

Holistic Healing
after
Miscarriage



Samantha Zipporah and Molly Dutton-Kenny

Disclaimer

This booklet is meant to be used to facilitate holistic healing following a miscarriage. It is not meant to replace professional or clinical care when needed, desired, or appropriate. Many people experiencing miscarriage may also benefit from clinical care to assess bleeding, infection prevention, and assured completion of miscarriage.

Acknowledgements

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Preface

Miscarriage is a universally common experience that needs respect, community, support, & dialogue.

- ☀ 10-25% of pregnancies end in miscarriage during the first 20 weeks of a pregnancy
- ☀ Up to 50% of miscarriages occur during the first month of pregnancy
- ☀ The primary "cause" of miscarriage is genetic abnormality in growth of the embryo
- ☀ Only about 1% of people will have multiple subsequent miscarriages.

Too many women experience miscarriage in isolation & without holistic care. A holistic model of care is one that acknowledges the interconnectedness of our mind, body & spirit as an integrated whole. We have compiled the information in this booklet to support individual self-care & as a guide for friends, family & community.

Amidst the likelihood of pain & grief, miscarriage presents an opportunity for profound transformation & reverence for life. The womb is a spirit door. In regaining balance from pregnancy loss we have the opportunity to intentionally examine, define, & manifest our connection with divine creative energy implicit in our bodies.

Though we strongly believe the compartmentalization of the mind, body & spirit is a dangerous & disempowering illusion, we have used these categories as a convenient way to organize content. Since these dimensions of self overlap, many of the suggestions will apply to more than one category.

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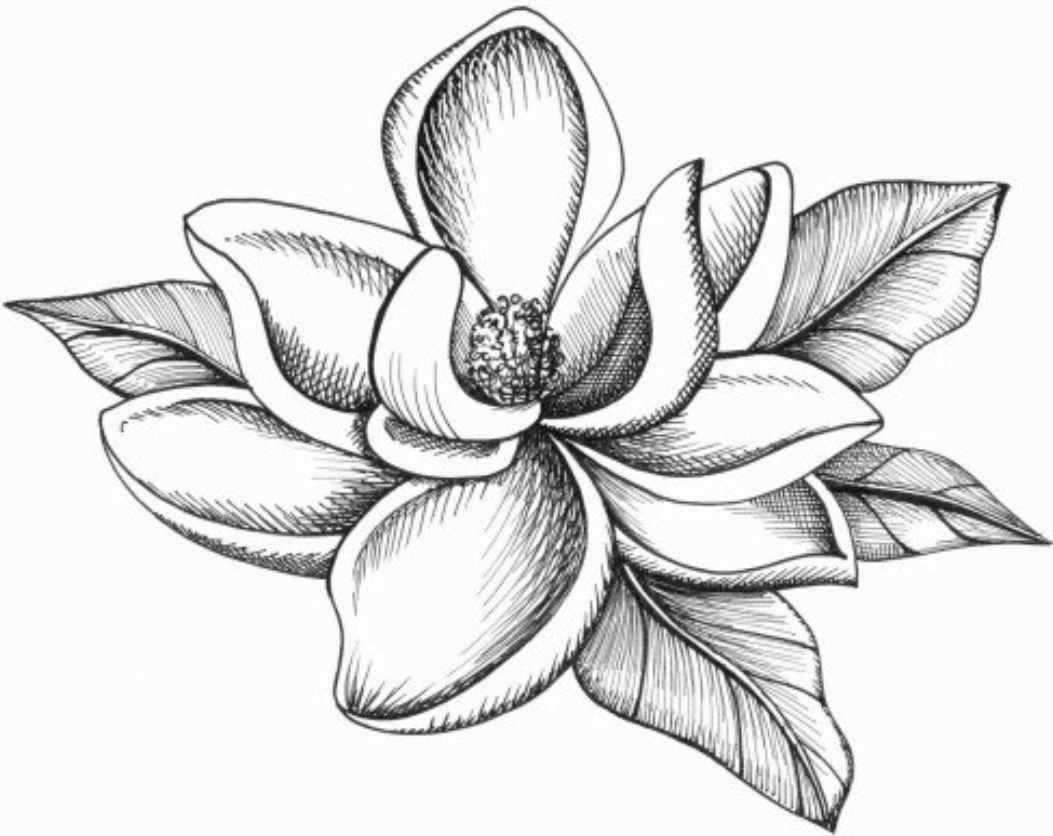
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Mind



“Every emotion that you feel is real. It is truth. It comes directly from the integrity of your spirit. You cannot fake what you feel. You can try to justify or repress your emotions, you can try to lie about what you feel, but what you feel is authentic. There are no good emotions or bad emotions. Even if what you feel is anger or hate, it comes from your integrity. If you feel it, there is always a reason for feeling it.”

~Don Miguel Ruiz *“The Voice of Knowledge”*

It is totally normal for our minds & emotions to take longer to heal than our bodies after pregnancy loss. We have immense power to change our perception, thinking, judgement, & memories through various practices of mindfulness. While we cannot change the truth of our felt experience, we can use our conscious will to affect how we think about these feelings, & we can use our intellect to gain deeper understanding. Here are some suggestions to help you find peace of mind & balance:

Radical Self Acceptance

Give yourself permission to think or feel whatever is your unique personal truth. There is no right or wrong way to think or feel about your experience.

Claim it, own it, express it, let it out.

