

# ACHIEVING HEALTH AND BALANCE

THROUGHOUT ALL THE  
CYCLES OF LIFE



CREATED BY

*Women's Integrative Health*

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Lisa Cartier is a Woman's Health Coach specializing in Hormone Balance, Fertility and Birth. With over 15 years of experiences, she has empowered couples to have amazing birth experiences. She helps women connect with their inner resources to discover their true beliefs about themselves, their relationships and their abilities to birth and parent their children. As a childbirth educator, certified lactation counselor and a certified doula, she believes the journey into motherhood is a rite of passage and life-changing. She believes this passage should be celebrated and honored.

Her unique approach to preparing the body for conception is revolutionary. By balancing the energies within the female anatomy, she supports in bringing forth the natural environment that, in turn, enhances and maximizes chances for conception. Her fertility program includes protocols that help with the underlying issues of infertility. This process brings together powerful fertility enhancing methods, giving a high level of emotional and physical support and high success rates.

Lisa has studied with some of the top fertility experts in the industry. Using many diverse complimentary therapies, her practice empowers wellness in mind, body and spirit.

## How to Use This Packet for Optimal Success

First and foremost, I have categorized this workbook into four sections, or life cycles.

-  **Fertility**
-  **Conception**
-  **Birth**
-  **Postpartum**





The **Health and Balance** section is helpful for all four cycles. It is a good place to start regardless of where you are at this time. Having balance and good general health is basic to each of the cycles of life.

This section is especially important if you are struggling with a chronic health issue. As a starting point for each of the cycles, learning how to have health and balance before entering into the next cycle will ensure an easier transition into and through fertility, conception, birth and postpartum. Being in optimal health at each cycle will ensure the best outcome.

I encourage you to use the exercises and guides daily and develop a routine for yourself. Refer back to the health questions whenever you feel an issue arise, or if you feel yourself becoming more stressed. Each cycle brings with it its own stresses and issues. Use the relaxation techniques and the retreats anytime you feel stressed or need time for yourself.

The **Tips and Tools** section can also be used as a reference and guide for each of the cycles. Visionboards and dream work are good tools for understanding and bringing clarity that can be used at anytime. Doing Chakra work is helpful for clearing blockages and gaining understanding of situations; which is helpful as you move through each cycle.

I have included meditations and visualizations for each section. They can be accessed by going to: <http://womensintegrativehealthny.com/meditations-and-visualizations-for-achieving-health-and-balance/> They include:

-  **Health and Balance** – Health and Wellbeing and a Healing Relaxation
-  **Fertility and Conception** – a Chakra Fertility Meditation
-  **Birth and Postpartum** – a Meditation for Childbirth
-  **Tips and Tools**–Chakra Regression Meditation and a Life Energy Meditation

Use each section as is appropriate for you. I hope you enjoy the guide – if you would like more information or would like to do more work on a particular cycle, please contact me at 518-307-9810 or at [www.womensintegrativehealthny.com](http://www.womensintegrativehealthny.com).

# How to Have Health and Balance Through all the Cycles of Life

By Lisa Cartier

Where are you on your journey? Are you suffering from chronic health issues; looking to add to your family; struggling with fertility issues; currently expecting a child or looking to see what is next in your life?

Wherever you are on your journey, Women's Integrative Health can help. Let's examine what that means and how you can achieve health and balance throughout all the cycles of your life. Here you will find help and direction every step of the way.

***Life is a Journey – Enjoy the Ride!***

***I restore and maintain my body at optimum health.***

### **Health Checklist**

- ☐ I get three colds every year
- ☐ My energy level is low
- ☐ I heal slowly
- ☐ My allergies act up constantly
- ☐ Heart disease runs in my family
- ☐ I get one illness after another
- ☐ My back gives me a constant pain
- ☐ These headaches never go away
- ☐ I have sore feet
- ☐ I'm always hurting my body
- ☐ I'm always stressed and in a hurry
- ☐ I often have panic attacks

How many of these sound like? We contribute to every "illness" in our body. Our body is a mirror of our inner thoughts and beliefs. It is always talking to us hoping we will take the time to listen to what it is saying to us. Every cell responds to every thought and word we think and say.

Changing our patterns can change our health. Illness is the body's way of telling us there is a false idea in our consciousness. True healing involves body, mind and spirit.

Each person deals with stress differently. The way we think and the way we feel not only affects our bodies physically but also limits the reality we can create.

**EXERCISE: Your Beliefs About Sickness**

*Complete the following statements as honestly as you can.*

**1. The way I make myself sick is. . .**

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**2. I get sick when I try to avoid. . .**

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**3. When I get sick, I always want to. . .**

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**4. When I was sick as a child, my mother always. . .**

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**5. My greatest fear when I am sick is. . .**

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**My healing is already in process**

**I listen with love to my body's messages**

**My health is radiant, vibrant and dynamic now**

**I am grateful for my perfect health**

**I deserve good health**

Affirmations can be very powerful. Remember, what we say and think creates our reality. Being positive in our thoughts, words and actions creates positive outcomes.

Taking time out to retreat, slow down and connect with our center can heal us emotionally, physically and spiritually. Releasing stress from our daily lives is essential to living a life in balance. I have included some meditations, exercises and retreats so you can start to create your own sacred time with yourself. A daily practice can help you to regain balance and strength.

Enjoy the process and have fun!

For more information on programs available and help with stress release and healing health issues, go to [www.womensintegrativehealthny.com](http://www.womensintegrativehealthny.com). Call or contact me for a complimentary consultation.



The following techniques can benefit nearly anyone. Done daily, they build positive habits into your energy field. The following four techniques are part of Donna Eden's Energy Medicine techniques. They can be done alone or as part of a daily routine.

## The Three Thumps

*Boosts and restores energy, increases strength and vitality, and strengthens the immune system.*

1. Use several fingers or knuckles to tap the spots shown in the pictures. Tap vigorously on each set of spots. Focus on breathing in through your nose and out through your mouth during all the tapping.
2. To locate K-27 points place your fingers on your collarbone and move them inward towards the U-shaped notch at the top of your breastbone. Move your fingers to the bottom of the U and then move down and out about an inch to find the spots. Tap or massage for ten to fifteen seconds.
3. Place the fingers of either or both hands in the center of your sternum at the thymus gland. Tap there for fifteen to twenty seconds with your fingers or your knuckles.
4. Tap the Neurolymphatic Spleen points, beneath the breasts and down one rib, for fifteen seconds. Alternately, tap the Spleen acupuncture points, located on the side of the body about four inches down from the arm pits, for fifteen seconds. If either set is more tender use these points in the future.

