



Perinatal Resources for Birth & Beyond

- **Postpartum Depression questionnaire:**
<https://www.fresno.ucsf.edu/pediatrics/downloads/edinburghscale.pdf>
- **Documentaries / Videos:**
 - In Utero <https://www.inuterofilm.com/>
 - Microbirth <http://microbirth.com/the-film/>
 - Real Immunity (w/Dr. Jeanne Ohm) <https://realimmunity.org/>
 - Business of Being Born
<https://www.amazon.com/Business-Being-Born-Ricki-Lake/dp/B0013LL2XY>

National Geographic: In the Womb

<https://www.amazon.com/National-Geographic-Womb-Dilly-Barlow/dp/B000E8JNT2>

Normal birth video:

https://www.youtube.com/watch?v=ZDP_ewMDxCo

OB “Robot” Training:

<https://www.youtube.com/watch?v=VWFIDWIPqEI>

“Birth Trauma: A Modern Epidemic” video from
www.MakinMiracles.com

Mother’s Naturally (c-section info)
<https://www.youtube.com/watch?v=7zDnigbvPvk>

Pregnancy MRI
<https://www.bbc.com/news/health-47638608>

The Three Golden Hours:
<https://www.thethompsonmethod.com/3-golden-hours>

If Making Love was Treated like Birth
https://www.youtube.com/watch?v=IZG0T7xHy6A&has_verified=1

Instagram birth: <https://www.instagram.com/p/B0dWSasgXzJ/>

Family Centered C-section with skin to skin:
<https://www.youtube.com/watch?v=0jCjk73Xpn8>

Breastfeeding: Separation vs. Skin to Skin
<https://www.youtube.com/watch?v=qjrMHccFyK4>

Evidenced Based Birth – crash class during Covid 19
<https://www.youtube.com/watch?v=7Lo59DIs-L4&list=PLIEXCUOjN-isTSvgt5Qe8d4YJxF5fZrS&index=1>

Serola videos:
<https://www.serola.net/research-category/structure/normal-movement/reciprocating-unilateral-nutation/>
<https://www.serola.net/research-entry/3d-sacral-motion/>
<https://www.serola.net/research-entry/muscle-ligament-role-in-joint-tension/>
<https://www.serola.net/research-entry/iliopsoas/>

- **Pregnancy reference links Suggested websites:**

<https://evidencebasedbirth.com/resources-for-parents/>

Evidence Based Birth® is an online childbirth resource that informs, empowers and inspires expecting parents and birth-care practitioners globally, to understand the latest, proven, evidence based care practices.

<https://birthmonopoly.com/>

We want a maternity care system that recognizes YOU OWN YOUR BODY. We are working to dismantle the monopoly that tells us how, where, and with whom we are 'allowed' and 'not allowed' to give birth.

www.SpinningBabies.Com

Learn tips about optimal fetal positioning www.icpa4kids.org
International Chiropractic Pediatric Association. Review recent articles on pediatrics and pregnancy.

<http://pathwaystofamilywellness.org/>

Magazine and website with info for you and your family's quest for wellness <http://americanpregnancy.org/> Website with info on healthy pregnancy

www.ICANofAtlanta.com

International Cesarean Awareness Network, Atlanta chapter. A must for anyone who has had a prior C-section, to realize you have options, get emotional support from others, plan a VBAC if desired, etc. Join their FACEBOOK group.

- **Doulas**

Having a Doula: Is a Doula For Me?

<http://americanpregnancy.org/labor-and-birth/having-a-doula/>

Benefits of a Doula and Finding a Doula

<https://www.dona.org/what-is-a-doula/benefits-of-a-doula/>

- **Childbirth Education Classes A comparison of choices**

<http://americanpregnancy.org/labor-and-birth/childbirth-education-classes/>

- Prenatal Nutrition - this is not the time to do shortcuts – spend the money on quality supplements:

- [Standard Process Patient Direct](#) (Code MJFHJ7)
 - Thorne Prenatal Organic Prenatal Gummy (by Smarty Pants)
 - Innate Response Baby & Me Mega Food Baby & Me
 - Prenatal Klaire Ther-Biotic Complete (probiotic)
 - Metagenics Vitamin D3 + K
 - Juice Plus, Juice Plus Chewables
 - Seeking Health prenatal
 - Make sure it has L-methylfolate in the prenatal

- **Creating a Birth Plan**

<http://americanpregnancy.org/labor-and-birth/birth-plan/>

- **Epidurals**

- Using Epidural Anesthesia During Labor: Benefits and Risks
<http://americanpregnancy.org/labor-and-birth/epidural/>

- **Ultrasounds**

- Perils of Peeking into the Womb: Ultrasound Risks
<http://kellybroganmd.com/utrasound-risks-perils-of-peeking-into-the-womb/>
- Birth Educator Yolande Clark talks about some of the risks of ultrasound, and why "informed consent" when it comes to the issue of ultrasound and many other obstetric procedures undertaken during pregnancy and birth should be investigated more deeply.

