Connecting Deeply with Kelly Meehan

Episode 507 · June 25, 2026 · with Kelly Meehan

IN THIS EPISODE

Kelly Meehan grew up a highly sensitive child in a household shaped by caregiving and uncertainty — and was quietly terrified of becoming a mother herself. After surviving one traumatic birth, she found healing through a second, and now helps hopeful, pregnant, and new parents connect deeply with their babies through intuition and 'spirit baby' communication. Her story, with Dr. Elliot Berlin, DC.

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DR. ELLIOT BERLIN, DC: My guest today grew up as a highly sensitive child in a household shaped by illness, uncertainty and caregiving, experiences that left her both deeply compassionate and quietly terrified of becoming a mother herself. After surviving one traumatic birth and postpartum experience, she eventually found healing through a completely different second birth that transformed not only her motherhood journey, but also her life's work. Today she helps hopeful, pregnant and new parents connect more deeply with their babies through intuition, emotional support and what she calls spirit baby communication. I'm Pregnancy Focus chiropractor Dr. Elliott Berlin and you are listening to the Informed Pregnancy Podcast. Kelly Meehan, welcome to the podcast.

KELLY MEEHAN: Thank you so much for having me. I'm excited. I was just even saying this.

DR. ELLIOT BERLIN, DC: There's not very many people like you. You're very unique and your approach is very interesting and I think more than ever very necessary. Before we get into the meat of what that means, let's go back to the beginning. Can you start by telling us where you grew up and what your childhood was like?

KELLY MEEHAN: I could do that in 20,000 hours now. That's a lot of commercial breaks. I know, right? A lot of quick clip back in New Jersey, central New Jersey grew up with, actually my father came from Italy, which is interesting, but they're Jersey people. And I always wondered about that connecting with my family like I'm being born into this family. And you talked about my sensitivity. Yeah, so sensitivity. I was a quiet, shy child, mostly. I think I was observing a lot of the world. And when I became a teenager, I started to discover that I had extra sensory perceptions. I actually feel

like it was puberty that opened that window for me. My parents were very self-involved because that's how they were.

KELLY MEEHAN: So I was able to explore what that meant to feel and sense the world so differently.

DR. ELLIOT BERLIN, DC: Your mom was sick.

KELLY MEEHAN: My mom was always sick. She had mental illness and multiple physical issues. And especially the last 20 years of her life, I took care of her in many different ways, physically, emotionally, spiritually. And it did really bring a deeper level of healing and resentment and love and anger. Yeah. All those things.

DR. ELLIOT BERLIN, DC: Yeah. Yeah.

KELLY MEEHAN: A potpourri of feelings.

DR. ELLIOT BERLIN, DC: But it turned you sort of into a caregiver, whether you really wanted to be or not.

KELLY MEEHAN: I was definitely a caregiver most of all my life and even caring for my brothers the best I could. And yeah, that was the journey for sure.

DR. ELLIOT BERLIN, DC: Now, is that where you started to have hesitation about motherhood for yourself?

KELLY MEEHAN: I think that what happens is like I remember friends, you know, coming into the twenties, like everybody wants to have children. They're ready to become a mother. And I was felt opposite. I actually never wanted children. I never thought I would have children. And I didn't realize till later there was so much fear because I had to care for my mom. She needed so much for me that she really was taking up that space a lot. Plus I was sick in my twenties. And I thought, you know, maybe motherhood's not here.

DR. ELLIOT BERLIN, DC: What did you picture the future looking like if not family?

KELLY MEEHAN: I didn't really I didn't go that far ahead. I was literally living moment to moment of like, what is my yeah. And I actually went back to school and studied clinical psychology with somatic psychology. And after that, I learned a bit of pre-perinatal psychology. And I think that's where I realized that I had a lot of my own traumas. Actually, they were suppressed deep will say they were deep in here and they started to kind of move out of me throughout the years. And then I came to a place where I was like, you know what? Maybe I could be a mom. Actually, I was 35. I thought maybe 34. I was thinking 34 is like maybe. And then I was so scared, though. I had I think I had pregnancy phobia, but I didn't know it.

KELLY MEEHAN: And I didn't see itself or becoming a mother. The idea of birthing was really viscerally and, you know, intensified inside me. And I also had a pelvic floor injury as a child. And I think that played a big role into the medical piece of it. And just becoming a mom in general. I'm looking at my mom, watching her deteriorate and watching how my family like wasn't very helpful and

how my brothers became estranged. And I'm going, is this motherhood? Like, wow. Like it was a lot to witness, you know.