K-27



Thymus



Spleen



## The Cross Crawl

*Balances and harmonizes energy, improves coordination, and clears thinking.*

1. While standing, seated or lying down, lift your right arm and left leg simultaneously.
2. As you let them down, raise your left arm and right leg.
3. Repeat, this time exaggerating the lift of your leg and the swing of your arm across the midline to the opposite side of your body.
4. If you can, twist so that your elbow touches your opposite knee.
5. If you are unable to do this for any reason lift one knee and touch it with the opposite hand rather than your elbow. Then lift the other knee and touch it with the other hand.
6. Continue this exaggerated march for at least a minute, again breathing in deeply.

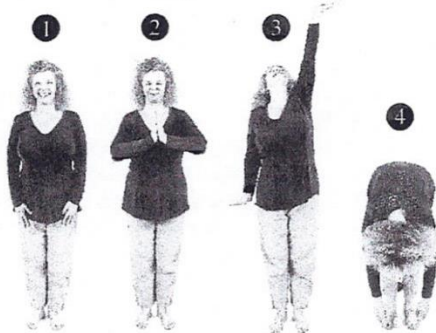
If doing the Cross Crawl tires you or leaves you feeling uncoordinated, do the Homolateral Crossover Repatterning described on the next page.





## Connecting Heaven and Earth

*Opens the meridians, expels toxic energies, and stimulates fresh energy to flow through the joints.*

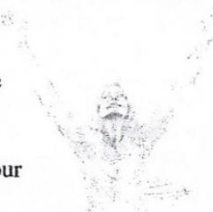


1. Start with your hands on your thighs, fingers spread.
2. Inhale through your nose, circle your arms out, and bring your hands together in prayer position. Exhale through your mouth.
3. Inhaling through your nose, stretch one arm up and one down, pushing with your palms. Hold, exhale through your mouth, and return to the prayer position. Repeat switching arms. Do this twice for each arm.
4. Drop your arms down, fold your body forward at the waist, and relax with your knees slightly bent. Take two deep breaths before slowly returning to a standing position.

## Heaven Rushing In

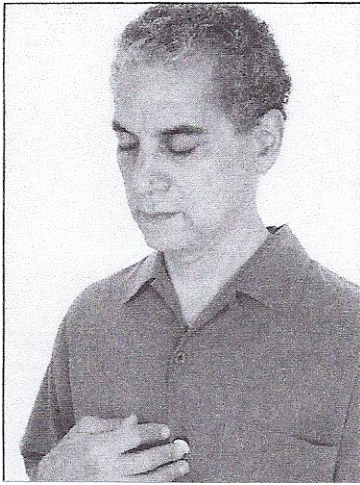
*Puts you in touch with the sacred dimension of your life, infuses you with the knowledge that you are not alone, and gives you the odd comfort of realizing that all you see is only a glimpse of a larger picture.*

1. Stand tall. Take a moment to ground yourself by spreading your fingers on your thighs, breathing deeply, feeling your feet on the ground and being conscious of your connection to the Earth as the energy pours out of your fingers, down your thighs, and into the ground. You are preparing yourself to make a sacred connection.
2. Take a deep breath in, open your arms wide, and bring them into a prayer position in front of your chest. Exhale.
3. With another deep breath, open your arms wide, lift them and look to the heavens. Reach toward heaven as heaven reaches back to you. You may feel a tingle, a buzz, or heat in your hands. You are touching heaven with your hands, and you are inviting healing energies from the cosmos.
4. Scoop this energy into your arms and bring your hands into the middle of your chest. There is a vortex here called Heaven Rushing In, and "heaven" rushes into your heart with healing, with a glimpse of your true nature, and with a peek into who you are in the larger plan. Even when you do not receive guidance or inspiration, know that they will unfold in their perfect time.
5. If there is a specific area in your body that needs healing, place your charged hands over that area and let the energies stream in.

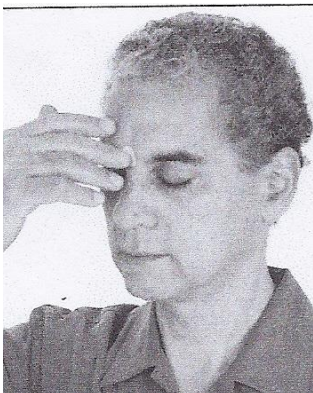
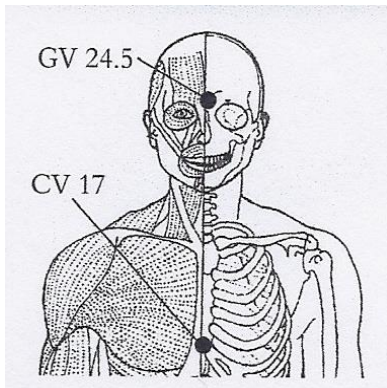


On the next page I have provided some acupressure routines for relieving stress.

## Quick Tips for Stress



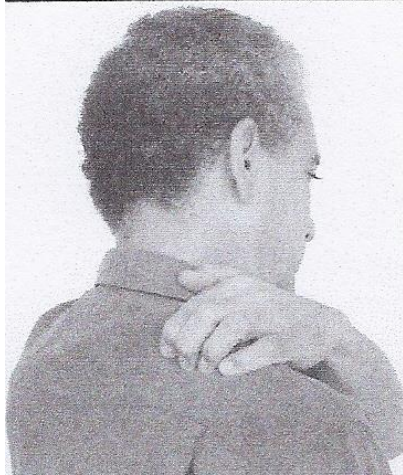
**Sea of Tranquility (CV 17):** Hold this point (in the indentations in the center of your breastbone) when you feel frustrated, irritated, or tense. Holding this emotional balancing point releases uptightness in the chest and enables deep breathing. Use your fingertips to hold CV 17 for three minutes, as you breathe slowly and deeply for an instant calming effect whenever you feel agitated or under stress. You can use this technique many times throughout the day. The more you practice this technique, the more the Sea of Tranquility point will open for achieving inner peace and improve the quality of your life.