<https://www.facebook.com/Bauhauswife/videos/1636995669751374/>

- **Placenta Encapsulation**

<https://americanpregnancy.org/first-year-of-life/placental-encapsulation/>

- **Vaccines**

- Vaccination decision, you do have a choice
<https://www.nvic.org/vaccination-decisions.aspx>
- <https://www.icandecide.org> Informed Consent Awareness Network
- What You Need to Know Before & After Vaccination
<https://www.nvic.org/Ask-Eight-Questions.aspx>
- You cannot sue if your child has an adverse reaction:
<https://www.nvic.org/reporting-systems.aspx>

- **Breastfeeding**

- 101 Reasons to Breastfeed Your Baby
<http://www.notmilk.com/101.html>
- 10 Breastfeeding Tips You Need Now
<https://www.mom365.com/baby/breastfeeding/our-top-10-breast-feeding-tips>
- Hunger Cues – when do I feed baby?
<https://kellymom.com/bf/normal/hunger-cues/>
- Dr Jack Newman's Visual Guide to Breastfeeding
<https://www.youtube.com/watch?v=56YzjsZr4hQ>
- Deep Latch Technique for Pain-Free Breastfeeding
<https://www.youtube.com/watch?v=-l5BpqllTLg&t=2s>

- **The Facts Behind Circumcision**

- It's a common misconception that there are tangible health benefits to male circumcision, but the truth is no medical society in the world recommends it. <http://www.intactamerica.org/>

- **Oral Vitamin K or Vitamin K injection:**
<https://shop.bioticsresearch.com/products/bio-k-mulsion>
- **Cloth Diapering**
<https://www.whattoexpect.com/baby-products/diapering-potty/best-cloth-diapers>
- **Chiropractic care and infants:**
 - Parents often ask why a newborn baby should be checked by a chiropractor. Ask us and/or read about it here:
<http://pathwaystofamilywellness.org/Chiropractic/adjusting-to-a-new-life.html>
- **Postpartum Depression**
<http://www.postpartumprogress.com/the-symptoms-of-postpartum-depression-anxiety-in-plain-mama-english>
- **PREGNANCY recommendations: (Do's)**
 - Get to know Spinning Babies website! Their “Daily Activities” is a fabulous place to start.
<https://www.spinningbabies.com/pregnancy-birth/daily-activities/>
 - Regularly use forward leaning positions; Keep your tummy lower than your spine and keep your knees lower than your hips.
 - Use a birth ball, or ergonomic chair as much as possible. We recommend you sit upright and do not slouch. Rock your pelvis forward onto your "sit bones" and sit with your knees lower than your hips. If you have a job which requires prolonged sitting, you may want to consider getting an ergonomic kneeling chair (like a Swedish kneeling chair), sitting on a birth ball, or a standing desk.
 - Keep muscles, ligaments and joints balanced through regular chiropractic adjustments with the Webster's Technique.
 - When getting in and out of the car or chair, keep your knees together.

- Eliminate refined sugar & alcohol. Drink plenty of water; eat lots of green leafy vegetables; snack on protein not carbs.
- Recommended supplements: Thorne Prenatal; Innate Response; MegaFood Baby & Me; Nordic Natural Pro DHA; Klaire Ther-Biotic Probiotic; Juice Plus.
- Practice squatting, most likely you'll be doing that in labor. Yoga & stretching helps. FOR Symphysis Pubic Disorder:
- Bend your knees and put a ball or your fist between your knees and push inward for a count of 5, then relax for 5. Repeat 5x, three times a day.
- Avoid/minimize straddling, including getting in/out of a car or chair.

- **PREGNANCY things to avoid...(Don'ts)**

- Avoid (or minimize) one sided positions and repetitive motions. When carrying other children, avoid carrying them on the same hip all the time. Move them back and forth.
- Avoid (minimize) reclining. That tends to move the baby into a posterior position.
- Avoid slouching and sitting back onto your sacrum.



- Avoid sitting Cross-legged. sit upright don't slouch



- **EVIDENCE for certain hospital/medical procedures**

- IVF

<https://www.cdc.gov/art/pdf/2018-report/ART-2018-Clinic-Report-Full.pdf>

<https://www.pennmedicine.org/updates/blogs/fertility-blog/2018/march/ivf-by-the-numbers>

- C-Section Objective Evidence:

- § The c-section rate is about 50%, in part due to multiple births and the rest due to fear—fear of losing the "premium pregnancy," fear of malpractice suits by OBs, and a belief in the medical model by both the doctors and the women who have undergone IVF.

