

# Home4Birth

## Monthly Newsletter

April 2014



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Hello and welcome to our April newsletter! Spring has sprung! We hope you are all getting to enjoy the warm weather when it comes our way. This month, we have tons of great suggestions for super foods and supplements to help get you revved up and healthy for spring!



If you have any fun pictures, advice or recipes, please submit them to our office administrator, Carrie Bland, at [carrie@home4birth.com](mailto:carrie@home4birth.com).

Please let us know if you do not wish to receive our newsletters, and we will remove you from our list.

Thank you for reading and we hope you enjoy!

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## Upcoming Events

### Yoga with Baby

**Date:** Wednesday, April 23<sup>rd</sup>

**Time:** 6:30pm – 8:00pm

**Location:** Home4Birth Fishers office, 12987 Parkside Drive, Fishers, IN 46038

**Details:** Please join us for an evening of yoga with your little one. Please RSVP via Facebook event page.

**More details:**

<https://www.facebook.com/events/605753436181877/>

### Childbirth Education Series

**Date:** Saturdays, April 19<sup>th</sup>-May 31<sup>st</sup>

**Time:** 9:00am-11:30am

**Location:** Home4Birth Fishers office, 12987 Parkside Drive, Fishers, IN 46038

**Details:** We are teaching a series of six childbirth education classes. They will be held every Saturday, from 9:00am-11:30am at our Fishers location from April 19<sup>th</sup> through May 31<sup>st</sup>. This includes the following dates: 4/19/14, 4/26/14, 5/03/14, 5/10/14, 5/17/14, 5/31/14.

The cost of the series is \$375. We ask that \$187.50 be paid at the time of RSVP as a deposit and the remaining balance to be paid by or at the first class. Please use our Facebook event page to RSVP, and then contact Carrie, our office administrator, at [carrie@home4birth.com](mailto:carrie@home4birth.com) to arrange payment. Please direct any questions regarding this to Carrie via email as well.

**More details:**

<https://www.facebook.com/events/182612031940033/>

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To RSVP for events hosted by Home4Birth, and to view our upcoming monthly events, please visit our Facebook page at

[www.facebook.com/pages/Home4Birth](http://www.facebook.com/pages/Home4Birth).

## Product Recommendations

Pretty Pushers Clothing

Labor & Postpartum Wear



<http://www.prettypushers.com/>

## Nosa Yogurt & Qiá

A wonderful way to start your day!

Mix Nosa yogurt with 2.5 tablespoons of Qiá!



# 11 Super Foods for Pregnancy

**Dark Leafy Greens** – Kale, cabbage, bok choy, broccoli, spinach, etc.

**Sweet Potatoes** – Has vitamin A, helps with healthy tissue

Suggested Recipes:

Bake at 375° for 1 hour. Top with cottage cheese before serving.

Dice up sweet potato (or butternut squash) with garlic and rosemary. Roast at 375° for 1 hour.

**Salmon** – 9oz per week, rich in omega 3 fatty acids

**Lentils/Beans** – Soaked and sprouted from a dried state

**Walnuts/Almonds** – High in protein, omega 3 fatty acids, biotin, manganese, helps prevent diabetes

**Avocados** – Contain more potassium than bananas!

**Coconut Oil** – Is both antibacterial and antifungal, contains monolaurin (a chemical made from lauric acid, which is found in coconut milk and breast milk).

Monolaurin is used for preventing and treating colds (the common cold), flu (influenza), swine flu, herpes, shingles, and other infections. It is also used to treat chronic fatigue syndrome (CFS) and to boost the immune system.

**Eggs** – 2 daily, a great source of protein, contains numerous vitamins including vitamin A, potassium, and many B vitamins like folic acid, choline, and biotin

**Steel Cut Oats** – The soluble fiber in oats may directly affect blood pressure levels. One study conducted in China found that individuals who ate more than 25 grams of oats daily had lower systolic and diastolic blood pressure levels than people who are comparable amounts of insoluble fiber from plant sources other than oats.

Suggested Recipe: In slow cooker, mix together and cook on low for 6 hours/overnight: 2 cups oats, 8 cups water, 1 14oz can coconut milk/cream (Trader Joe's), 1/2 cup honey or maple syrup, 1 tablespoon real vanilla, 2 tablespoons Coconut oil, 1/2 teaspoon salt, can add apples in bottom if you want

**Buckwheat** – A seed, not a grain but can be cooked like rice in a 2:1 ratio (water:buckwheat) and served alongside your meal. Has 23 grams of protein in a 1 cup serving.

**Bone Broth** – Has glycosaminoglycans like glucosamine for joint health, glycine for digestion, and good gelatin. Visit the following website for recipe <http://wellnessmama.com/5888/how-to-make-bone-broth-tutorial/>

## Top Supplements for Pregnancy

### Prenatal Vitamin

(Garden of Life or Intramax liquid)

\*Compare to 'Supplements to Consider'

Reference in Client Manual (blue book)\*

### Liquid Calcium/Magnesium

(Available in Home4Birth office)

### Probiotic

(Garden of Life or Prescript Assist)

### Omega 3's

(Garden of Life or GreenPasture)

### Methylated B Complex

Vitamin D3

Information provided by Brandi Wood, CPM

*Welcome to the world!*



*Benjamin Cory*

*3/02*



*Elsi Joy*

*3/07*



*Spencer*

*3/14*

*Welcome to the world!*

*Moses Abram*

*3/30*



*Merra Kelly*

*3/18*



*Truitt David*

*3/30*

