



Home4Birth

July 2014

Something New



There is a new face in our Fishers office. Our new office administrator is Mindy Morton. Yes, we know it's confusing to have two Mindy M's in the office. But, one was so good, we thought we'd add another!



Happy 4th of July!



July means heat! Please, make sure you are drinking enough water.

- Flavor plain water with True Citrus products that have flavors like lemon, lime, orange, and grapefruit- www.truelemon.com
- Add frozen grapefruit
- Add sprigs of mint
- Freeze berries in ice cubes
- Home4Birth organic pregnancy tea
- Buy and use a reusable water bottle that you can take with you and refill during the day
- Make it your goal to drink a gallon of water within 24 hours

Brandi Wood, CPM

Mindy Michel, DEM

Mindy Morton, Office Administrator

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765-MIDWIFE (765-643-9433)

Tri-colored Popsicles with Kefir & Berries by Nourished

Ingredients

1 lb raspberries
 up to 1/4 cup honey (divided)
 1 tbsp framboise or vanilla extract
 1 cup milk kefir
 2 heaping tbsp blueberries

Instructions

Puree raspberries with two tablespoons honey and one tablespoon framboise or vanilla extract in a food processor or blender, processing until smooth. Strain the raspberry puree through a fine-mesh sieve or cheesecloth. Pour half of the strained raspberry puree into your molds, and reserve the remaining puree for the final layer of your popsicles. Freeze popsicles for two to four hours until firm. Then prepare the middle layer of kefir. Whisk two tablespoons honey into one cup milk kefir until well-combined. Remove the single-layered popsicles from the freezer and prepare the middle layer by evenly distributing the sweetened kefir into a single layer in the popsicles. Once the milk kefir is exhausted, gently push blueberries into the layer of milk kefir and place the popsicles back into the freezer. Freeze popsicles for two to four hours before preparing the final layer. After the layer of milk kefir has frozen solid, pour the remaining raspberry puree evenly among the popsicles, and return them to the freezer until all layers are set.

CUISINE: Am



Upcoming Events

◆ July 14th 6:30

Essential Oils Class

Join us for a free class to learn more about the use of essential oils for pregnancy and baby! Instructed by Megan Bournique.

Being held at our Fishers office located in The Cargioli Center at 12987 Parkside Drive, Fishers, IN 46038.

◆ August 9th-October 11th

Birth Boot Camp

Starting August 9th, we are offering a series of 10 Birth Boot Camp childbirth education classes. The cost for the series is \$300.00. Classes will be held every Saturday, from 10:00AM-12:00PM. This class is ideal for families who are due November through January. We recommend these classes to any first time family or any first time to home birth family.



Spotlight Product

The Imagine Newborn Bamboo Fitted Cloth Diaper is made from incredibly absorbent, yet unbelievably soft bamboo that you will feel good putting next to your newborn's delicate skin.



<http://www.nickisdiapers.com/ima-gine-newborn-bamboo-fitted->

The Miracle Ball Method for Pregnancy, a program designed to help women deal with the pains, stress, and physical changes of pregnancy, and then help them regain a flat belly afterward



http://www.amazon.com/dp/0761160973/ref=rrdr_ext_tmb