Many people experiencing miscarriage, and their supporters and community, may feel a wide variety of emotions. For some of us, naming and deeply feeling each emotion allows us to honor it, feel it to its fullest, and let it go when we're ready. Some of these emotions may include:

- ✿ Numbness
- ✿ Ambivalence
- ✿ Grief, Loss, Sadness
- ✿ Guilt
- ✿ Regret
- ✿ Anger, Rage
- ✿ Shame
- ✿ Confusion
- ✿ Betrayal, Abandoned
- ✿ Empty, Depleted
- ✿ Weary, Exhausted
- ✿ Relief
- ✿ Peace
- ✿ Gratitude
- ✿ Connectedness

If you are having trouble processing emotions, consider reading through this list and lingering on the most salient suggestions of emotions you may be feeling. Resting your hand on your heart and/or your womb, breathe slowly in and out, focusing on feeling one emotion at a time or a beautiful mixture. Take the time you need to feel.

This is by no means an exhaustive list. Each individual is unique and will add or subtract to this list as they see fit, and some feelings are unnamable.

Finding Your Personal Truth

Take note of where your thoughts are coming from. Are they yours? Are you harboring beliefs from your culture or family that you don't really identify with? Are you suffering from projections & causing yourself anguish? If you find yourself having thoughts or feelings that you feel are invasive or not your own, acknowledge them, let them go, & **check in with your center to see what is actually true for you.**

Get Support

Breaking the pattern of isolation that is prevalent with pregnancy loss is so important. In addition to reaching out to talk to loved ones or others in your community, you may want to seek the support of a professional counselor or therapist. There are a lot of amazing support networks online as well, check out the resource section of this booklet.

Support may also be sought from those traditionally viewed as "birth workers": local midwives, doulas (especially "full spectrum" doulas), and others who support pregnancy experiences. While many of these community members are best known for their work with birth, most also have extensive training, experience, and resources for miscarriage.

Gather Stories

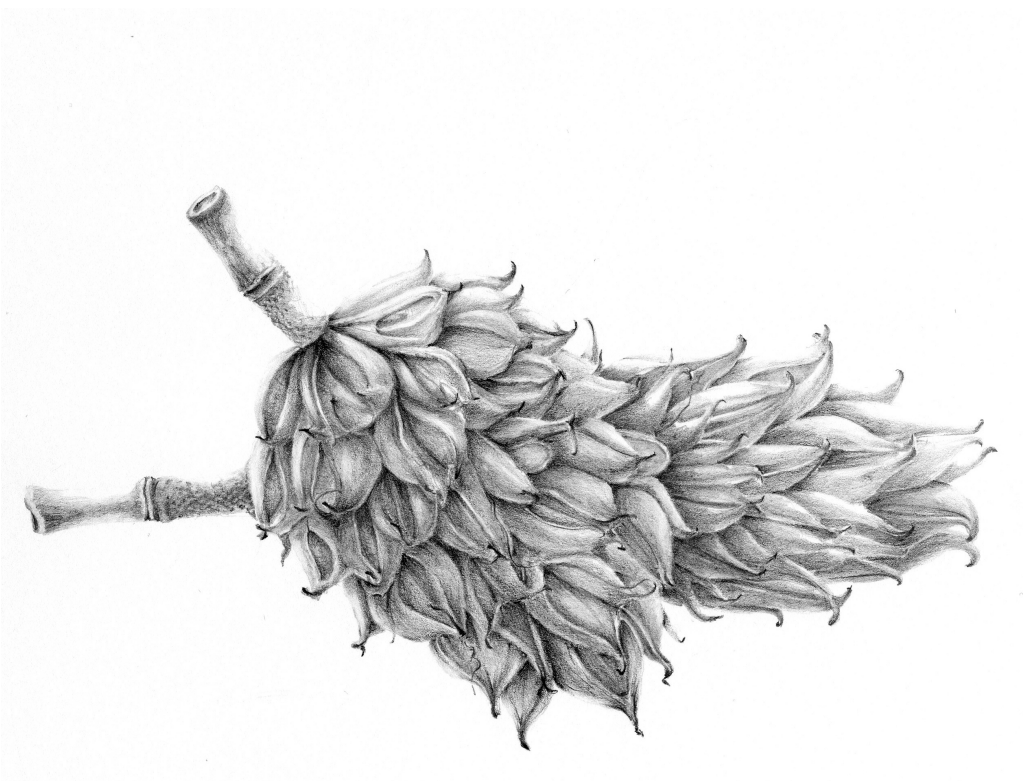
Read the stories of others & know that you are not alone. In addition to the many websites listed in the resource section, we particularly love the stories shared in Christiane Northrup's book Women's Bodies, Women's Wisdom.

Forgiveness & Self-Love

Many people experiencing miscarriage will question what more they could have done to support the pregnancy, or wonder why the pregnancy/spirit ended at this time. Common misconceptions perpetuated by public impression may leave us feeling like the miscarriage was our fault.

In reality, most miscarriages are entirely spontaneous and no amount of changed habits, thoughts, lifestyle or other efforts could have prevented the outcome.

Some of the most important efforts toward healing & integration may be in the form of simple self-love and self-acceptance. Accepting that the miscarriage was not your fault, radiate forgiveness, acceptance, love, and understanding inward. Extend to yourself the great care you would extend to a friend in the same situation.



HOMEOPATHIC REMEDIES

Homeopathic remedies are energy medicine & consist of extremely high dilutions of various medicinal elements. Homeopathy is based on the idea that the body can heal itself with subtle support, as well as the principle that you can treat “like with like,” meaning that a very small dose of a substance that would create specific symptoms in a healthy person will be healing of those specific symptoms in somebody who is unwell. Homeopathic remedies can be used to address physical as well as emotional symptoms and are best prescribed from an experienced homeopath.

Homeopathic remedies are most commonly available in tiny sweet pills that are placed under the tongue to dissolve, but may also be available as tinctures, creams, and other preparations. The container of tiny sweet pills should be percussed, or shaken against the palm of the hand, before use to “activate” the energetic properties, and should be deposited directly from the container under the tongue, not touched with our fingers.

Sabina - To help expel retained products of conception, especially with excessive, painful bleeding.

