are really intense. Can you describe a little bit more about where you felt them and what they felt like?

MADISON YOUNG: So, you know, when I was asking people what contractions feel like, my mom was she said, she's like, it feels like you're at the worst cramps of your life. And I was like, Oh, great, because I have the worst cramps in the world. So I was like, I got this. It absolutely felt like that. But it felt all consuming. Like, I mean, I would say that's a very accurate description. It's like the worst cramps of your life. But it felt like my whole body, like my hips, my back, my thighs, my uterus, like all of it was just going inwards. It just felt like just a compressor, like a vice pushing onto my body. And yeah, it was almost just like felt like a vortex in a way of like, I don't use the word

MADISON YOUNG: pain, but just intensity. It was just a kept ramping up. And the thing is, I am very familiar with that pain. It's the consistency of it. And the length of it, you know, I mean, like I may reflect on my labor, like, damn, I feel like I would have been a lot more graceful had that been shorter, because in total, it was like 31 or 32 plus hours of laboring. And yeah, I felt like a vortex, almost just like a tornado.

DR. ELLIOT BERLIN, DC: That's descriptive. So then everybody leaves and it starts to get dark. And you guys are just cuddling on the couch. And you sort of shifted again. So what was that shift?

MADISON YOUNG: You know, everything was dim, we just had candles and it felt okay, spooky is not the right word. It felt really internal. And it felt just like a very deep meditation. And because of the unknown of it, it almost makes me like really emotional because, you know, I'm still kind of processing my birth and I'm definitely processing pregnancy. And even though pregnancy, I mean, it's nine months, that's not a short time, it's not a long time either. And I feel like it happened. It was almost like you then you don't get un-pregnant, right? You don't like taper back down and pregnancy, you're just like almost not pregnant anymore. You have a baby. And that, again, like I haven't had the time to like, understand it and appreciate it. So trying

MADISON YOUNG: to find words to it, it's still really hard, you know, but it felt like a slowing down. And it felt like a going inwards when night hit. because there was less people, it felt like I could do that. Because I feel like when there was the people around like saying it out loud now, or talking it out with you, I'm like, it was almost like there's this back and forth, you know, like the engagement, which, you know, I probably won't do for my second birth if I'm blessed to get pregnant again. But, you know, it's the input output that felt so exhausting. And then when night hit, and it was just me and Rick and Majula, you know, the birthing team, midlife team, you're just really alone with that in a good way,

MADISON YOUNG: but then alone with it, and it got really intense. Then like, you know, I was talking to Nina Majula and I was like, how much longer is this? Like, does it get more intense? Because this is insanity. You know, we've been doing this for over 24 hours. I can't eat, I had a fifth of a bagel, one side of a bagel, and I wasn't hungry. I was very hydrated, but wasn't hungry. And she was like, no, she's like, you are in transition right now. So like knowing that, like knowing that like, okay, it doesn't get more intense, it just gets more frequent. So I could wrap my head around that. And mind you, you know, like I had an altar set up, I had a crystal grid set up, and I put all these crystals that like are really great

MADISON YOUNG: for just like flow and movement leading up to my birth. And then when I wasn't going into labor, I was like, you know what, this is too slow of a crystal grid. I'm changing out all those stones because I had a lot of aquamarine and all that, very soothing. I was like, I need something more like, more vitality. I need like a ruby, I need like carnelian, more stimulating, which I think helped. But you know, I had like deities on my altar. And the one thing that kept anchoring me and pushing through was actually Kobe Bryant.

DR. ELLIOT BERLIN, DC: Kobe Bryant was on your altar?

MADISON YOUNG: Yeah, no. Well, I mean, when I started like laboring, I was like, all I can think is like Mamba mentality focus, like what would Kobe do? Like, you know, I have like Mother Mary on my altar, and I was just like kept thinking about Kobe and that Mamba mentality. And that's what kind of helped me ground and focus and get through the surges oddly enough.