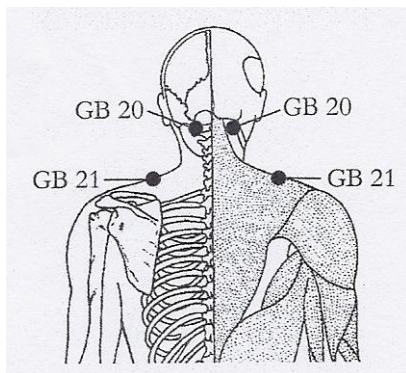
**Third Eye Point (GV 24.5):** Use this point to transform negative emotions during stressful times. Close your eyes gently place your middle fingertip between your eyebrows on GV 24.5 (in the slight indentation just above the bridge of your nose). To collect your thoughts and rejuvenate yourself, breathe slowly and deeply for three minutes as you focus your attention on the gentle touch of this point. This touch meditation can shift your state of mind and revitalize you in just three minutes.

## Self-Care Routine for Stress

This routine releases shoulder and neck tension and transforms stress into a sense of well-being.



**(STEP 1) Shoulder Grasp:** Curve your fingers of both hands and place them on the tops of your shoulder muscles (GB 21), close to the base of your neck. Gradually apply firm pressure directly on to your shoulder tension. Simply let the weight of your arms relax forward, keeping your fingers curved like a hook. Sink deeply into the muscles as they soften and relax. Hold for one minute as you take slow, deep breaths. Then let your hands relax in your lap. Gently shrug your shoulders up and down several times to encourage them to relax further.



**(STEP 2) Neck Press:** Interlace your fingers behind your neck, and let your head hang forward, with your elbows close together, pointing down toward your lap. Inhale deeply, raising your head as you stretch your elbows out to the sides; let your head tilt back. Exhale as your head relaxes forward and your elbows come close together in front of you. Repeat this exercise for two minutes, then let your hands float back into your lap. Keeping your eyes closed, take another minute to let yourself relax deeply.

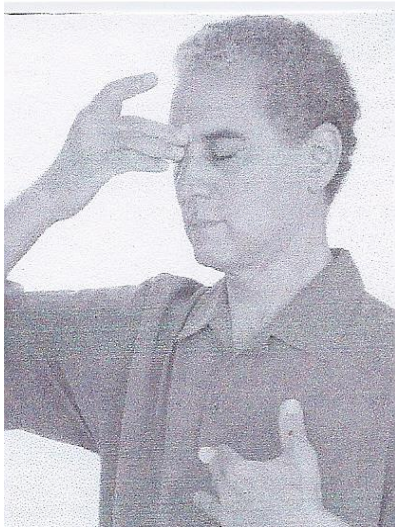




**(STEP 3) Press GB 20:** Close your eyes place your thumbs on GB20 (underneath the base of your skull in the indentations that lie about three inches apart). Apply firm pressure for one minute.



**(STEP 4) Press St 6:** Place your fingertips on the jaw muscles to firmly press St 6. You should feel a muscle pop out when you clench your molars together. Hold these points firmly on the jaw muscle with your teeth slightly apart, breathing deeply for one minute. End with thirty seconds of light pressure as you continue breathing deeply.



**(STEP 5) Touch GV 24.5 with CV 17:** Gently place your right middle fingertip on GV 24.5 (in between your eyebrows, in the indentation where the bridge of your nose meets your forehead). Position the fingertips of your left hand on CV 17 (in the indentation of your breastbone at the level of your heart). Close your eyes and hold these points and breathe deeply for at least one minute.

## **Relaxation Retreats**

Enjoy one or all of these retreats for releasing tension and to increase relaxation.

### ***Five Minute Retreat – Melting the Frozen Heart***

Sitting quietly, close your eyes and focus your attention on your breath. Imagine that you can use your breath to massage your heart center. Allow the rhythm and movement of your breathing to melt away whatever is frozen and layered over your heart. You are melting the layers that have accumulated over a lifetime to protect your heart from being hurt. Instead of just protecting you, these layers have also frozen and restricted your capacity to love. Let these layers melt away.

### ***One Minute Retreat – Relieve Tension***

Either sitting or standing, imagine you can breathe up your torso through the top of your head. Imagine that you are growing taller. Then, maintaining that height, roll your shoulders in backwards circles. Feel your shoulder blades moving toward each other as you roll your shoulders back. After a few shoulder rolls, again imagine you can breathe up your spine through the top of your head. Maintaining a sensation of being taller, simply rotate your head to the right only as far as you can turn comfortably. Return to center and breathe up. While continuing to stand tall, rotate your head to the left. Again, return center and breathe up. Breathe up one last time and return to your day, with a little less tension.

### ***Calming Energy***

This is effective if you have trouble sleeping. This technique balances the subtle energy in your body.

Lie on your back in bed, making sure that you are warm enough. Support yourself with pillows any way you like to be comfortable.

Rub the palms of your hands together to generate warmth and energy. Place your right hand on your abdomen, just below your navel; place your left hand on your heart center. For a full twenty minutes, just allow your body to absorb the warm energy of your hands.

Allow yourself to drift off into a relaxed, good night's sleep.

***We discover we can let go and trust, we can let the  
breath breathe itself and the natural movement of life  
carry us with ease. Jack Kornfield, Buddhist meditation teacher***

The Meditations for this section are:

- **Health and Well-Being**
- **Healing Relaxation**

They can be accessed by going to the page that brought you to this report or by going to: <http://womensintegrativehealthny.com/meditations-and-visualizations-for-achieving-health-and-balance/>.

If you are struggling with a chronic health issue, call me at 518-307-9810 or contact me at [www.womensintegrativehealthny.com](http://www.womensintegrativehealthny.com) for complimentary consultation so we can design a program specific to your needs and goals. Sessions are available in person, through video chat or by phone.

## Fertility and Conception

Each person's infertility is like a puzzle, unique to them. Once this puzzle is understood and cleared, conception can take place. There are many challenges and difficulties experienced in life which can affect a person emotionally and if left unaddressed, the physical body can become compromised and fertility can become affected.

