

## CarolinaAramburoAndFriends' TOPIC OF THE WEEK

### Hello Health, Fun and Well Being, Partners!

On this 14th Newsletter I want to give us a chance to consider a **different and interesting natural ways to go through childbirth.**

Most of us, even if we may never be pregnant ourselves in our lifetime, **know someone** who will be. There are so many options for women these days. I encourage you to go on-line and **read all of the articles** we have posted and the comments posted by our members on our Fan-Page <http://www.facebook.com/CarolinaAramburoAndFriends>.

### PREGNANCY — GIVING LIFE NATURALLY AND HAPPILY

As with all of our topics I request that you apply my 1<sup>st</sup> Health Proposal and **cherish your body because of any imperfections you may experience before, during and after pregnancy.** Follow that by applying my 2<sup>nd</sup> Health Proposal and listen to your body. If you truly listen to your body you will find the right unique combination of **natural solutions for you.** Your unique body will tell you what is right for you.

There is a lot of really valuable research available for each of the **different phases of pregnancy:** Pre-Pregnancy, Pregnancy and Post Pregnancy. I believe that a holistic approach is one that will benefit you the most. By holistic I mean an approach that considers all of your aspects including your **body, your mind and your spirit.**

"Natural childbirth" means different

things to different women and health-care providers. It ranges from a **complete removal of medication** and intervention to simply childbirth without having a cesarean section. As always you should consult your doctor as **each situation is unique** and requires different types of care and choices. In this newsletter we will be looking at natural, alternative solutions and therapies to **prevent or treat common discomforts and complications of pregnancy.**

There are many common discomforts and complications pregnant women face including, but not limited to: **morning sickness (nausea), heartburn, constipation, fatigue, insomnia, and pelvic girdle pain.** To start with here are some general guidelines we found.

- Cut out highly acidic, fatty and spicy foods.
- Avoid **strong odors** such as coffee, meat and garlic.
- Eat several small balanced meals instead of three large ones.
- Add 300 extra calories a day to your diet. But take care not to put on too much weight.
- Eat plenty of fibrous foods such as fresh, organic fruits and vegetables.
- Try **acupressure** by wearing sea bands three-quarters of an inch down your wrist in between tendons.
- Infuse bathwater with grapefruit, orange, mandarin or lime aromatherapy oils.
- Avoid wearing tight clothing after eating which can worsen symptoms.
- **Exercise regularly.**
- Most importantly, be sure to drink lots of water.
- Try taking mini naps during the day. Even **10-15 minutes can help refresh you.**
- Make sure you are getting enough



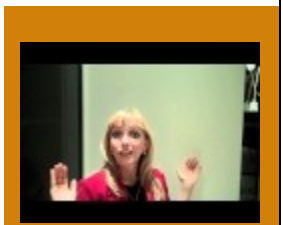
CAROLINA ARAMBURO

iron.

- Use pillows to **aid in support** when sleeping to ease pains, cramps & heartburn
- Do not stand or sit cross-legged for long periods of time  
Take a warm bath before bed.

There are **natural, alternative solutions to every phase of pregnancy** including acupuncture, aromatherapy, herbs, and exercise. As always you want to check with your healthcare provider, **consult an expert** in these fields and listen to your body. Some of these solutions are only recommended for very specific trimesters, some are only for labor and some can be used for the duration of your pregnancy. Here are natural, alternative solutions that were **consistently mentioned throughout our research:**

(contd. on next page)



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## PREGNANCY — GIVING LIFE NATURALLY AND HAPPILY

**Aromatherapy:** Lavender, Chamomile, Neroli, Bergamot, Jasmine, Rose.

### Herbs:

- **Fertility** – red clover, partridge berry, and liferoot
- **Morning Sickness** – Red Raspberry Leaf, Ginger, Magnesium, B-6, Basil, Peppermint, **Slippery Elm Bark**
- **Leg Cramps** - Herbal Calcium, Potassium
- **Heartburn** – Papaya Mint, Peppermint
- **Constipation** –Psyllium, MSM, Raw Veggies
- **Insomnia** – Chamomile, Marjoram, B Vitamins
- **Basic/Overall** – Red Raspberry Leaf, Pre-Natal Vitamins, Red Beets, Yellow Dock, Dandelion, Kelp, Alfalfa, Vitamin E with Selenium, Cal Tea (Herbal Calcium), Folic Acid, Nettle, Burdock Root, Fennel
- **Mental, Emotional** - Oats & Oat Straw, Lemon Balm
- **Labor** – Calcium, Magnesium, Skull Cap, Motherwort, Black Haw, Crampbark, Lobelia, St.

John's Wort

- **Hemorrhoids** – White Oak Bark
- **Stretch Marks** – Aloe Vera, Vitamin A, Vitamin E
- **Increase Milk** - Blessed Thistle, Marshmallow Root
- **Decrease Milk** - Black Walnut, Sage, Parsley, Yarrow

### Exercise:

Maintaining a regular exercise routine throughout your pregnancy can help you stay healthy and feel your best. **Regular exercise during pregnancy** can improve your posture and decrease some common discomforts such as backaches and fatigue. There is evidence that physical activity may prevent gestational **diabetes** (diabetes that develops during pregnancy), relieve stress, and build more stamina needed for labor and delivery.

If you were **physically active before your pregnancy**, you should be able to continue your activity in moderation. Don't try to exercise at your former level; instead, do what's most comfortable for you now. **Low impact aerobics are encouraged versus high impact**. Do not let your heart rate exceed **140 beats per minute**. You may want to choose

exercises or activities that do not require great balance or coordination, especially later in pregnancy. For total fitness, a pregnancy exercise program should **strengthen and condition your muscles**.