DR. ELLIOT BERLIN, DC: Wow, so powerful. And two things occurred to me as night falls. Number one, dinner came and went.

MADISON YOUNG: Yeah, so that was discouraging.

DR. ELLIOT BERLIN, DC: I wondered. And two, night falls sort of starts to make you think midnight's not that far away.

MADISON YOUNG: Exactly. So, you know, I was really proud of the work I was doing though. So I was like, there's no way this baby's not. First of all, I'm feeling him. I don't feel like pushing yet. I didn't know what that sensation felt like until much later. And I was like, ah, this is what they were talking about. But I'm feeling confident that I'm gonna have this baby like very soon. So as you know, dinner came and went, night's falling. I think it's like 930 at this point. And I'm trying to focus. I'm trying to focus real hard. So the dilation station on the toilet, you've heard of this before. So my midwife was like, why don't you just go sit on the toilet? Having a contraction on the toilet for me was one of the most intense feelings.

MADISON YOUNG: I keep trying to like stay away from the word pain. But at this point, I truly feel like I was suffering. Like this was insanity. So I was like, you know what? We had this like beautiful moment, me and my husband and Nina in the bathroom. And we just like, it felt, it was a vortex. Like it felt like we weren't even in our meat suits, right? It just felt like spirits, like us as like light beings, just connecting and bringing this baby and talking to this baby. And I was like, you know what? Mommy's focused. I'm gonna bring my baby here. Let's do this. That momma mentality. I'm here for you, baby. And I'm sitting on the, and I'm going through, I was like, if I can just get through 10 contractions on the

toilet, I was like, I'm confident

MADISON YOUNG: I'm gonna have this baby immediately. So I do the 10 contractions, which is a really big deal for me. And Abby's like, why don't I check you? I was like, great. And again, I'm feeling good. She checks me. She tells me I'm at seven centimeters. Granted, I was at six centimeters at eight in the morning and now I'm at seven centimeters. I just start to cry. I was so defeated. I was like, you're kidding me. I mean, like even right now I could cry. I was so disappointed and I guess myself and it didn't make any sense to me. Yeah. Especially like with how much focus and concentration and that beautiful moment we had. And she said not only, she goes, you're seven centimeters. She's like, that's not a big deal.

MADISON YOUNG: She's like, your cervix is paper thin. And they're like, I've seen people dilate to 10 in like an hour. And that wasn't comforting to me. I was like, F this, this is nuts. Like, I don't know how much more I can get. I'm so tired. But that wasn't kind of the worst of it. She goes, okay, before in the morning she could feel the whole baby's head when she did the six centimeters. She's like, that's great. That's why she said, I'm gonna have the baby by dinner. And by the way, it was not like she was promising me, baby, it just. was the way it was looking, you know, it was like, everything was promising, you know, and then she said that the baby, she's like, she can only feel like a

MADISON YOUNG: smidgen of the baby's head. She goes, the baby, he tilted his head, he moved his head. So he's no longer in a chin tucked position. And I was like, Oh my God, you're kidding me. So now like the baby's even in a position to really descend. So she goes, we can do spinning babies exercises, which were like really intense as well. So the midwife assistant, Johanna, she's amazing. What she did is I would lean back on her, she would take her hands around my belly towards the bottom towards my pelvis. And during a contraction, she would lift up and in and I would tilt my pelvis during a contraction. I mean, I was like, you're joking like this is what?

DR. ELLIOT BERLIN, DC: Wow.

MADISON YOUNG: Yeah, it was so painful. And so Johanna's like, we just need to do three. I was like, okay, the first one, I was like, okay, I can't believe there's two more mom of mentality. Let's go second one. I was like one more Madison, we got one more three. And I was so proud of myself. I mean, between like dilation station thing and this, I was like, like, okay, let's get this baby here. I mean, every single time you think you meet your edge, you get pushed further. I'm like, you just surprise yourself. Like, I can't believe I have this much resilience and endurance. Like, this is in stamina. It was just wild. So we go back to Abby, and she was like, you did all 10. And we're like 10. She's like, yeah, 10. And I'm like, look at my husband, and he's

MADISON YOUNG: looking at me like, I am so sorry, baby. Like, he looks so helpless. Like, he just wants to do something.