DR. ELLIOT BERLIN, DC: You said you went back to school for psychology. When was that and what were you doing before that?

KELLY MEEHAN: Well, before that, I was doing a lot of different things. And when I went back to school, I had it's interesting. I worked a lot in customer service, which I almost feel like is caretaking. I was always destined for caretaking. And when I went back to school, I was 30. And I still wasn't sure what I wanted to do, to be honest. But I actually worked in attachment parenting as my practicum and intern. And I worked as an infant development therapist before I moved deeper into this work.

DR. ELLIOT BERLIN, DC: So you're working with other families having babies?

KELLY MEEHAN: Well, no, I'm working in the infant development therapy. Babies and toddlers that had issues, special needs, sometimes behavioral issues. And going into homes, going literally from Bel Air Mansions to South Central, like really in the homes, really working with the parents to just connect with their baby, play with their baby in different ways that could be facilitating. But I brought in a little bit of that birth psychology piece, to be honest.

DR. ELLIOT BERLIN, DC: I mean, it's interesting because it sounds like up until 30, motherhood was a phobia for you or birth was a phobia for you. You didn't really picture that being your future. And then somehow over the five-year period of going through the training and starting to work with families, kind of a switch went on where you're like, wait, maybe this is a path for me. Do you know what changed?

KELLY MEEHAN: I think I got healthy and I didn't feel so trapped by my body and being unwell for so long. And then honestly, I had a moment where I felt like, you know, I had a husband I loved. We were together for a long time and we were experiencing really fun things in life. And I thought, hey, maybe we should have a child. Am I being a disservice to humanity and to my heart that maybe a child wants to be born to us? I actually felt like my fear was very selfish. And I thought, let me be open.

DR. ELLIOT BERLIN, DC: How old were you when you got together?

KELLY MEEHAN: 18.

DR. ELLIOT BERLIN, DC: Oh, wow, really young. Yeah. And at that earlier part of the relationship, he was cool with the no kids approach?

KELLY MEEHAN: You know, he was. He's a good dude. He thought about it. He wanted a bunch of kids initially.

DR. ELLIOT BERLIN, DC: Oh, he did. He wanted to do more. Yeah. There you go. I like that. Well, after a 180 of not wanting kids and then both of you being on board for children, it sounds like you're ready. It also sounds like, you know, there could be challenges. It seems to me like the phobias don't just go away overnight. Let's take a little break and when we come back, we'll find out what pregnancy and childbirth was like for you. Welcome back. We're talking to Kelly Meehan. So you

have the shift and you're open to motherhood. You're more comfortable with your body and not feeling trapped by your body. What was the first pregnancy like for you?

KELLY MEEHAN: Oh, boy. Ready? Everybody get your popcorn out. Now, it's a good story, right? We all have a story. It was actually very traumatic and it wasn't positive. It was very life altering, changing. I literally felt like my life got so restructured and shattered in a way where it was like the beauty of life. But the trauma that I felt that was kind of, you know, showed up was like, what am I doing? Is this really happening? It felt very surreal. But I found pregnancy to be super challenging. I also didn't have a very good community. I didn't have parents that were there and people that like nobody really showed up. And I had all trimester nausea, which was so difficult. All trimester, all three trimesters.

DR. ELLIOT BERLIN, DC: The whole time? With vomiting or just-

KELLY MEEHAN: Not vomiting, just I couldn't feel not nauseous. And I swear this kid lived on like lentils and like crackers. Like I'm like, is this kid going to be okay? But I think it was more emotional, to be honest, because of the support and the way I was cared for. And I felt like I didn't know how to find my internal instructions to be pregnant. I just was lost.

DR. ELLIOT BERLIN, DC: Was the baby healthy?

KELLY MEEHAN: Yeah, he was fine.

DR. ELLIOT BERLIN, DC: Was that comforting for you?

KELLY MEEHAN: It wasn't because I was very self-absorbed in just the hardness of it. I was like, what is happening? My body was changing. I felt like out of my body, in a sense, I didn't feel into it. And I think I just felt too much, to be honest. Like probably a little way too much. And which can be hard for sensitivity is like a little extreme. People talk about heightened intuition. I was like, I didn't get heightened intuition. It was already there. It just felt like, yeah, I knew he was healthy because I felt he was healthy. I don't do a lot of interventions. I had midwives and I trusted. There wasn't a lot of dabbling or a lot of looking around. You know what I mean? I was just more of listening to my body and connecting with him.