### Diet:

To provide the necessary nutrients a mother needs for both herself and her developing baby, it is **recommended that your diet consist of the foods:** High quality protein (grass-fed meats, eggs from cage free grass-fed chickens), High quality dairy (raw grass-fed: cheese, cream, milk and butter), Soaked grains and nuts, Stocks (bone broths), **Organic or locally grown** fruits and veggies, High quality fat, Lacto-fermented foods, High potency fish oil, Filtered water

Listening to your body is always the key. **Allow yourself** to try different things until you find the solutions and combination of solutions that best fit your body. Ask questions. Do research. Talk to your healthcare provider. **Find experts in various fields**. You and your baby are both a gift to this world. Give both of you the best opportunity possible for the best health possible.

## PREPARING FOR BIRTH WITH PRENATAL YOGA

One of the most wonderful ways to prepare for the birth of a child is with **prenatal yoga**. Yoga addresses the complete pregnant woman — not only her changing body but her mental, emotional and spiritual selves. Yoga allows a woman to slow her mind down, centre herself and **connect to the growing fetus**, creating a bond with her child long before it is even born.

On a physical level, yoga teaches a woman **not only how to breathe properly**, but to engage in postures that open up the body, particularly the pelvic area, helping to set the baby up in the optimal foetal position for an easier labour and birth. By learning how to breathe, she can **dissolve the stiffness in her body**, releasing and letting go the effects of stress so that she can **return and stay**

**in a state of inner relaxation and peace**. Learning to breathe consciously helps to relax the nervous system, increase circulation and invites **pranic (healing) energy** into the body, and is an invaluable tool during labour.

By paying attention to the breath, yoga helps you to 'unwind' and let go of the deep muscular tensions. **Your spine and posture become stronger**, easing the discomfort in the lower back often associated with pregnancy.

Spiritually, by opening the energy channels in the body and **clearing mental and emotional blockages**, the mind becomes still. It is when the heart is open and the mind is quiet that we experience our spirit, leading us with **wisdom, intuition and ultimately trust and faith** in our ability to give birth.



## WHAT IS A WATER BIRTH?

The American Pregnancy Association defines water birth as simply the process of laboring or giving birth in a tub of warm water. While the **American College of Obstetricians and Gynecologists** doesn't support home births -- in or out of water -- they are on the rise.

**"Most of the time moms are using the tubs for comfort,"** says midwife

## MASTERFUL BUSINESS & PERSONAL COACHING

**Coaching people in large groups and one on one, is what I have done,** in one methodology or another (including but not limited to: Silva, that of J. Rohn of Herbalife and my own) since 1991.

In 1999 I began coaching people in Landmark Education inside of various leadership roles using their methodology; Ontology In the years that I was leading the L. Forum I both coached **entire rooms of 150+ up to 1200 people** and individual people who came to the microphone. In addition to this I did both group and individual

## NATURAL CHILDBIRTH

Birth centers are designed to provide a natural, family-centered experience, and you can certainly arrange things at home. Perhaps a midwife is a good idea; **midwives are trained to help you** cope with the demands of a drug-free labor and often stay with you throughout labor. If your practitioner won't be by your side for the duration of your labor, a doula to stay with you may be valuable.

Even if you feel strongly now about how you'd like to deal with labor pain, **deal with the reality of your labor.** Some of the following techniques may reduce the pain of childbirth.

Progressive or controlled relaxation, in which you release tension by zeroing in on a particular muscle, **tightening it up, and then letting it go** until it's as loose as possible.

Research shows that women who have continuous professional support are less likely to need **systemic pain medication** or an epidural during labor, tend to have slightly shorter labor, and are more likely to have a

Vanessa Stephens Coldwater. The water decreases the pain of labor and delivery, she says, because **it relaxes your muscles.** And since the water supports your weight, it can also make it easier to shift positions during labor or deliver in an upright position, both of which can **speed things up.**

Advocates say that water birth is a **natural transition** to the world for a

coaching of the teams of people who worked with me, mostly managers plus various other individuals. This coaching was on **both personal and business** topics.

My experience, training and unspeakable privilege of coaching people prior to and since leading the L. Forum has allowed for me to have access to the **utmost training and practice for years.** It also absolutely gives me the **confidence** to coach **anyone in anything,** under any circumstance and have his or her **success from my coaching a foregone conclusion.**

normal vaginal birth than those who don't have such support.

When you're not medicated, you can try a **variety of positions** during labor, including standing or leaning on your partner, sitting, and kneeling -- either upright or on all fours.

You may find movement comforting, too. **Try walking around,** or rocking in a chair or on a birthing ball. Moving around can make you feel more in control, which may ease your anxiety and pain.

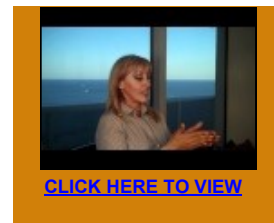
Some studies suggest that **hypnosis** may reduce your need for pain relief medication during labor, reduce the need for oxytocin, and make a normal vaginal birth more likely.

**Hydrotherapy — using water to soothe and relax the body** — can help ease the discomforts of labor. Massage promotes relaxation, soothes tense muscles, and may reduce your perception of labor pain.

**Acupuncture** could also help you deal

baby who is coming from the fluid environment of the womb -- and that **hormones and a newborn's reflexes** prevent her from trying to take her first breath underwater. Critics, however, express concern that there's the **risk of infection from the water** in the tub, as well as the possibility that the baby may try to breath underwater.

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with the pain of childbirth. No one really knows for sure how acupuncture works to reduce pain. Two common theories are that the technique **either blocks certain pain impulses to the brain or stimulates the release of natural pain relievers called endorphins.** The acupuncture points commonly used in labor include spots on the hands, feet, and ears.

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