Fertility treatments have become a multi-billion dollar business. If you are considering having a child or are currently undergoing fertility treatments, let's examine what you can do to enhance your fertility and increase your chances for conception. This work can be done prior to or in conjunction with fertility treatments.

Let's look at what we need for conception:

- Healthy Eggs
- Healthy Motile Sperm
- Plenty of fertile cervical mucus at the time of ovulation

So, what influences these?

- Health Issues
- Energy Imbalances (Kidney and Spleen energies need to be balanced for conception for starters)
- Stress Levels
- Lifestyle Issues

First, what are some of the reasons for infertility? The correct technical meaning of 'infertility' is **not conceiving after one year of regular unprotected sexual intercourse**. If a woman is over 35, this time period changes to six months.

Contributing factors can include:

- Lifestyle issues –
  - Recreational drugs
  - High stress levels
  - Alcohol consumption (excessive)
  - Lack of exercise
  - Smoking
  - Environmental factors and other toxins
  - Unhealthy diet
- Being over or under weight
- Physical abnormality
- Compromised immune system



- Secondary infertility – unable to conceive again after having a child
- **STRESS**

Low Ovarian Reserves is also given as a reason for infertility. As a woman ages, her supply of eggs gradually declines over time. However, low ovarian reserve is not a sign of infertility – it is a sign of reproductive imbalance related to these factors and much can be done to improve this issue:

1. Lack of anti-oxidants in your diet
2. Lack of important nutrients in your food
3. Environmental pollution causing chemicals being present in your water, air and foods
4. High toxic overload
5. Hi levels of stress

By achieving balance, you will hopefully make your own healthy eggs. This could take some time, at least 120 days possibly or more as this is the natural biological cycle of your ovary.

So, where do you begin? First, an overall assessment is helpful. Start by looking at the previous list of contributing factors and see where you are with each of the issues. Write down any concerns in these areas. Also make a list of any medications you are currently on and what they are for.

**The human body isn't coping with our modern lives. Many health problems can be prevented, alleviated or halted by making some necessary lifestyle adjustments. This change for the better can also support any medical treatments you may require. Sometimes the body only needs to be a little out of balance for bodily functions to not work normally.**

Having an assessment of how your hormones are functioning, as well as how your other energy systems are functioning, is also helpful. Assessing kidney, heart, blood, spleen, and liver energies is helpful. This can be done with an energy practitioner such as an acupuncturist, etc. When I work with a client wishing to enhance fertility, we do an in-depth assessment of each of these systems. That way we have a starting point for developing a program that will work optimally for conceiving.

By looking at your lists, see what lifestyle changes you can make. This is a good starting point for enhancing your fertility.

Next, understanding your stress levels and triggers is important. Eliminating and controlling the stress in our lives is crucial to having a calm and balanced body. Stress is the number one influencer for fertility issues. Prolonged stress can cause many physical changes within the body. This emotion triggers neural and biochemical reactions. Stress and infertility are believed to have a relationship. This is especially true when tests have shown no obvious explanations. The rates of unexplained infertility have been rising over the years, which is no surprise considering our increasingly stressful lives. Hormones travel via the bloodstream. The blood flow to the reproductive organs can also be disrupted through stress.

If you are considering conceiving or currently undergoing treatments for fertility, decreasing the stress in your body is crucial. What can you do to help reduce stress?

1. Keep a log of your stressors. This helps to identify patterns and issues that you can work at resolving
2. Exercise
3. Eat a balanced diet
4. Practice meditation, visualization, guided imagery (we will practice one in class) By using guided meditation and imagery to increase fertility, you can expect the following results:
  - a. Decreased stress levels
  - b. Clear mind and more focus during the day
  - c. Improved ovulation pattern
  - d. Decrease in PMS
  - e. Less painful menses
  - f. Improved ability to cope with daily stressful situations
  - g. Increased hormonal balance
  - h. Better night sleep
  - i. Reduced anxiety and depression
  - j. Increased chances of getting pregnant
5. Participate in energy/body work. Mind/body treatments of infertility patients have been shown to increase pregnancy rates and to significantly reduce stress. A study published in Fertility and Sterility (2000) investigated the effectiveness of mind/body medicine in a group of 184 infertile women, who had been trying to get pregnant for 1-2 years. The women were divided into three groups – one followed a mind/body program for a 10 week duration, the next attended a 10 week support group and the third (the control group) received routine

care all through the 10 weeks. The results showed a 55% pregnancy rate within one year in the group of women who received the mind/body treatments versus 20% in the control group.

Difficulties conceiving is one of the possible physical effects of sleep deprivation. Fertility health can be adversely affected by disrupted sleep patterns. Most hormone secretion is controlled by the circadian clock. (circadian comes from the Latin words "circa" about and "dia" day. The major circadian rhythm involved is the sleep/wake cycle.) Good sleeping habits allow the body to re-establish rhythms, thus helping to promote the regulation of our reproductive hormones. The effects of sleep deprivation can also increase miscarriage risk or cause pregnancy complications.

### **How To Increase Your Fertility-Putting It All Together**

These are beneficial whether you are trying to conceive naturally or undergoing a medical process.

Now you know what you can improve upon in your conception journey. Making lifestyle changes, adding an exercise program, eating to benefit conception all will help along the way.

I have included some energetic protocols that are beneficial for fertility. Each of them contributes to opening your energy systems for optimal conception opportunities.

Connecting with your breath and doing breath work slows down your pace, helping to relax you and your energy systems. When you find yourself anxious, and as a daily practice refer to the breath card. Soon you will start to feel a bit more relaxed. Here is a simple breath practice:

**Breathe in slowly, counting to 4**

**Hold breath for four counts**

**Exhale slowly through pursed lips,  
Counting to four**

**Rest for four counts without inhaling**

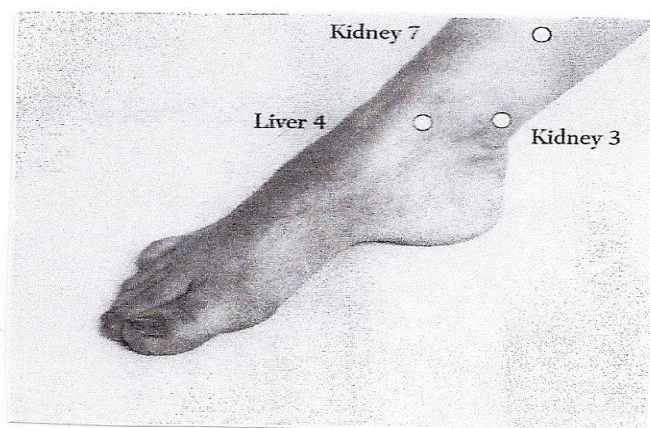
**Take two normal breaths**

**Repeat**

Refer to the 4-step Energy Medicine routines in the first chapter. These are helpful for balancing our energies. Each routine has a specific purpose and if practiced daily, you will soon see the benefit of each.