KELLY MEEHAN: Not the watch pot.

DR. ELLIOT BERLIN, DC: What was your plan for birth?

KELLY MEEHAN: I really wanted a home birth. And I had really great midwives, a team come in. But then things shifted in directions where midwives don't always make the best decisions. But in that time, it worked, I guess, because I got transferred to a hospital that wasn't very kind to me.

DR. ELLIOT BERLIN, DC: Transferred in the middle of the birth?

KELLY MEEHAN: Yes, in the middle of the birth.

DR. ELLIOT BERLIN, DC: Okay, for what?

KELLY MEEHAN: At the time, the assumption was possibly, now I forgot what it's called, where they think the placenta and the baby are coming out together. What's that word again?

DR. ELLIOT BERLIN, DC: The cord prolapse?

KELLY MEEHAN: No, no, no. Now I'm just forgetting it right now because it wasn't. So there was just a miscommunication and interpretation because I had too much blood before and that made everybody nervous and I had the water tub. I have low blood platelets, so I'm a bleeder. Apparently, I'm a bleeder after. That's the thing I've discovered. I think it's a common thing that happens, but it wasn't that. So I get transferred. And they're literally trying to prep me for cesarean birth, by the way. And I'm going to try to shorten the story a little.

DR. ELLIOT BERLIN, DC: The midwives or the medical team?

KELLY MEEHAN: No, the medical people. And I said, I'm allergic to anesthesia, blah, blah, blah, whatever it went. It didn't need to happen. So the baby was there. One doctor came in and said, well, the baby's right there. Let's get her up to deliver baby. He's born. I'm just second degree vaginal tearing. Not feeling super happy. I'm signing myself out of the hospital after a few hours. I cannot be there. That was taken very interestingly. And then the healing began more deeper at home and I did go into postpartum depression for sure.

DR. ELLIOT BERLIN, DC: What did that feel like to you?

KELLY MEEHAN: I felt like I wanted to die. I knew that wasn't normal.

DR. ELLIOT BERLIN, DC: How soon after you got home?

KELLY MEEHAN: If I can recall it, probably, I don't know. Actually, that's a good question. Now it's been so long. I remember feeling, I'll never forget this, two weeks after I've had my beautiful little being boy. Perfect. Two weeks, I got this very strong feeling of love and connection that now I realized later was supposed to happen when you give birth. Like you see your baby and you feel that connection. I didn't feel very connected to him until two weeks in.

DR. ELLIOT BERLIN, DC: Did you feel connected to him during the pregnancy?

KELLY MEEHAN: I did.

DR. ELLIOT BERLIN, DC: So then there was a loss of, like the power went out. And I know you mentioned you didn't have much of a village during the pregnancy. Was there any support after the baby arrived?

KELLY MEEHAN: No, there wasn't. We had a few meal trains and then I just felt like alone and then husband had to go back to work and it was just me and baby and friends. I talked to on the phone and I was just really weepy and I just felt like high dysregulation and just getting by every day to just get through the pain. I had a lot of pelvic floor pain.

DR. ELLIOT BERLIN, DC: How did you get over the postpartum depression? How did you manage your way through it?

KELLY MEEHAN: That's a good question. I don't even remember. I don't know. A lot of my friends are MFTs at the time. So I'm talking to all my friends, working with my friend who also is an MFT and a healer and just talking it out. And it was like the hardest moment after of like, I was like, this is what that's like, because I knew something was up. I was like sitting in the rocking chair like, maybe I should die. And I'm like, that doesn't feel like you're supposed to feel that way. And I just took it really slow. Literally the first year was like rebuilding who I was as a mother now. I was never mother before. And then knowing like, where's that support come? And I'm really fortunate to be able to have space

KELLY MEEHAN: to sit under the oak trees of Topanga at the time where it was just kind of like learning about each other, growing with each other and nursing too much. I feel like all that kid wanted was nursing all the time.

DR. ELLIOT BERLIN, DC: Well, Topanga sounds beautiful. Somehow you decided to do it again.