DR. ELLIOT BERLIN, DC: It's our nature. We don't like to see you in pain. We like to be solution oriented.

MADISON YOUNG: Totally. And by the way, just like a shout out to my husband, Rick, he was so incredible. And I had zero doubt that he would be but to experience that, and for him to be there, like, there was bruises on my hips from him squishing my hips. And at the time, like, it felt so good. And

like, you don't even think about it. But remember, like every two, three minutes, he was pushing all his force on my hips, massaging my feet, massaging my body. And he didn't sleep at all, like every three seconds, like, there's during the photos, you get them back and like, you see him like, just passing out in between contractions. And just anyway, shout out to him. He's a rock star.

DR. ELLIOT BERLIN, DC: Shout out to Rick?

MADISON YOUNG: Yeah, shout out to Rick.

DR. ELLIOT BERLIN, DC: I feel like the shout out to Rick is a good time to take another break. Sure. I wish you were able to take a break.

MADISON YOUNG: Yeah, no kidding.

DR. ELLIOT BERLIN, DC: At this part in the story, but we'll take a break and we come back, we'll find out the rest of the story. Welcome back. We're talking to Madison Young and man, you've got the dilation station 10. And then you got these crazy maneuvers because the baby's not lined up with the runway quite right anymore. And you get through three and then find out there's seven more. I can't even imagine what you're feeling like in your mind and in your body and in your soul, really.

MADISON YOUNG: Yeah, and you just feel defeated. And did all the 10 checked me again, the baby is still in that position. I was like, if I was guaranteed a baby in like four hours, six hours, whatever it is. And by the way, it's 10 o'clock. So I'm like in my head, I'm like, probably don't think of the hospital anyways. I was like, I want to go to hospital. I want to I want to epidural because I haven't started pushing at this point, I still need energy for that. So Abby, she's like, let's do it. Like what I love so much about my birth is that throughout the whole way, my whole team was supporting my vision and doing everything they could to and safely by the way, to let me have the birth that I want gave me choice. There wasn't like,

MADISON YOUNG: okay, we're doing this. happen I was like I wanted it at home it was going great even like when I was like the heads turned like we can change it like I mean we can flip enough with the baby but we can turn the head by doing these exercises so I really appreciated that about my birth when I was like I want to go to the hospital she goes okay let's go to the hospital Abby gets dr. crane I go to cedars within 15 minutes of me saying I want to go to the hospital I was being checked in granted I live very close to cedars yeah you must yeah I live very close I mean you can throw a stone and hit it and then we go in I'm like oh god it I get the epidural highly recommend it it was amazing and he was

MADISON YOUNG: like came in he was like why don't you guys rest which was like music to our ears grass and then we'll we'll start to push in a couple hours great we both fall asleep first time Nina comes with us by the way an angel she's been with us for over 24 hours angel angel and so the next morning comes around we're well rested like let's start pushing you know give me a little bit of pitocin now I know what it feels like to wanting to push I was like oh okay I'm ready okay guys hike my legs up I'm ready what were you feeling honestly I felt like you had a poo and yeah and when the contractions were coming I was like all I wanted to push because like you know even though I have the epidural like it still feels like I have

MADISON YOUNG: to push like you can still feel a surge so I start pushing push for three and a half hours the doctors trying to move his head in me which is wild and he goes you need a rest I was like okay I'll rest a little bit you know I don't want to because it feels good to push and I feel like I was doing a really good job pushing easily my husband I thought it was like 15 minutes into pushing he said like an hour and a half he goes I can see the baby I was like oh my god what's the color of his hair there's against dark hair like oh my god my baby like this is the first time I'm actually so close to actually getting my baby you know and it was just like oh my god it was so happy and I'm like again I'm getting like a third