<https://www.prevention.com/health/what-no-one-tells-you-about-ivf>

<http://americanpregnancy.org/infertility/in-vitro-fertilization/>

https://www.science20.com/news_articles/ivf_safe_review_current_evidence#:~:text=In%20vitro%20ofertilization%20%28IVF%29%20is%20quite%20common%20these,IVF%20in%20comparison%20to%20%20natural'%20conception%20and%20birth

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0'natural'%20conception%20and%20birth

- Ultrasound

NO evidence that it improves baby's health outcome.

Undiscovered risks to the baby...

- <https://www.thehealthyhomeeconomist.com/50-in-utero-human-studies-confirm-risks-prenatalultrasound/>
- <https://www.ncbi.nlm.nih.gov/pubmed/24249575>
- <http://harvoa.org/chs/pr/dusbk1det.htm>
- <http://www.plus-size-pregnancy.org/Prenatal%20Testing/prenataltestultrasoundsafety.htm#Ultrasounds>
- <http://pathwaystofamilywellness.org/Pregnancy-Birth/ultrasound-8-reasons-its-not-safe-or-painless-for-your-developing-child.html>

- Group B Strep

- <http://sarawickham.com/wp-content/uploads/2011/10/b1-the-war-on-gbs1.pdf>
- <https://www.naturalbirthandbabycare.com/prevent-group-b-strep/>
- <https://evidencebasedbirth.com/groupbstrep/>

- Gestational Diabetes Objective Evidence:

§ Inconsistency/reproducibility; the relationship of the test results to fetal outcome; whether testing accurately reflects 'real-life' conditions, & more

<https://evidencebasedbirth.com/diagnosing-gestational-diabetes-the-nih-consensus-conference-day-1/>

<https://evidencebasedbirth.com/diagnosing-gestational-diabetes-the-nih-consensus-conference-day-2/>

§ Women labeled with GD have more c-sections. Their pregnancies are labeled high-risk and are subject to much more intervention; They must test their blood numerous times per day and undergo more prenatal testing and anxiety. Objective Evidence to Vaccines in pregnancy § There is no research to substantiate safety. There are no long term studies. The risk of miscarriage is associated with vaccines and the effectiveness of them is suspect as well.

<http://www.nvic.org/NVIC-site-search-result.aspx?q=flushot%20in%20pregnancy>

<http://www.nvic.org/NVIC-site-search-result.aspx?q=dtap%20shot%20in%20pregnancy>

<https://www.thehealthyhomeeconomist.com/h1n1-vaccine-induced-abortion/>

§ There is still great amounts of mercury in flu vaccines.

<https://worldmercuryproject.org/> Objective Evidence for Bed Rest:

Any pregnant woman who is told to restrict her activity or stay in bed should discuss with her doctor whether there is data to support that recommendation given her condition.

<https://www.lamaze.org/Connecting-the-Dots/Post/bed-rest-when-used-for-anything-other-than-sleep-has-no-proven-benefit-and-may-in-fact-be-harmful>

<https://www.mayoclinic.org/healthy-lifestyle/pregnancy-week-by-week/in-depth/pregnancy/art20048007> ECV for breech baby Overall, the researchers found that having an external cephalic version decreased the risk of breech birth by 54% and decreased the risk of C-section by 33%

<https://evidencebasedbirth.com/what-is-the-evidence-for-using-an-external-cephalic-version-to-turn-a-breech-baby/>

- Medical Risks of Epidural:

- Epidurals Interfere With The Important Cocktail Of Birth Hormones

- Epidurals Lengthen Labor

- Epidurals Increase The Rate Of Pelvic Floor Problems After Delivery

- Epidural Triples The Risk Of Severe Perineal Tear • Drugs

Administered By An Epidural Enter Baby's Bloodstream

- Baby Is Less Alert & Has Less Ability To Orient Resources to Make Evidenced-Informed Conscious Choices in Pregnancy, Birth and Beyond... Years of Articles on Pregnancy and Birth

§ <http://pathwaystofamilywellness.org/labels/pregnancy-and-birth.html>

Years of Articles on Chiropractic in Pregnancy and for Children

§ <http://pathwaystofamilywellness.org/labels/chiropractic.html>

§ <http://www.icpa4kids.org/research/wellness.htm>

§ <http://icpa4kids.org/Chiropractic-Research/>

- *** Extensive Resources for All Choices in Birth:

§ <http://www.makinmiracles.com/resources.html>

Pregnancy and Birth Support Sites:

§ <http://hypnobirthing.com/>

§ [http://www.motherfriendly.org/resources/Documents/Having%20a%20Baby--Ten%20Questions%20to%20Ask%20\(2015\).pdf](http://www.motherfriendly.org/resources/Documents/Having%20a%20Baby--Ten%20Questions%20to%20Ask%20(2015).pdf)