Also, the Five-Minute Acupressure Wellness Exercise in the first chapter will also help to relieve stress and aid in relaxation. Practiced daily you will feel calmer.

Here is an exercise using stimulation points for fertility.



Use two or three fingers to tap the points directly in front of the inside anklebones for three deep breaths. You can tap both side simultaneously (Liver 4).

Tap in back of your inside anklebones, on both sides for three deep breaths (Kidney 3).

Tap two thumb widths above the inner anklebones for about three deep breaths (Kidney 7)

I encourage you to try each of these and to start your own routine. Done together they can be very powerful in enhancing your chances of conception.

## **Daily Positive Affirmations for Conception**

- **I trust my body**
- **My reproductive organs work in perfect harmony with my body to allow an easy conception**
- **My body knows how to conceive a healthy baby**
- **I trust and love myself**
- **I accept the gift of life within myself**
- **I now release all emotional blocks that prevent me from conceiving a baby**
- **I choose a healthy lifestyle that enhances my fertility**
- **I welcome my time to be a parent**
- **I now manifest my decision to have a baby**
- **I visualize having a baby**

The meditation for this section is:

- **Chakra Fertility Meditation**

It can be accessed by going to the page that brought you to this report or by going to: <http://womensintegrativehealthny.com/meditations-and-visualizations-for-achieving-health-and-balance/>.

For a complimentary consultation call me at 518-307-9810 or contact me at [www.womensintegrativehealthny.com](http://www.womensintegrativehealthny.com). Together we can do a complete assessment, develop a pre-conception plan and design a program to help your body be in its best shape before you conceive or while undergoing fertility treatments.

## **Prayer for Pregnancy and Birth**

May all women who want to conceive visualize  
themselves as  
a happy, holy, and healthy vessel.

May all women who want to conceive see themselves  
as part of the Divine Mother, the  
nurturing maternal energy that infuses the  
earth with good.

May giving birth be safe and happy,  
a time of great joy. Where there is  
uncertainty or sadness as sometimes happens,  
may our hearts be comforted.

May all mothers see themselves as Divine Mothers.

May all mothers care for all children, protecting and  
guiding more than our own.



Birth is a rite of passage and every women is connected with every other women that has gone before her. Honoring and taking care of yourself at this special time is important and you deserve the best care, attention and much pampering!

Enclosed are some helpful ideas, information and some guidelines for use during your pregnancy and postpartum. Feel free to contact me with any questions or for information on classes, workshops and my services. I can be reached at 518-307-9810 or at [www.womensintegrativehealthny.com](http://www.womensintegrativehealthny.com). Congratulations and best wishes for the birth you desire.

I have enclosed a pregnancy journal for your use. It will help you to keep track of your days and perhaps act as a reminder if you are forgetting to take the best possible care of yourself.

# Pregnancy Journal

**DATE:** \_\_\_\_\_

**TYPE OF SLEEP:** \_\_\_\_\_

**DREAMS:** \_\_\_\_\_

**BREATHING:** \_\_\_\_\_

**STRETCHING:** \_\_\_\_\_

**YOGA:** \_\_\_\_\_

**MEDITATION:** \_\_\_\_\_

**WORKOUT:** \_\_\_\_\_

**RELAXATION:** \_\_\_\_\_

## Food Diary

**Breakfast:** \_\_\_\_\_

**Lunch:** \_\_\_\_\_

**Dinner:** \_\_\_\_\_

**Snacks:** \_\_\_\_\_

**Herb Tea:** \_\_\_\_\_

**Remember to put about two hours between  
food and sleep for better sleep.**

## EMOTIONS:

**Asses how you are feeling: calm, restless, sad, happy, full,  
tired, excited, emotional, etc.** \_\_\_\_\_

\_\_\_\_\_

## **Some helpful tips for your pregnancy:**

Everyone always wants to know how much weight they should gain. This depends on the woman, but all women should gain at least twenty-five pounds. Some general guidelines are as follows:

- 25 – 35 pounds if you were a healthy weight before pregnancy
- 28 – 40 pounds if you were underweight before pregnancy
- 15 – 25 pounds if you were overweight before pregnancy

Here is an approximate breakdown of your weight gain:

- Baby = 7 pounds
- Placenta = 1-2 pounds
- Amniotic fluid = 2 pounds
- Uterine enlargement = 2 pounds
- Maternal breast tissue = 2 pounds
- Maternal blood flow = 2 pounds
- Fluids in maternal tissue = 4 pounds
- Maternal fat stores = 7 pounds

During pregnancy it is helpful to see care providers that can help with issues that can arise during this time. Energy therapy (Reiki, etc.) is helpful for relaxation and for getting your body ready for labor and delivery. Acupuncture, chiropractic, massage, craniosacral therapy helps with discomforts that can come about during this time. Seek out practitioners to help so you can enjoy this time as much as possible.

Seek the support of a doula or another that can be there to advocate for you and can support you during your labor and delivery. In most cultures, women birth with other women. It has been stated that having a Doula at your birth helps moms to better cope with their labor, increases comfort, decreases labor time and results in fewer complications and interventions.

Having a birth plan helps to ensure that your wishes will be honored as much as possible during your labor and delivery. What should be part of your birth plan? Here are some guidelines for developing one.