Arnica - for shock and injury, a uterus with profuse red bleeding.

Staphysagria - deep emotional, unforgivable guilt, apologetic, trying to make amends, sexual conflicts.

Caulophyllum - to aid in regulating contractions when contractions are sharp, spasmodic, low in pelvis, and associated with shaking, weakness, or nervous excitement.

Cimicifuga - to aid in regulating contractions through uterine dysfunction alongside negativity, morbid fears, and fragmented thoughts.

Pulsatilla - easy changeability or emotions influenced easily by others, very cold or very hot in environment, possible restlessness or indigestion, weepy, apologetic, desiring company.

Ammonium Muriaticum - Tearful & grieving, but can't cry. Doesn't want to talk, irritable & angry.

Apis mellifica - Depression & antipathy. Cannot help but cry. Foggy thinking- can't concentrate, mind feels paralyzed. Sudden crying out during sleep.

Aurum Metallicum - Self condemning & feelings of worthlessness. Depression & hopelessness with suicidal ideation. Very sensitive to stimuli. Does not respond well to contradiction.

Causticum - Grief with suppressed emotion. Hypochondria, fearful, restless apprehension, especially at night. Highly sensitive.

Gelsemium Sempervirens - Grief with irritation. Does not want to be spoken to, wants to be left alone. Dullness & confusion. Weeping.

Ignatia Amara - Silent intense anger, sadness, & grief with much sighing. Preference for solitude. Emotional tenderness. Haunting Guilt.

Natrum Muriaticum - Preference for grieving & crying alone. Cravings for salt and the ocean. Feels worse with consolation. Irritable & reactive. Deep guilt.

Phosphoricum acidum - Indifference. Not interested in the world or life. Sadness & foreboding about the future. Cannot endure noise or conversation.

FLOWER ESSENCES

Flower Essences are liquid vibrational medicine made from flowers, spring water, & a tiny bit of alcohol as a preservative, often infused in sunlight. Their process in the body is similar to acupuncture, reiki, & homeopathy. See www.flowersociety.org for more info.

Love Lies Bleeding - assists with extreme physical & psychic pain. Indicated when person feels as though they have been taken to their absolute limit, love lies bleeding helps with spiritual transformation.

Water Violet - For grief with isolation. Helps to bring deep feelings to the surface & to process them, helps come out of hiding & back into community.

Honeysuckle - For people lost in rumination and memory of lost loved ones. Helps with perspective & presence, ability to move on.

Gentian - Comforting to the heart & hope, to help restore faith that life is overall good.

Olive - exhaustion, long illness &/or emotional struggle within the household following a death. Restores emotional energy & thus physical energy /stamina.

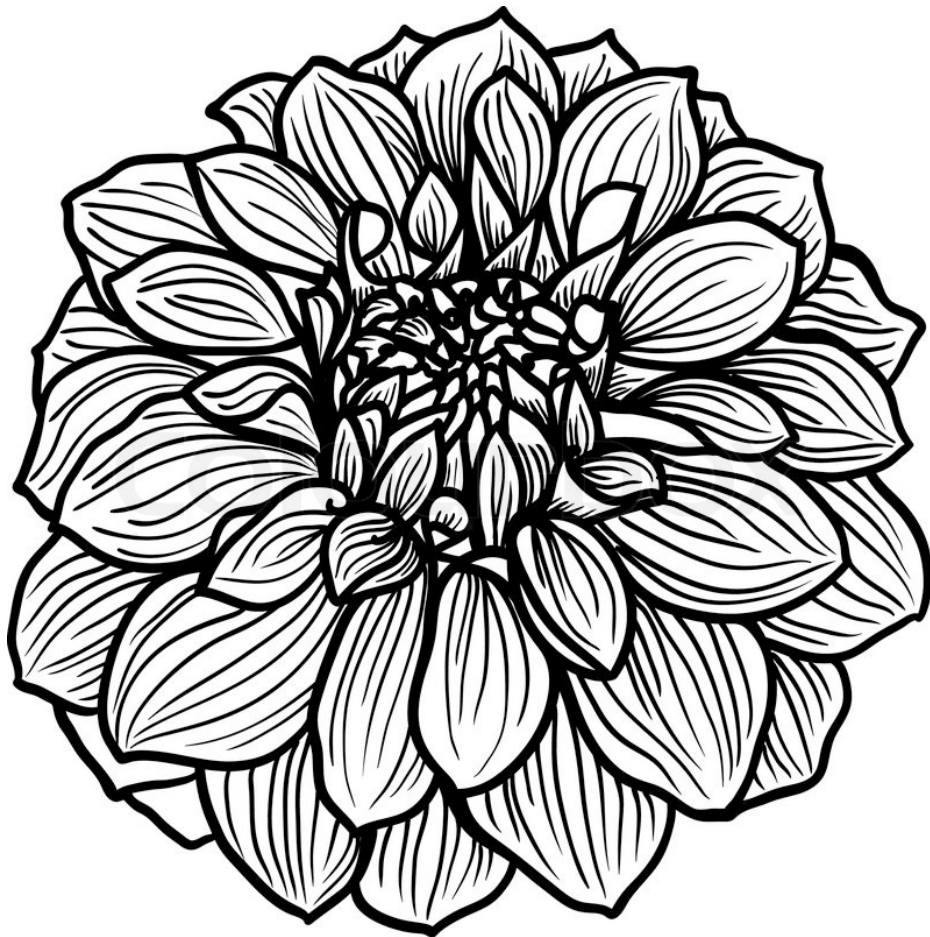
Hornbeam - when grief drains one's enthusiasm about life, simply not having the energy, interest, or enthusiasm to start the day.

Star of Bethlehem - For trauma followed by shock. A good alternative to rescue remedy in situations without panic.