KELLY MEEHAN: I know, right? So wait a minute. Did I tell you there's a five and a half year age gap on purpose? So it didn't happen right away. No, I didn't want it to because I needed to do the work. I couldn't.

DR. ELLIOT BERLIN, DC: So up until then, did you think one and done?

KELLY MEEHAN: Yep, absolutely.

DR. ELLIOT BERLIN, DC: But then what changed?

KELLY MEEHAN: I heard a different energy saying they wanted to be born and I tried to ignore it. Didn't go well. No. And I felt like, no, no, this is probably maybe I'll get a puppy or cat or something. I don't know, right?

DR. ELLIOT BERLIN, DC: Well, how was the second pregnancy?

KELLY MEEHAN: It was way better because after the first errors in that experience, which I think is pretty common for mothers, right? I decided that it wasn't going to be the same. I needed to do the work and the energy, whatever. You know, I had amazing midwives this time. I had, you know, really schooled them. I wanted to make sure they saw everything possible in a home birth. I cried a lot in my midwife sessions all the time. I just cried and they said, it's okay, Kelly. We were just clearing it for the birth. Yeah.

DR. ELLIOT BERLIN, DC: Do you know what you were letting go of?

KELLY MEEHAN: There were a lot of things coming up. I was never cared for by my parents. In my own pregnancies, like I cried about my dad and I had no idea I had that feeling. And I realized that when we're having babies and you have family, it's such a beautiful thing, right? And if you don't have that, you think it's okay. But then you don't have that and you realize, oh, this hurts, this feels. So yeah, there was a lot of feelings and I'm sure more pieces in that. But pregnancy was different than the first by far and that was great.

DR. ELLIOT BERLIN, DC: So a different team of midwives was the plan home birth again?

KELLY MEEHAN: Yes, absolutely.

DR. ELLIOT BERLIN, DC: How old were you?

KELLY MEEHAN: 41 when I birthed him. So 40.

DR. ELLIOT BERLIN, DC: And how did the birth go?

KELLY MEEHAN: The birth was great, actually. I couldn't believe it. It was like night and day from the birth experience. I couldn't get into that tub though. I saw it and I'm like, I'm a land birther. I am not water.

DR. ELLIOT BERLIN, DC: You see that a lot though. People set up the whole water option.

KELLY MEEHAN: Yeah, I can get, I didn't even go in it. Didn't even touch it.

DR. ELLIOT BERLIN, DC: Or the opposite. People think they're never gonna want it. I'm not a bath person and then they crave it.

KELLY MEEHAN: Yeah, it was good. It's there as an option. So the most incredible thing in this, and I actually have videos of me, I'm so calm. And I actually appreciated the contractions when I literally felt like I was high. My body was shaking with euphoria in between the contractions. And I was bouncing on that ball, man. I said to my midwife, can I birth on this ball? She's like, no. My body loved that movement. And I did do the birthing stool, which I know has a lot of controversy, but I had to sit with this birth. Let this being come. Let's work together. And I remember a moment where I'm sitting there. It's dark in the room and I'm so cared for. And I look in the midwives and my friends there and they're all closing their eyes.

KELLY MEEHAN: And one, I was like, are they meditating or are they sleeping? I really was like, but either way, it felt really good. And my five and a half year old son wanted to be at the birth. They got him at the last minute to come and see everything. And looking at him and pulling up my son was just extraordinary. And I'm not saying orgasmic births don't exist, but they do exist because I had a shocking moment where I was like, what's happening here? This is like pride. And I guess it pushed or whatever was happening. Before the pushing though, I felt that feeling in my body. Well, I was not expecting that at all. Like, yeah. There's a total opposite from your first birth. And I was scared it was going to be this like,

KELLY MEEHAN: I was like, what if, what if, what if, right? And that was the fear too in the birth. What if it's like the first one, right? But I knew it was different because as soon as I sat down and I was dealing with my other sons, going to school for the first time and then going, I sat there and I went, I'm not hungry, but I can't go to sleep right now. And then all of a sudden, like 30 minutes later, the contraction started and I knew in that moment it was different. It felt completely different.

DR. ELLIOT BERLIN, DC: I'm so happy for you. What was postpartum like second time?