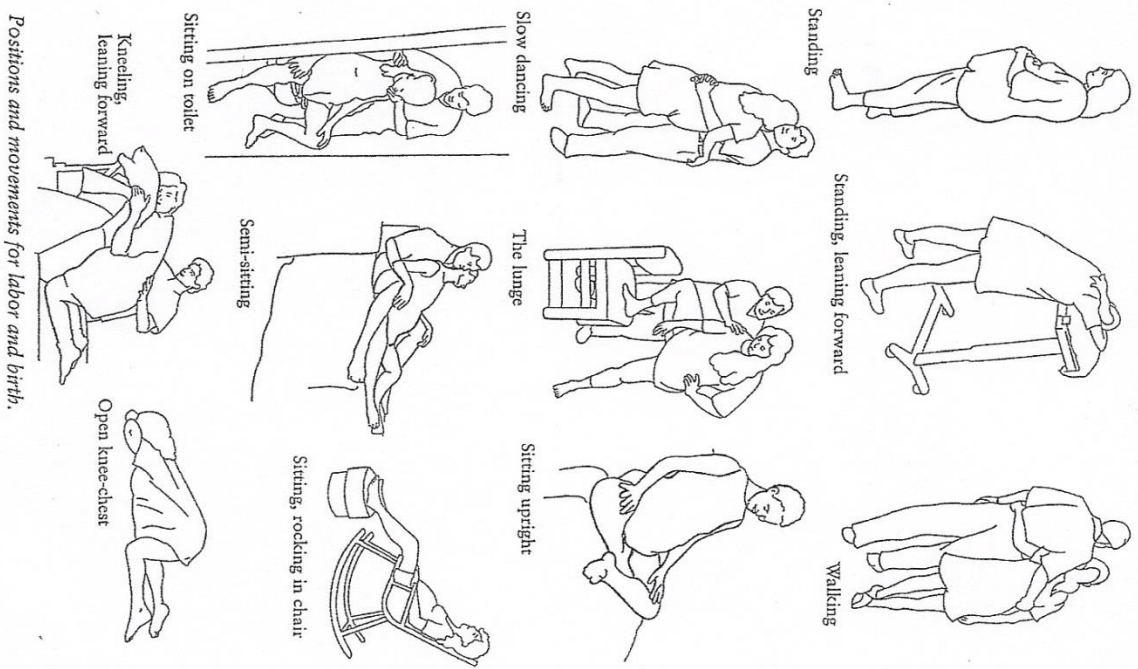
Know what your options are. Different doctors and different hospitals have different options for the same situation. So, first off, know what options are available to you. Figure out what you want and find out if you can get what you want. If not, find a care provider that more closely matches your wishes. This is very important.

You and your birth team need to be on the same page so you can feel respected and cared for during this time. Birth plans are not written for the normal, uncomplicated labor. They are written so that those attending you understand your decisions about how to handle unexpected situations.

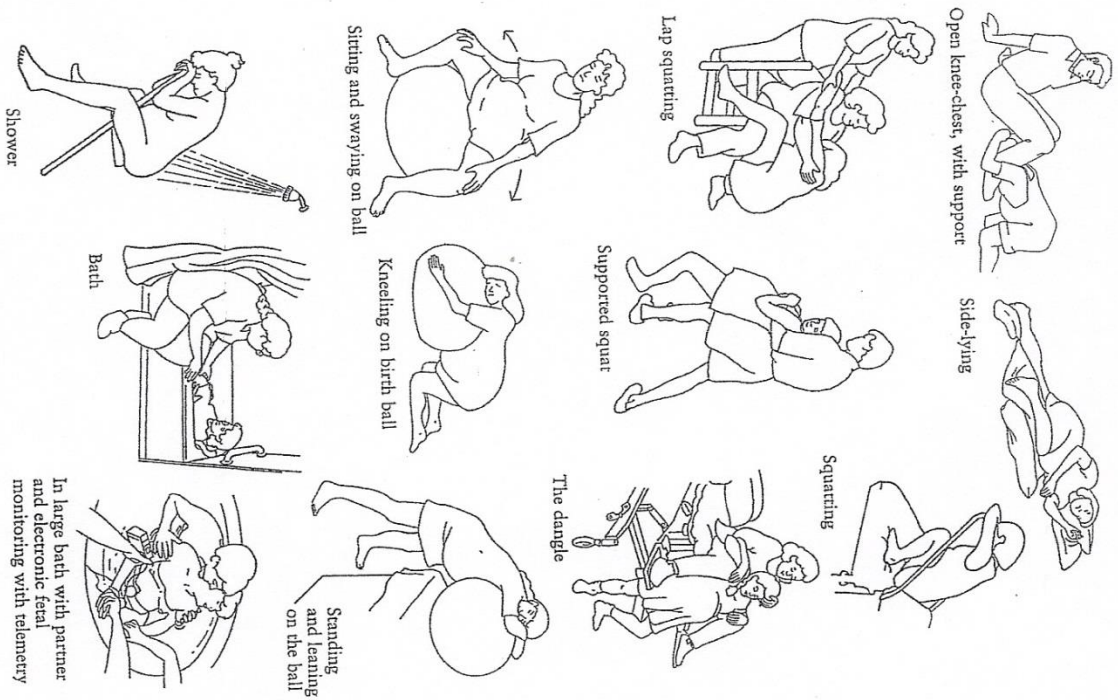
Here are some things to consider when developing your birth plan:

- Starting or speeding labor (inductions)
- Monitoring labor
- Hydration
- Pain relief
- Comfort items and techniques
- Positions
- Pushing
- Cesarean
- Baby care

On the next page are some positions for comfort during labor. See which ones appeal to you and take them with you as a reminder. It is important during labor to remember to change positions frequently. Being active helps to progress the labor, decreasing the time you are in labor.



Positions and movements for labor and birth.



## **10 Tips for Your Best Birth**

- Women should have the option to participate in decisions about their birth experience.
- The mom's health team should provide emotional support and her well-being should be ensured through access of family members during birth and throughout the postnatal period.
- The healthy newborn should remain with the mother whenever possible.
- Unrestricted mother-infant contact after delivery and unrestricted breast-feeding reduce breast-feeding failure.
- Women should decide which position to adopt for delivery.
- Separating healthy mothers and babies routinely should be avoided.
- Routine administration of analgesic or anesthetic drugs should be avoided.
- Electronic fetal monitoring should not be routine.
- Artificial early rupture of membranes, as a routine process, is not justifiable.
- Since enhanced social and psychological support from caregivers reduces negative outcomes – leaving women unattended during labor should be avoided.