Mariposa Lily - helps create access to & peace with the inner Divine Feminine & Mother.

Rescue Remedy - a mix of five flower essences: Impatiens, Star of Bethlehem, Cherry Plum, Rock Rose, and Clematis. To be used in "emergency" emotional situations to help calm nerves and bring peace. Not for extended use.

Body



Main objectives for balancing the body:

Manage Pain from Cramping

Control Bleeding

Build Blood

Balance Hormone Levels

We do not give specific dosage recommendations for herbs or other remedies, as each individual's body is different & nuanced. These suggestions are not meant to replace the guidance of an experienced healer or care-provider. We suggest perusing these options & pursuing more information & access to whichever remedies feel most appropriate or appealing to you.

In addition to gaining inspiration from this book or seeking counsel from a professional care-provider or trusted healer in your community:

Check in with your body for decision making.
It is wiser than any book, google search, or doctor.

ACUPUNCTURE & ASIAN BODYWORK

Acupuncture & Asian bodywork of various kinds rely on ancient & intelligent energy maps of the body. They are often based on assessing & assisting the flow of qi (life force) as well as elemental energies such as fire, earth, water, wind, & metal within the body. Acupuncture is one of my absolute favorite healing modalities as I have seen dramatic, powerful & tangible results from it both personally & professionally. The following are helpful in supporting every one of the main objectives for balancing the body listed above:

Acupuncture

A Chinese practice of stimulating flow of qi with needles placed gently (& generally shallowly & painlessly) in specific points.

Moxabustion

A Chinese practice of burning compressed bundles of the herb mugwort on or over specific points to stimulate qi flow & heat.

Acupressure

A Chinese and Japanese practice of stimulating flow of qi with massage & applied pressure to energy meridians in the body. Various forms include but are not limited to Amma, Shiatsu, Watsu, Tui Na.

Thai Bodywork

Very interactive stretching & pressure incorporating various traditions including yoga (recommend waiting a few weeks postpartum).

HERBS

There is a common misconception that herbs are always gentle. In fact, many of them are incredibly powerful & will create dramatic effects. Herbs can be taken in many forms, including but not limited to tinctures made from alcohol or glycerin, tea infusions, vinegar tonics, or capsules. Herbal baths infused with strong tea are a delightful way to immerse yourself in plant medicine's healing power.

Rosemary Gladstar, Aviva Romm, Susun Weed & Tori Hudson are some favorite sources for excellent women's herbal information. Ideally, consult an experienced herbalist in-person before beginning any herbal regimen.

Plant medicine demands thoughtful & respectful use. If you are interested in going deeper with plant medicine you may wish to pursue meditation or study delving into the clinical actions as well as sentient & spiritual properties of plants. One can benefit from creating a personal, intimate relationships with plants local to their area.

PAIN RELIEVERS

herbs for cramps or inflammation:

Cramp Bark (Viburnum) - relaxes smooth muscle tissue (which the uterus is made of).

Jamaican Dogwood (Piscidia) - anti-inflammatory, anti-spasmodic.

Silk Tassel (Garrya) - anti-spasmodic, & uterine stimulant.

Ginger/Cayenne - along with other spicy/heating foods & herbs will improve circulation & thus decrease cramping. Improved circulation assists in the body's natural ability to release what it no longer needs from the uterus.

Yellow Pond Lily (Nuphar) - pain reliever, pelvic tonic, slows bleeding.

Ladies Mantle - (belongs in almost ALL the herbal categories here) astringent, tonic, reduces chance of hemorrhage.

Pulsatilla (Anemone) - anti-spasmodic, analgesic.

Black cohosh (Cimicifuga/Actaea racemosa) - analgesic, anti-spasmodic especially for pain bearing down the lower back.

Wild yam (Dioscorea) - anti-spasmodic especially associated with any stomach cramping, pain.

PELVIC TONICS

to tonify the uterus & help it return to it's normal state:

Red Raspberry (Rubus) - gentle tonic that nourishes the uterine muscles & lining, also high in minerals.

Yarrow (Achillea) - slows bleeding, tonifies injured tissue.

Black Cohosh (Actaea) - relaxes uterus, allows for the expulsion of the contents.

BLOOD BUILDERS

high in minerals & nutrients:

Nettle (Urtica) - high in iron & magnesium, also acts as a uterine tonic.

Yellow Dock (Rumex) - helps absorb iron, high in vitamin A, & potassium.

Yarrow (Achillea) - rich in many minerals (also good for emotional boundary keeping & blood stasis!).

Red Clover (Trifolium) - high in calcium.

Rehmannia glutinosa - systemic regulating action on the blood mediated by building the liver.

CONTROL BLEEDING

when miscarriage is believed to be complete, but steady bleeding continues for a prolonged period of time (past 2 weeks)

Cinnamon Erigeron (tincture) - helps to slow bleeding, uterine tonic.

Yarrow (Achillea) - stops bleeding & helps to heal wounds.

Crane's Bill (Geranium) - both a styptic and a blood tonic high in nutrients.

Yunnan Baiyao - a Chinese herb for use only in extreme cases of excessive bleeding or hemorrhage. Also a pain reliever, & said to help heal broken hearts/recover from trauma emotionally.

Shepherd's Purse - used in traditional midwifery & folk medicine to slow hemorrhage.

ADRENAL SUPPORT

herbs that support stress management and the function of the adrenal glands (which produce & regulate stress hormones), as well as relaxing herbs that help the overall nervous system

Ashwagandha (Withania somnifera) - nourishing adaptogen, also helps build iron, regulate blood sugar & promote fertility if future pregnancy is desired.

Holy basil (Ocimum sanctum) - another nourishing adaptogen and carminative.

Elutherococcus - adaptogen, supportive for high stress situations (these top three can be stimulating adaptogens and should be avoided if caffeine is being consumed).