KELLY MEEHAN: Perfect, fine, no, anything because I told myself I called in community. So people came to like clean the house. People came to cook us all kinds of meals and I wasn't, but I had a moment where I was nursing and I was crying and I couldn't nurse them. I was, you know, I was like, I

thought you just nurse forever each kid, but who knows? They're so different, right? And she took the baby, took him out, walked outside and I was like, that's what I need. Somebody to like nurture and love me in that experience and I got a lot of that. So no postpartum depression, no dark thoughts, nothing. I was like, wow. But I also feel like the birth was so cared for, so different, still super intense, but my husband got to hold him.

KELLY MEEHAN: He was the first contact as we, you know, pulled him up with such a beautiful moment to do that. And I wish like that connection for all mothers and fathers and just lifting him up. There's a video of me just like this, like probably praying, you know, being thankful like, and it was so beautiful because I had joy on my face and my five-year-old at the time said that looked like a rocket ship shot right out of you and his face was in disbelief. Like there's a baby, we talked about it, but like you can see was like, wait, this is a real person that came out and later on, he was crying and he said, I don't know why I'm crying holding his brother. And I said, yeah, there's a lot, you know, feelings happening. And I remember the umbilical cord

KELLY MEEHAN: was so beautiful, you know, it was just this iridescent connection to my body and yeah, and I definitely encourage people to do video because I watched the video after and I was in shock. Because I was making noises. I don't remember doing that.

DR. ELLIOT BERLIN, DC: It's kind of interesting. I sometimes interview people about their birth right after they have their baby and they'll listen to it six months later and it's like they're hearing their birth story for the first time. They don't remember a lot of the finer details and sounds like you think that's safety. Why do you think that is? I'm not totally sure. I've had thoughts about this. I think pregnancy brain is real and I think you could see it on imaging. Actually, the brain physically shrinks and I think part of that is because childbirth is such a big event that it may be too big for the regular consciousness and you kind of have to go into another level. You know, we had Hilary Duff on the podcast talking about her first home birth

DR. ELLIOT BERLIN, DC: and she just said as it was getting closer and closer and she was progressing more and more that her brain was just saying like, I don't know. It's going to be too much. We're not going to be able to handle. It's going to be too much. It's going to be too much and then right before it felt like too much that part of her brain just shut off. And it wasn't too much. It was perfect and I think maybe that needs to happen to a degree and so you're not fully present on the consciousness the way the people around you are. Let's take a little break because when I come back I teased at the beginning that you're like this very unique provider and caregiver now and obviously we see where a lot of that foundation comes from

DR. ELLIOT BERLIN, DC: but I want to get a little bit deeper into the type of work that you do. Don't go anywhere. We will be right back. Welcome back. We're talking to Kelly Meehan a very unique individual. I'm just honored to be talking to you and I want to learn more about the unique type of work that you do. So how did your experiences that we've just talked about kind of evolve into the work that you do now?

KELLY MEEHAN: Well, my ongoing joke is that my first born broke my second chakra right open and blasted me into this work. I'm serious because it was such a physical emotional spiritual like reality a shift of lineage a change of my consciousness a change of who I become so that knowing of

spirit baby connections is always there. It just got to the next level.

DR. ELLIOT BERLIN, DC: I frequently when we started in foreign pregnancy actually part of my mission if we were going to have a tagline was how to have your second birth experience the first time around and you know I guess for you it's more relevant than most like how nice it would have been for you to be able to do that but I guess all the experiences you have shape you. Tell me more about spirit baby.

KELLY MEEHAN: Yeah spirit baby spirit baby is not a term I created it's been around for a long time but nobody knows the origin. I actually wrote about that in my book I don't know where the origin is of it but there's been people that have been talking about it even in indigenous cultures there's one actually over in Australia that talks about the calling of the spirit the calling of baby and so I hear spirit baby energies I hear souls I hear things that defy science and this connection that I've made a long time ago I thought it was all my imagination to be honest

DR. ELLIOT BERLIN, DC: so you connect with them before they're here before they're even in the womb you do fertility work

KELLY MEEHAN: yes that's actually a lot right now a lot of infertility and miscarriage has been become my accidental expertise I jokingly say

DR. ELLIOT BERLIN, DC: what does it look like when somebody comes to work with you?