**These recommendations come from the World Health Organization's guidelines for a better birth.**

**Learn more at:**  
**[www.womensintegrativehealthny.com](http://www.womensintegrativehealthny.com)**



**I am a powerful pregnant  
woman  
filled with birth wisdom.**

**I do the dance of giving birth  
for myself without regard for  
what other people think.**

**I love myself.**

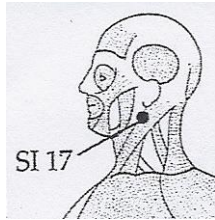
**I love my baby.**

**Now is my time to own my  
birth.**

**Now is my time.**

## Potent Points for Relieving Morning Sickness

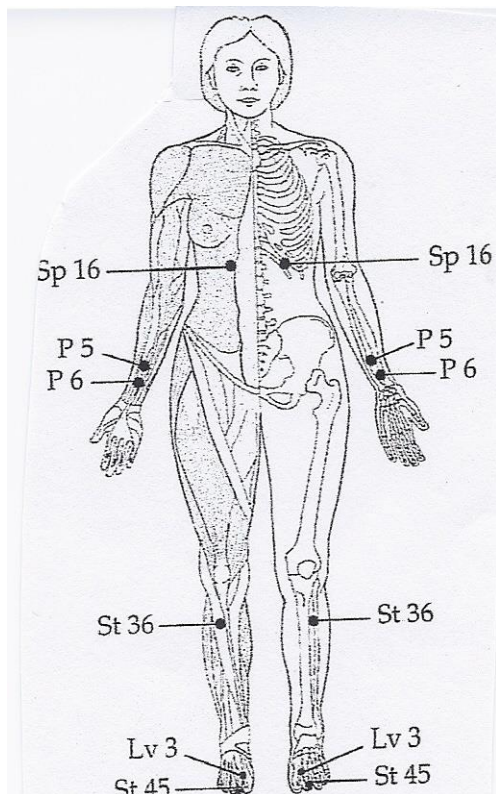
### Heavenly Appearance (SI 17)



**Location:** In the indentation between the earlobe and the tip of the jawbone.

**Benefits:** Relieves nausea

**Intermediary (P 5) – Location:** Four fingers above the center of the inner wrist crease, between the tendons. **Benefits:** Relieves upset stomach, nausea and vomiting.



### Inner Gate (P 6) – Location:

In the middle of the inner side of the forearm two and one-half finger widths above the wrist crease.

**Benefits:** Relieves nausea, indigestion, stomachaches and wrist pain.

### Abdominal Sorrow (SP 16) –

**Location:** Below the edge of the rib cage (at the junction of the ninth rib cartilage to the eighth rib) in line with the earlobe. **Benefits:** Relieves indigestion, appetite imbalances, abdominal cramps and hiccups.

**Three Mile Point** (St 36) – **Location:** Four finger widths below the kneecap, one finger width outside of the shinbone. A muscle should flex as you move your foot up and down.

**Benefits:** Relieves nausea and cramps.

**Bigger Rushing** (Lv 3) – **Location:** On the top of the foot, in the valley between the big toe and the second toe.

**Benefits:** Relieves nausea and cramps.

**Severe Mouth** (St 45) – **Location:** On the outside of the base of the nail of the second toe.

**Benefits:** Relieves nausea, indigestion, food poisoning, toothaches and abdominal pain.

**You don't have to use all of these points – using just one or two of them whenever you can will be effective**

The meditation for this section is:

- **Meditation for Childbirth**

It can be accessed by going to the page that brought you to this report or by going to:

<http://womensintegrativehealthny.com/meditations-and-visualizations-for-achieving-health-and-balance/>.

For more information on workshops, doula services, breastfeeding and postpartum support, call Lisa at 518-307-9810 or go to: [www.womensintegrativehealthny.com](http://www.womensintegrativehealthny.com).

## Other Tips and Tools

### Working With Our Chakras

We have seven main energy centers – called our Chakras. Each resonates with its own vibration, color and area of the body. Working with our Chakra System is helpful for restoring health and vitality. Opening each Chakra and clearing blockages helps to bring balance to our energy centers. This clears the way to better health.

Chakra	Location	Color	Function	Negative	Positive	Physical
First (Root)	Base of spine	Red	Abundance	Aggression, survival, self-acceptance, confidence.	Manifestation, material success and expression. Grounding, vitality, courage, stability, security.	Adrenal glands, legs, hip, rectum, constipation, spinal problems.
Second (Sacral)	Lower abdomen	Orange	Creativity	Sexual difficulties, jealousy, envy, desire to possess.	Giving and receiving, Joy, pleasure, creativity, conceiving new ideas, sexuality, change and family.	Reproductive disorders, PMS, irregular periods in women, impotence in men, infertility, bowels and bladder problems.
Third (Solar Plexus)	At the base of the ribcage	Yellow	Power	Unknown fears and anxieties. Taking in more than one can assimilate. Too much focus on gaining personal power and recognition.	Transformation, awakening, energy, personal power.	Stomach, liver gallbladder, digestion, pancreas, adrenals, cellular metabolism.
Fourth (Heart)	Center of the chest at the level of the sternum	Green and pink	Love	Suppressed emotions (anger, fear and hate), feels unlovable, abandonment, emotional instability, and emotional hurt.	Unconditional love, peace, forgiveness, compassion, acceptance, oneness with life. Self-expression, productivity.	Blood circulation, relationships and personal development. Heart, lungs, immune system, and blood/circulation problems.
Fifth (Throat)	Throat area	Blue	Communication	Misunderstanding, depression, thyroid problems. Voice, neck pain, lower jaw.  Linked to the sacral chakra.	Effective and powerful communication, kindness, creative communication spoken and written.	Speech, communication, thyroid, parathyroid, hypothalamus, throat & mouth.
Sixth (Brown)	Center of the forehead between the eyebrows	Indigo	Intuition	Lack of concentration, fear, tension and depression.  Linked to the root chakra.	Intuition, insights, imagination, concentration, wisdom, perception beyond duality.	Pituitary gland, nose, ears, Left eye. Headaches, eye problems, sleeping problems, hormonal imbalance, sinuses and ears.
Seventh (Crown)	Top of the head	Violet	Spirituality	Lack of stamina confusion, depression.	Oneness with the infinite, spiritual will, consciousness, unity and divine wisdom.	Pineal gland, cerebral cortex, central nervous system, right eye.