Rhodiola - adrenal tonic, improves hormone balance & helps to heal injured tissue.

Ginseng - improves immunity, adrenal function & energy.

Milky Oats (Avena) - nourishing tonic for adrenals, also high in minerals.

Rose - said to be “the highest vibration” flower, soothing, anti-depressant, help the heart emotionally heal.

Catnip - anti-anxiety, nervine.

Wood Betony - anti-anxiety, nervine.

Lemon Balm - anti-depressant.

St. John’s Wort (Hypericum) - calming nervine, can be anti-depressant, also can help some of the liver pathways that help break down excess hormones that are otherwise being recirculated in the blood.

Motherwort - (Leonurus cardiaca)- bitter nervine, help with anxiety.

IMMUNE SUPPORT

herbs to help avoid & prevent infection:

Yerba Mansa (Anemopsis) - anti-infectious, tonic.

Echinacea - anti-infectious, anti-inflammatory.

Oregon Grape (Mahonia) - anti-bacterial, anti-viral, & tonic for mucous membranes.

HORMONE HELPERS

herbs to help stabilize emotions & assist hormonal regulation:

Chaste Tree - helps stabilize progesterone by dopamine activity and decreasing prolactin.

Red Clover - has eight kinds of plant-based estrogens, called phyto-estrogens.

Rhodiola - adrenal tonic, improves hormone balance & helps to heal injured tissue (rhodiola can be too stimulating for some people, but it is a strong adaptogen).

Ashwagandha - supports endocrine (hormone regulator) functions.

HEAT

For pain relief, improved circulation & general coziness, place one of the following on your lower belly or back if that's where you're cramping. Cramping occurs due to ligaments connected to the uterus, as well as uterine contractions.

- ☀ Hot water bottle
- ☀ Rice / Buckwheat pillow warmed in the microwave
- ☀ Electric heating pad
- ☀ Warm Stones

Additional heat-based soothing measures may include:

- ☀ Immersion in a hot shower or bath
- ☀ Sauna

VAGINAL STEAMS

Vaginal steaming is a very simple process that involves water, herbs, a blanket, a chair & about an hour of time. It is an ancient tradition practiced by cultures around the world that both physically & energetically nourishes & cleanses the pelvic bowl. The essential oils from herbs vaporize into the steam & may bring heat and healing to the vulva as well as improved circulation and nourishment to your vagina, cervix & womb as well. Do not use straight essential oils, they are too strong.

Any combination or individual use of the following herbs is appropriate:

- ☀ Oregano
- ☀ Basil
- ☀ Marigold
- ☀ Rosemary
- ☀ Burdock leaves

- ☼ Motherwort
- ☼ Chamomile
- ☼ Yarrow
- ☼ Plantain
- ☼ Lavender
- ☼ Thyme

Instructions for Vaginal Steaming:

1. Simmer a handful of your chosen herbs for about ten minutes in a covered pot with 2 quarts of water on the stove/over a fire, making a strong tea.
2. Remove from heat and leave the lid on to catch the essential oils until you are ready to sit over the steam.
3. Place the pot underneath a chair with slots or a mesh bottom that steam can penetrate. You may also clean your toilette & place tea in a bowl that fits snugly rested on the toilette bowl's edges, underneath the seat (usually used to make a "sitz bath"). You may also put tea in a container inside a bucket you sit on. Get creative!
4. Take a seat (naked from the waist down) & wrap a blanket or large towel over your lap and around the chair/bucket/toilette seat to trap in all the steam.
5. Relax & enjoy your healing vaginal steam anywhere from 20 minutes to an hour. This is great time to practice meditation techniques as well, or just enjoy a book or movie.

NUTRITION

Nutritional healing is powerful healing. Getting your vitamins & minerals directly from organic & whole foods is optimal for absorption & integration! Take care to eat cooked & 'warming' foods immediately after miscarriage & ideally for the next 40 days. Bone broths, ginger teas, & hot spiced drinking chocolate are all traditional things to feed women postpartum in various cultures, and are equally helpful post-miscarriage. The idea of keeping the body & especially womb space warm throughout the immediate postpartum period is nearly universal among many cultures around the world throughout history. Dressing warmly & consuming warming foods can help restore heat & energy to the body that was lost with the end of the pregnancy.

Iron & Vitamin C

for building blood stores and supporting iron absorption

- ☀️ Dark leafy greens (especially when eaten or prepared with vinegar) (Iron/Vit. C).
- ☀️ Red fruits & veggies such as tomato, beets, berries. (Vit. C).
- ☀️ Orange veggies like carrots, yams. (Vit. C).
- ☀️ Bone broth. (Iron).
- ☀️ Red meat, especially lean meats and organ meats. (Iron).
- ☀️ Tofu (Raw). (Iron).
- ☀️ Tahini & sesame seeds: the highest iron content of all plant matter!
- ☀️ Seeds of all kinds are excellent nourishment, especially when sprouted. (Iron).
- ☀️ Cooking in cast iron skillets adds significant nutritional value to the food.

Zinc

for immune function and preventing infection

- ☀️ Oysters
- ☀️ Cashews
- ☀️ Chickpeas

Protein

for rebuilding tissue and sustainable energy

- ☀️ Meats (Chicken, Turkey, Beef, Pork)
- ☀️ Fish, Seafood
- ☀️ Tofu

- ☀️ Lentils, Cooked Beans
- ☀️ Quinoa
- ☀️ Eggs
- ☀️ Nuts & Seeds

Supplements to consider

- ☀️ Floradix: Iron & B-vitamin complexes, a plant-based, easily-assimilated supplement that does not cause constipation (as many iron supplements do). Comes as liquid (kept in refrigerator) or pills.
- ☀️ Magnesium: 2000 mg every few hours (to digestive tolerance) to help ease cramping
- ☀️ Calcium: best taken in combination with Magnesium
- ☀️ Vitamin E: for wound healing and tissue repair, especially if the miscarriage was assisted with instruments inside the womb

Bone broths

Can be bought prepared or made at home. For making at home, use bones leftover from a meal or bought from a butcher (chicken, beef, turkey, whatever), add cold water and apple cider vinegar for bones to soak for 30 min. Then add vegetables to stock, bring to a boil, and reduce to simmer for 24-48 hours.