- Favorite Evidenced Based Sites:

§ <http://www.childbirthconnection.org/>

§ <http://www.motherfriendly.org/>

§ <https://www.scienceandsensibility.org/>

§ <http://improvingbirth.org/>

§ <http://www.midwiferytoday.com/enews/index.asp>

§ <http://www.aims.org.uk/?pubs.htm>

§ <http://globalprenatalinitiative.org/>

- **Birth Assistants** -- Doulas and Childbirth Educators: Childbirth educators, Doulas, prenatal yoga instructors, hypno-birthing instructors, cesarean awareness groups, midwives, lactation consultants

- Some favorites:

- Trust Birth <http://www.trustbirth.org>

- Birthing from Within <http://www.birthingfromwithin.com/>

- Birth Works <http://www.birthworks.org/>

- Birth Boot Camp <http://birthbootcamp.com/>

- CAPPa <http://www.cappa.net/>

- Hypnobirthing <http://hypnobirthing.com/>

- More Traditional: International Childbirth Educators Association
<http://www.icea.org/>

- Doulas of North America www.dona.org

- Bradley Method of Childbirth <http://www.bradleybirth.com/>

- Lamaze <http://www.lamaze.org/>
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Symphysis Pubic Dysfunction (SPD) Resources for Mom on SPD

<http://www.plus-size-pregnancy.org/pubicpain.htm>

Supine Exercise for Strengthening Pubic Symphysis

Birth Fit:

<https://birthfit.com/blog/2019/04/10/symphysis-pubis-pain-lightning-crotch-or-pelvic-pain-duringpregnancy/>

Spinning Babies:

<https://spinningbabies.com/learn-more/techniques/other-techniques/activities-for-symphysis-pubis-separation/>

Serola Belt: <https://www.serola.net/serola-sacroiliac-belt>

Links on Epidural risks

<https://www.collective-evolution.com/2018/04/05/did-you-get-an-epidural-here-are-10-issues-some-pregnant-women-have-with-it/>

<http://www.healing-arts.org/mehl-madrona/mmepidural.htm>

<https://sarahbuckley.com/epidurals-risks-and-concerns-for-mother-and-baby/>

Excellent Articles on CPD:

ICAN website:

<http://www.ican-online.org/wp-content/uploads/2014/01/Question-CPD.pdf>

Pathways website:

<http://pathwaystofamilywellness.org/Pregnancy-Birth/mind-the-gap.html>

Articles about Pitocin:

<http://pathwaystofamilywellness.org/Pregnancy-Birth/better-birthing-its-about-time.html>

<http://pathwaystofamilywellness.org/Pregnancy-Birth/pit-of-despair.html>

Research on Pitocin & depression:

<https://www.ncbi.nlm.nih.gov/pubmed/28133901>

BLOG:

<https://www.motherrisingbirth.com/2017/02/pitocin-is-linked-to-postpartum-depression.html?fbclid=IwAR2ea6uMg6FgtkCXJhTTpHnjtuBkARCYRQ6PE7q84-jDAZMsROxB5MfBIDc>

Safety of Chiropractic Care for Children Safety in the Office:

http://www.makinmiracles.com/articles_doctor/safety_in_the_family_chiropractic_practice.html

Safety of Chiropractic Care for Children:

Results of a preliminary Practiced Based Research Network:

<https://icpa4kids.com/media/1495/safety.pdf>

The safety and effectiveness of pediatric chiropractic: a survey of chiropractors and parents in a practice-based research network:

<http://icpa4kids.com/Safety.pdf>

Common papers cited in interviews to question safety:

- Adverse Events Associated With Pediatric Spinal Manipulation: A Systematic Review
- Sunita Vohra, MD, FRCPC, MSc, Bradley C. Johnston, NDa, Kristie Cramer, MSc and Kim Humphreys, DC, PhD
- A Complementary and Alternative Research and Education Program, Department of Pediatrics, University of Alberta, Edmonton, Alberta, Canada
- b Department of Graduate Education and Research, Canadian Memorial Chiropractic College, Toronto, Ontario, Canada

<http://pediatrics.aappublications.org/cgi/content/abstract/119/1/e275>

- SMT for children not safe...

<http://www.reuters.com/article/healthNews/idUSKNE27049020070112>

ICPA related responses and research on safety for children:

- ICPA Response to Pediatrics article, SMT not safe for children:
<https://icpa4kids.com/research/research-responses/icpa-responds-to-aap-pediatric-articleadverse-events-associated-with-pediatric-manipulation/>
- The Chiropractic Care of Children:
http://icpa4kids.com/research/published_papers/JACM_2010.pdf