KELLY MEEHAN: There's a lot of connection sometimes it's called I'm calling it just as a joke spirit baby communication counseling because I do do some somatic work in spaces but it's more of me you know kind of connecting with the body of the person what's been their journey and I'm not actually getting very many details it really depends on the person some people have a long big story especially with infertility and some that come in pregnancy it's a little different the pregnancy vibes because it's more lighthearted to me it's like just having mother's energy father's energy just connecting with their body and I do certain things like little body kind of meditation energy kind of set for them and then listen and then really bring connections

KELLY MEEHAN: with their child and sometimes they know if they're having a boy or a girl or sometimes they don't know I use the word baby being if it's a surprise and I just bring connections like how do you connect what does that feel like for you and because it's their connection their relationship and so I get little tidbits of information and insight and then you know off you know as the parent prepares for the next weeks months trimesters and I really promote that their connection with their child and that soul level that energy level is always changing too it's never going to be the same so keep meeting where you are in your energy and if you're tired you know watch your tired energy if you're deficient and this is your expertise

KELLY MEEHAN: but I feel like pregnancy super deficient and it's hard like but baby energy is still there it's still in communication because it doesn't need that much biology but again that form of energy that consciousness in the field is very different

DR. ELLIOT BERLIN, DC: we have a film on informed pregnancy plus that is called prenatal memory it's a Japanese film with subtitles but Dr Ikagawa was an OBGYN who always felt like the

babies were a lot more conscious and present than anybody would give them credit for and so he originally just started talking both to mom and to baby and just like asking for permission before touching the belly and he just felt this very strong presence then he found out from someone he knows that does transcendental meditation that when you bring people back in regressive therapy you could bring them back to before they were born and just blew his mind like everything made sense and he sort of dedicated a part of his career to finding out how much do babies remember

DR. ELLIOT BERLIN, DC: from their time in the womb or before they were even in the womb and it's a fascinating film and our viewers that watch it some of the feedback that we get is that they're really able to bond more closely with the baby and be more present at the birth and that the birth is a more enjoyable experience because they're doing it together instead of trying to push something out of you it's a dance that you do together so it seems to me like the work that you do the connections that you talk about and helping people to connect to their baby during the pregnancy have a lot of benefit for both mother and baby

KELLY MEEHAN: Yeah I love that what you're sharing it's so true because yeah let's say even there's a struggle in pregnancy or birth and I feel like that bonding before life is so incredible because you're recognizing there's this other energy form this connection with this being is a part of you and then so you're having that communication in the before in preconception or even in pregnancy and to me it's an instinct too and then you're birthing your baby together here and then now they're here and I do feel like it does bring a different bonded connection and so even just a moment looking like you know I had this traumatic birth I had to work really hard with the birth field and the energy of healing with my first born whereas like my second one

KELLY MEEHAN: was completely different because I was doing this work by the way already so it brought a different frequency of who I was forward and then his birth was just you know I mean yeah night and day but also it's kind of like you know I communicate with both children and bringing them wherever they need to you know show up in this world with.

DR. ELLIOT BERLIN, DC: Yeah it's pretty cool that as a clinician you have both this sort of western science training background and experience but then you also have the intuition and more of a holistic approach and that you're able to combine them together.

KELLY MEEHAN: Absolutely I used to hang out when I remember my internship with the psychoanalysts they wanted to hmm they were good they were good they knew what they were doing but they wanted to know why I was able to get to certain children that nobody else could because I couldn't say well I'm just being telepathic and energy sensitive because that's how children are and I think I'm just naming what that is I knew that and yet you know this is the you know there's so much involved in the energy of children and you know something I didn't say was so I'm working in conception pregnancy and you know healing through birth loss but also I can talk to newborns when they're nonverbal I can hear them in their energy and they have conversations

KELLY MEEHAN: and this is what parents do this is what mothers and fathers do they're literally telepathically connected to their energy. I don't know

DR. ELLIOT BERLIN, DC: I would look in their eyes forever and just be like what are you thinking if I could only tell I didn't have that gift. Wow what a powerful story first of all you're an excellent storyteller thank you and boy you've lived a lot and I appreciate you coming on and sharing your story from childhood through motherhood and the work that you do again being so powerful Kelly where can we find you online?

KELLY MEEHAN: Yeah thank you again for having me newearthchildren.com

DR. ELLIOT BERLIN, DC: newearthchildren.com I'm going to go check it out myself and I recommend everybody else do the same. At home thanks for listening to the informed pregnancy podcast if you like our program be sure to share us with your friends and leave us a five-star review in your podcast app. For more pregnancy and parenting related media just like this visit us online at informedpregnancy.com

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