- ☀️ Excellent source of minerals: calcium, phosphorus, magnesium & more.
- ☀️ Rich in amino acids glycine & proline that assist in muscle & tissue repair, immune & nervous system function
- ☀️ Chondroitin sulphates and glucosamine found in bone broth reduce inflammation

MOVEMENT

Dance

Of any & all kinds that feel good to you! Various forms of bellydance (rooted in cultures and traditions in Arabia and North Africa) in particular bring heat, attention, & honor to the belly!

Qi Gong

A Chinese practice that literally means "Life Energy Cultivation". It consists of mostly slow, fluid movements focusing on aligning breath, movement & awareness for exercise, healing & meditation.

Yoga

An Indian practice of stretching and holding different poses for strength, circulation, exercise, meditation & vitality. Do gentle, flowing poses with rhythmic breathing & movements, nothing straining. Practice only restorative poses for the first 6 weeks. Look for a Yin or Restorative style yoga class or videos for instruction. Use supportive props & relax. We recommend waiting 8-10 weeks postpartum for an active practice.

Being in Nature

Walking, gentle hiking, gardening, sitting, wildcrafting plant medicine, picnic-ing, etc.

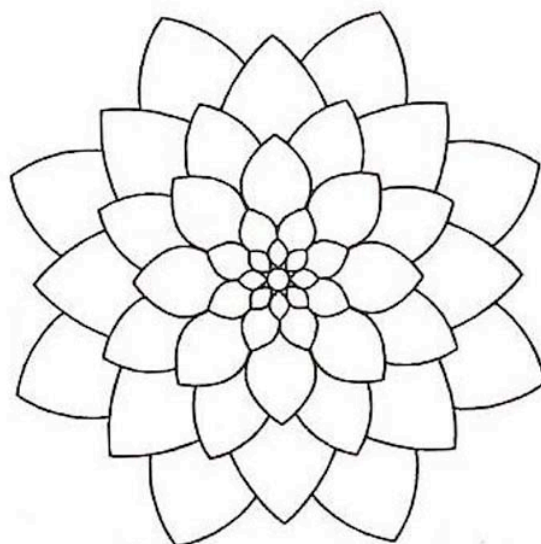


MUSIC

The benefits of music can be felt instantly. Rhythm & harmony literally heal & transform us through vibration. Music has a rich history of use by healers & shamans to cure illness & call in one's spirit when it has been 'lost'. The science of music therapy is an expanding & exciting field & a simple Google search can reveal numerous studies that compliment the ancient wisdom of sound & song healing. Music has been found to:

- ✿ Improve cardiovascular health
- ✿ Improve/Balance adrenal function
- ✿ Improve Pain management
- ✿ Improve Post-operative recovery
- ✿ Improve Gastrointestinal health
- ✿ Improve Metabolic health
- ✿ Improve/Balance Vital energy
- ✿ Improve Exercise recovery time
- ✿ Decrease stress hormones
- ✿ Decrease inflammation

Making music yourself can be wonderfully cathartic & healing, but at this time also consider just relaxing & receiving. Live music is best, but recordings will work too. Look into finding local healers who work with singing bowls & tuning forks if you'd like to explore more specifically therapeutic forms of music & vibration.



VOCALIZATION & TONING

Vocalization and toning brings direct vibration through the body, tapping into your ability to heal yourself. Because these vibrations touch each of our cells, they may dredge up “hidden” feelings and emotions you may have not intellectually felt yet. This is normal! Be gentle and slow with yourself.

- ☀ Release through moaning, toning, singing, & talking

- ☀ Deep singing & moaning produce vibrations in the body that affect all tissues, including the uterine muscles: therefore moaning & toning can physically relieve the uterine muscle cramping.

- ☀ "Sphincter Law" as described by Ina May Gaskin, also known as the hypoglossal pelvic nerve connection, explains the phenomena that when the throat & jaw are relaxed & open, the sphincter muscles down below are relaxed & open as well. Therefore, opening & relaxing your jaw, throat, & mouth can help release tension & trauma in the sphincter muscles of the pelvis, cervix, vagina & anus. Consider this in coping with moments of acute pain or cramping & for a regular healing practice if you have experienced trauma or tend to hold tension in your pelvis.

- ☀ To achieve greatest therapeutic effect from moaning & toning: lie down with a hand on your lower abdomen. Take a deep breath in, & release it with a deep low tone. Experiment with tones & the release of your breath: eventually you will find one that creates the strongest vibration in your womb. You should be able to feel it with your hand through your belly. Stick with the tone that creates the highest vibration, taking deep breaths in between. Enjoy deeply & often!

- ☀ Take care to keep your jaw relaxed & mouth open (employing benefits of Sphincter Law).

ORGASM!

The healing power of orgasm & orgasmic energy cannot be overstated! It is so good for you! Combining orgasm with elements of the toning/moaning practice described above can be very powerfully healing. Most clinical approaches suggest waiting a **minimum** of 1-2 wks postpartum for penetration of anything into the vagina or until you have stopped bleeding completely as this introduces foreign bacteria into the vagina & potentially the womb, increasing risk of infection. **Take your sweet time** if you need longer than this. Some people find powerful healing through sexual engagement earlier than this recommended timeline as well. Remember: delicious orgasms can be achieved by many *without penetration* as well!