Click on the **Chakra Regression Meditation** for a journey through your chakras. It can be accessed by going to the page that brought you to this report or by going to: <https://womensintegrativehealthny.com/meditations-and-visualizations-for-achieving-health-and-balance/>.

Another helpful tool is the creation of a **Visionboard**. Visionboards are helpful for getting to know and understand your soul's mission. Our soul speaks to us through images and feelings. The Visionboard process lets us listen to what our soul is saying.

You can create a visionboard for each piece of your vision:

- Prosperity
- Friendships
- Livelihood
- Health
- Home
- Romance
- Family
- Leisure Time

Gather a bunch of magazines – you will also need a poster board or other item to assemble pictures on. Start by becoming clear on your intent. Simply grab the magazines and start going through them...tearing and cutting and accumulating images. Allow your intuition to be your guide. Collect pictures, phrases or whatever works for you.

When the gathering feels complete, stop and edit. Then place each chosen item on the board – without glue. Move, replace, change, shuffle around until it feels right.

Now glue everything on the board. Put the board on a chair in front of you. Look intently at what you have created. Close your eyes and meditate on your creation. Open your eyes and see what the first feeling is that you get when you open your eyes. Energetically embrace each of the elements on your board.

You can hang your collage, take a photo and make it a screen saver or make it credit card size to keep in a wallet. Activate it by putting a circle of cleansed crystals on it, stream energy from your hands with love onto it, or simply knock three times quickly.

Notice over time how each of the elements of your intention are brought to you.

Call for help creating a visionboard. They are a very useful tool for manifesting and clarify goals, etc.

**Dream Work** is useful for gaining clarity to situations and issues in our lives. Our dreams provide key insights into our true nature and can help deal effectively with major changes in our lives. If we can remember a dream, we can deal with the truth it is coming to reveal.

To begin to understand your dreams, keep a dream journal. Each morning, or upon waking during the night, write down what you remember of the dream. Try to do it as you are just starting to awaken as this is when our dreams are the clearest. Write down anything at all that you remember. It could be a color, a word, a person or an object. Later on during the day you may acquire a clearing understanding and start to remember more of the dream.

Start your own dream dictionary. We each associate different meanings to the same word. By creating your own dictionary, you will better be able to understand the meanings of symbols, events, people and words in our dreams.

You can then start to use your dreams to heal and solve specific issues in your life.

Dream work can be a fun and enlightening way to look at issues and situations in your life. If you would like to explore your dreams further, call and we can start unraveling your dreams and their meanings today.

Use the Grounding Technique below for a quick way to get yourself grounded.

Click on the **Life Energy Meditation** for overall balance. It can be accessed by going to the page that brought you to this report or by going to: <http://womensintegrativehealthny.com/meditations-and-visualizations-for-achieving-health-and-balance/>.



## A Quick “Mental” Grounding Technique

This three-part method can be done mentally in a flash whenever you need it. It can also be combined with any other method.

1. Place your feet on the ground and take a deep in-breath. As you release this breath, mentally drop your energy low in your body.
2. With another deep in-breath, move your energy down from the top of your spine, off your tailbone, and into the Earth. You are creating a “grounding wire” to the Earth. Also feel the pull of gravity down through your legs and feet.
3. As you release your breath, release your thoughts and concerns and release any energy that is not yours down through this grounding wire and through your feet.

With this technique, you consciously align yourself with the force of gravity in pulling your energies down into the force field of the earth. You are able to instantly move your energies with your mind.

The meditations for this section are:

- **Chakra Regression**
- **Life Energy Meditation**

They can be accessed by going to the page that brought you to this report or by going to: <http://womensintegrativehealthny.com/meditations-and-visualizations-for-achieving-health-and-balance/>.

**Contact Lisa at 518-307-9810 for a free consultation or by using the Contact form on the website at [www.womensintegrativehealthny.com](http://www.womensintegrativehealthny.com)**

**Sessions are available remotely via video chat or in person.**

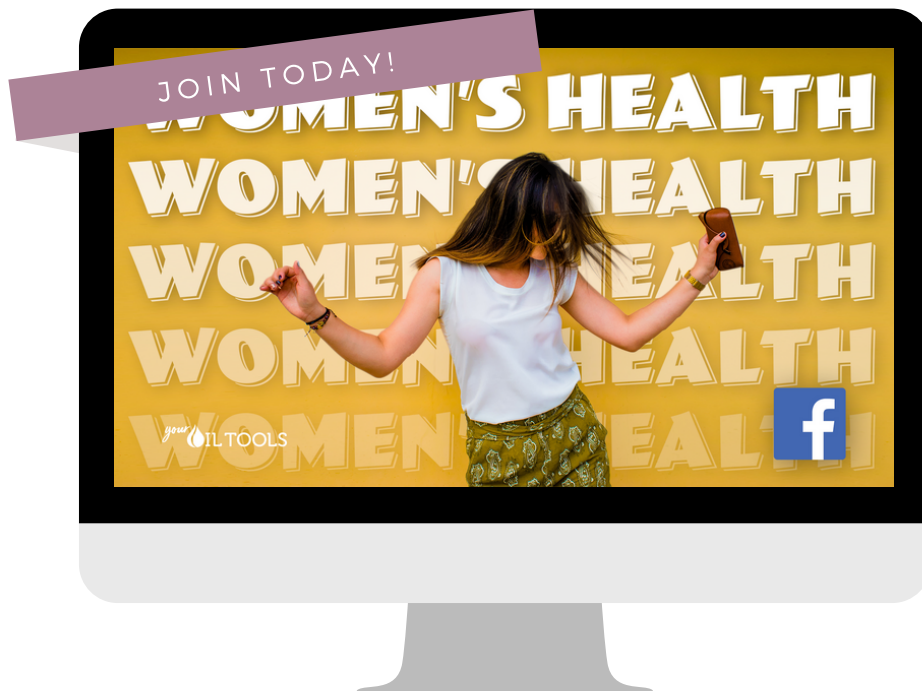
**I look forward to meeting with you and developing a plan that will help you through all the Cycles of Life.**



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