MADISON YOUNG: wind at this point I'm so stoked push push push until the rest for 30 minutes I do and I guess the legal limit in California to push is four hours that's what he said four hours with an epidural otherwise you have to do a c-section you know and Dr. Crain wanted the vaginal birth for me too I mean he really tried everything Dr. Crain tried everything he wakes me up the fourth hour right and he goes okay you can push for a little bit but if the baby doesn't come like we unfortunately have to do a c-section I'm like wait you made me rest for 30 minutes like don't I get like rolling minutes like yeah I swear I can do this please please I can do this and he was like listen if the baby was actually coming down I'd be

MADISON YOUNG: more than happy to let's do that but he's like let's be honest he's not so like you know what just give me my baby I don't care get me my baby I want to see my baby I'm ready for my baby do whatever you got to do so I got a c-section like such the opposite end of the spectrum of what I was anticipating for my birth yeah so many questions so like physically what was the caesarian like yeah it was not great so like the epidural like would wear off by the way like very quickly I don't know why I'm naturally like a strawberry blonde like so I have a lot of red in me and apparently redheads like just eat through pain medication and the epidural was the same thing so when they were sewing me back up I felt

MADISON YOUNG: some of it and you know I mean it wasn't bad but you know I could still feel some by the way the baby was nine pounds four ounces oh my goodness everyone in the operation room went whoa came out and then when they set his weight out loud everyone was like oh my god and dr. Crain was like he would have been been able to come out and if he did it he's like I would have tore terribly so it kind of you know worked out a certain

DR. ELLIOT BERLIN, DC: degree but the recovery was intense. We'll get to recovery in just a second. If I remember correctly part of the reason you wanted to give birth at home was because of your hospital experience with a hyperemesis that you didn't feel listened to am I making that up or is that no no no you're totally spot-on yeah absolutely you know dr. Crain's not famous for that MO you know he's so gentle and so patient did you in the end was your hospital experience therefore just in terms of that dynamic what you expected or did it beat your expectations? Oh my god the staff seniors was

MADISON YOUNG: incredible it shifted my perspective again which was really lovely like I had more faith in the hospital system and the bedside manner was so so incredible and I really did enjoy it I mean I was there for five days after. And it also instilled a lot of confidence in Rick and I, like kind of having someone nearby to like, Oh yeah, you're doing it right. Or, you know, the lactation consultants

and just everyone was very gentle. And also they listened to us because, you know, they're like, okay, we're going to take the baby over here. We're going to do a heel stick prick, whatever it is to check for jaundice or we're going to check in for this. And we're like, Oh, no, no,

MADISON YOUNG: we want the baby to stay here. We're not going anywhere without the baby. They go, not a problem. We'll bring everything here. And everything was brought to us. So that

DR. ELLIOT BERLIN, DC: was really nice. That was incredible. I'm really glad for you that you had that experience. You know, one sort of wonders of the fear, so to speak, of going to the hospital, being treated in a way that doesn't feel empowering, kind of holds you back a bit because it's like the contrast, you know, between the autonomy that you have at home and the autonomy you thought you'd have at the hospital is so great. So you said recovery

MADISON YOUNG: was difficult. Yeah, it was really intense. And, you know, I would assume that the laboring for so long, the pushing for so long kind of contributed to that. You know, like I kind of had like a little sampling of all the birthing experiences. You know, I got a little bit of water birth, a little bit of pushing at the hospital with an epidural, but I had a susection. And yeah, I was texting you. And, you know, I've had brain surgery before. And that was an easier recovery than the cesarean. I mean, thankfully, my husband is so strong, like he had to pick me up and take me everywhere. Like I couldn't get up to breastfeed, like breastfeeding while my baby latched immediately. My nipples were so raw

MADISON YOUNG: because I couldn't get into the optimal position to sit up to nurse him. So he was like, yeah, I mean, I mean, he was able to feed, but oh my God, my nipples were like, I was in so much pain. It really turned me off of breastfeeding first. Like I still breastfeed, but I was just like, oh my God, please, something gets better. And when I healed, I was able to sit up right. I'm like, oh my God, this is great. Kid knows what to do.