Remember that the body can ovulate as soon as 1-2 weeks post-miscarriage. If your orgasmic practice also involves interacting with sperm, consider intentionality around potential conception. If a repeat pregnancy is undesired at this time, use contraception. While conceiving again right away may be attractive to you, consider whether your body has had enough time to physically and emotionally heal to make a new nest for another pregnancy.

The physiologically healing benefits of orgasm include but are not limited to:

- ☀ Increases pelvic blood flow, lymph movement & circulation which eases cramps & helps tissue health
- ☀ Releases the hormones dopamine, oxytocin, serotonin & endorphins from the brain, improving mood & reducing pain
- ☀ Energizes your hypothalamus, which regulates appetite, body temperature, emotions, & the pituitary gland, which in turn regulates the release of reproductive hormones & helps reestablish a healthy cycle & fertility
- ☀ Increases DHEA levels in the body. DHEA is a hormone precursor to estrogen & testosterone that improves brain function, balances the immune system, maintains & repair tissues, & promotes healthy skin.
- ☀ Boosts infection-fighting cells up to 20%!

AROMATHERAPY & ESSENTIAL OILS

Essential oils are amazingly powerful healing allies. Our sense of smell has been scientifically proven to provokes some of the most emotional reactions of any of our physical senses.

Some ways to use essential oils or aromatherapy healing include:

- ☀ Inhalation: place a few drops in a pot of hot water or in a humidifier in close proximity to your face. You can place a towel over your head to trap the steam if desired.
- ☀ Add several drops to bathwater
- ☀ Place a few drops on a hot compress
- ☀ Dilute in a carrier oil such as olive, coconut, or olive & use for massage
- ☀ Diffuse into a room by heating in a special stand or gadget, or by simply simmering an small open pot of water with a few drops in it

Essential oils are not to be applied directly to the skin, or to be ingested or taken internally.

Some options for oils to work with:

Rose - anti-depressant, anti-septic, anti-viral, anti-inflammatory, anti-hemorrhagic, uterine tonic, hormone balancer, great blended with geranium, lavender,

Geranium - uterine relaxant, anti-microbial, and regulator of uterine bleeding

Lavender - antiseptic, analgesic, anti-convulsant, anti-depressant, anti-rheumatic, anti-spasmodic, anti-inflammatory, anti-viral, anti-bacterial, carminative, cholagogue, cicatrisant, cordial, decongestant, deodorant, diuretic, emmenagogue, nervine, sedative

Lemongrass - analgesic, anti-depressant, anti-microbial, anti-pyretic, anti-septic, carminative, nervine, sedative

Verididas Botanicals Cramp Blend- highly recommended effective blend for placing directly on abdomen for cramp relief (many other brands have similar blends, we just love this one)

Cinnamon - to restore & bring heat to the body & senses

Helichrysum (sometimes called Everlasting)- blood mover & anti-bruising (moving out dead cells & in healing white blood cells)

BELLY BINDING

Belly binding has been used in many different cultures throughout history, including West Africa, South America & Asia to support women through pregnancy & postpartum. Many of these cultures have intricate or special ways of wrapping material to support bellies for both healing & strengthening. There's no need to use special technique or expensive cloth to enjoy the benefits of extra heat & support from wrapping your belly in cloth after a pregnancy loss. A snugly wrapped shawl or scarf can be wonderfully supportive & comforting to the womb space & muscles surrounding it. Cross-culturally, bringing extra heat to the womb is an important protocol for easing discomfort during menstruation, pregnancy, & postpartum. Wrapping yourself after pregnancy loss is a simple way to care for yourself & remind yourself that you are healing. Forty days is a common period of time to wrap postpartum, but continue the practice as long as it feels good to you.

SPECIAL WOMB-CENTRIC MODALITIES OF HEALING TOUCH

While there are many varieties of healing touch that may be beneficial, from snuggling to Swedish Massage to Shiatsu, we wanted to include mention of these two special (& lesser known) womb-centric modalities. A minimum of six weeks postpartum is recommended before receiving a treatment.

Holistic Internal Pelvic Massage

addresses physical & energetic imbalances that block or limit a woman's pelvic energy, creative aspirations, or core vitality, including inter-vaginal massage, myofascial release, trigger point work, and visualization tools for regaining balance.