DR. ELLIOT BERLIN, DC: Wow. What a journey in so many different ways. Yeah. I would ask maybe one or two questions to wrap up. What did you learn about you from the whole experience?

MADISON YOUNG: Well, if you would have asked me yesterday, I would have had a different answer. I was thinking about this, like, had we had this conversation like three weeks postpartum, I would have said something different. Yesterday, I would have said something different. Today, I'll probably say something different from a couple of weeks from now. But, you know, I'm still learning and I'm still processing, honestly. I mean, I keep going back and forth of like, I felt so powerful. I felt so powerful. And I brought a life in and I feel so blessed that I have a baby, that I had a healthy pregnancy. I had a healthy birth. I mean, through all of it, even though all those things, it was still healthy. None of us were under distress at all.

MADISON YOUNG: And yesterday, I felt a little shook. Like my ego kind of, I was like, damn, I didn't accomplish what I wanted to accomplish. I mean, yes, having a healthy baby, that was number one. But I think on a personal goal was to have a baby vaginally, have a baby without drugs. And again, that makes me emotional now. I'm still kind of grieving that. I know it's still a real birth. I know I still have a baby. But that was a goal of mine. And I'm starting to, you know, go back and forth. And I've been flow with the idea of like, that wasn't the karmic path of this baby. It's not about me. I was the

vessel. You know, the baby didn't want to endure a vaginal birth. Baby wanted to like,

MADISON YOUNG: you know, just dip out. But today, I do reflect that. And I do think how powerful that was. And I mean, grateful is what I feel. Like, I think I just kept surprising myself, honestly, hitting each of those edges and hitting those like, oh, we're so close. But actually, we're going to take this turn. Oh, wait, you know, just one more thing. It was just like always like, oh, but there's still one more thing. And I was really grounded and calm and focused. And I will say I'm really surprised myself a

DR. ELLIOT BERLIN, DC: little bit with that. I think that's powerful. And just like you said, you're still processing and you're still learning things about you from the experience. But I think it's really healthy to grieve the loss of the experience that you were hoping for, that you envisioned and you wanted. And it doesn't take away from the joy and gratefulness that you have for the healthy baby and for the people who helped you get there through the detour route from your original plan. So I appreciate you. I appreciate you so much. And thank you for listening also to like my really lengthy story. No, it's your story. And I just think until you go through birth, I don't think you could even begin to imagine what it's like, even

DR. ELLIOT BERLIN, DC: when people close to you describe contractions to you and what they feel like. It was just sort of an idea until you had them yourself. and now you could really understand. And by sharing so open and freely and honestly, I think you'll at least give other people a glimpse into what that journey could be like and, you know, the resilience that you had in your case to be able to, when a curve came in the road, be able to embrace the curve and, you know, keep the journey going. So thank you for being here and thank you for sharing. Crystals. Crystals is your life. I'm going to try to bring my whole family and visit Open Eye Crystals on Sunday on this weekend, but tell us where we can find you online.

MADISON YOUNG: Yeah. So you can find me on Instagram. Open Eye Crystals at Open Eye Crystals is our handle. OpenEyeCrystals.com. If you find us on Instagram, DM me. I'm on there and let's connect. I want to get you into crystals. I want to connect with you. And every Friday, we do a crystal sale online on Instagram from noon to about 6 PM. So I talk about how to use them in ritual and which ones work with each other really well. So please come visit.

DR. ELLIOT BERLIN, DC: Amazing. And to our listeners, thanks for listening and for being here. And if you'd like to connect with us online, we're also on that Instagram at Dr. Berlin. It's D-O-C-T-O-R-B-E-R-L-I-N.

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