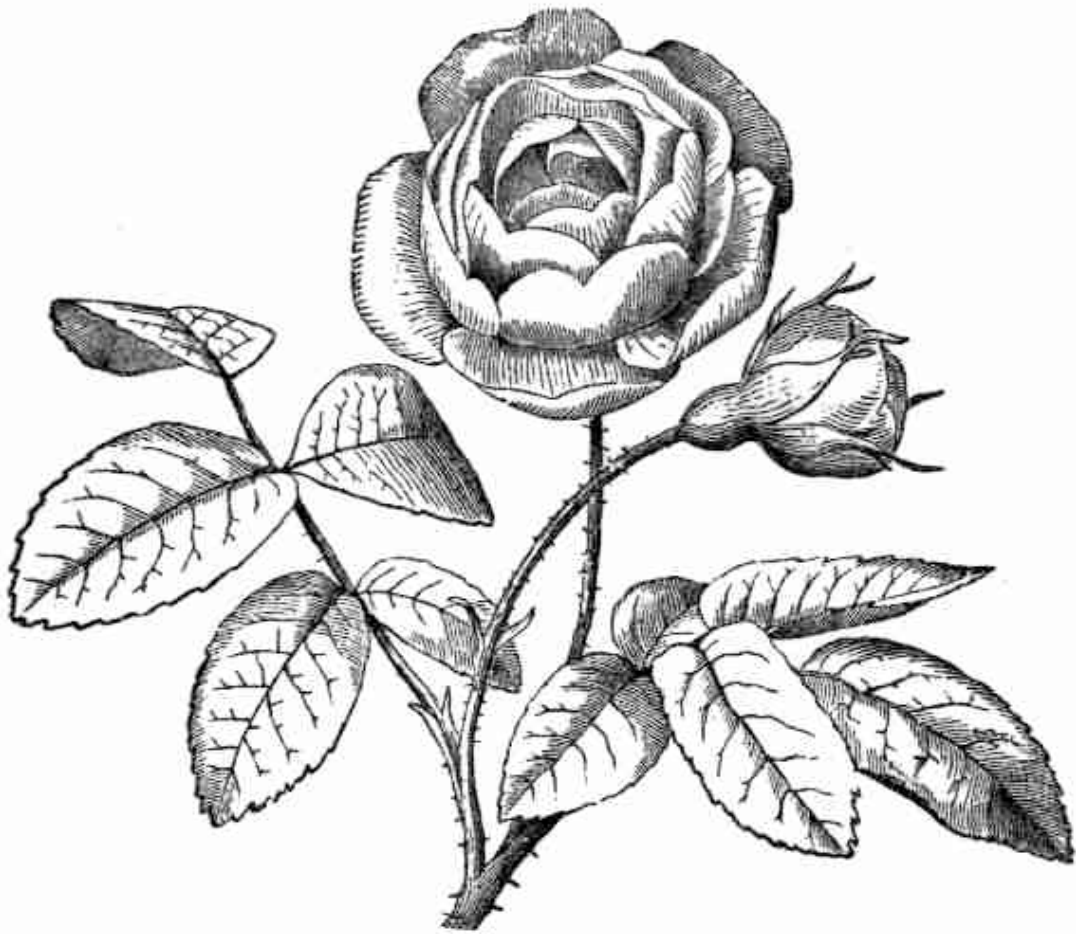
Mayan Abdominal Massage

an external massage working to restore the body to its natural balance by correcting the position of organs that have shifted and restrict the flow of blood, lymph, nerve & energy, focused on the womb and abdominal area. Usually includes instruction in self-massage for continued self-care.

“There is no victim, there is
no coincidence, & there is
definitely a gift behind each of
our experiences. So you have
to look at the gift & the
wisdom that the miscarriage
brought.”

~Sobonfu E. Somé, Author of “Welcoming Spirit Home: Ancient African Teachings to Celebrate Children and Community”

Spirit



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“...releasing & birthing go hand in hand.
Giving death to a Spirit Life is giving
birth to a Spirit Life. Death is a
transition, a passage from one place to
another. It is the passage from the
Womb to the Heavens, or it is the
passage from the Womb to the Earth. It
is through woman, through her Womb,
that Spirit Life comes to existence upon
Mother Earth.”

~Deborah Maia, Author of “Self-Ritual for Invoking Release of
Spirit Life in the Womb”

Amidst the likelihood of pain & grief, miscarriage presents an opportunity for profound transformation & reverence for life. The womb is a spirit door. In regaining balance from pregnancy loss we have the opportunity to intentionally examine, define, & manifest our connection with divine creative energy implicit in our bodies.

MEDITATION

Meditation can foster feelings of expansiveness & connectivity. It can be practiced solo or in community. Any action can be an act of meditation if it is done with spiritual presence & intention. There are many options & types of structured meditation including but not limited to:

Breathing

using various patterns & exercises with our breath affect our state of mind & emotions.

Visualization

focusing on particular calming, meaningful, or beautiful images in our mind's eye.

Mindfulness, Zazen, Vipassana

seated, simplistic Buddhist traditions geared toward noticing each thought, redirecting as needed & creating simple emptiness/fullness in thought.

Kundalini

cultivating & connecting to a feminine life force energy stream in our body, assisting its flow from the base of our spine through the head.

Qi Gong

literally means "Life Energy Cultivation", a Chinese practice of aligning breath, movement & awareness for exercise, healing, & meditation.

Walking Meditation and Labyrinths

engaging in soft, steady walking whilst working to clear the mind to a meditative state, often done in a labyrinth or other specific pattern in a designated space.

Hypnosis

trance states for transforming habits & elements of our subconscious, usually induced by an experienced practitioner, though can be explored in the self alone.

Mantras or Affirmations

focusing on & repeating a healing statement.

ARTISTIC EXPRESSION

Any kind of visual art, writing, dance, or craft can serve this purpose. All of life is art! Express yourself! Create! If you're making physical objects or drawings, you can of course keep them, or consider enjoying the catharsis of destroying them with or without a ritual surrounding the act.

Another recommended exercise is to write a letter with your non-dominant hand from the spirit to yourself, or your womb to yourself. Writing with your non-dominant hand can help connect you with & express energies from a more emotional & spiritual perspective that is less linear or rational.

RITUAL

Ritual is something that creates a separation from daily life, makes sacred space, & connects with & honors Spirit. It is most important that ritual has personal meaning. It does not have to follow a set formula from any suggestion, faith, prescribed ceremony, or other source. Below are simply some suggestions, but as always, you know best.

Consult your intuition.

To create a personal ritual:

1.) Plan & Clarify Intention

- ☀ Who: Humans to be present, &/or deity/spirits to be invoked
- ☀ What: Objects, elements, colors, symbols
- ☀ Where: What space & location?
- ☀ Why: Create a clear statement of intention

2.) Ways to Create Sacred Space

- ☀ Burning incense &/or clearing plants (ex: cedar, palo santo, sage, sweetgrass)
- ☀ Calling the directions
- ☀ Casting a circle
- ☀ Words & intention
- ☀ Salt
- ☀ Candles
- ☀ Special clothing worn by participants
- ☀ Making an altar space/including physical items or symbols of importance to you, some like to represent all the elements
- ☀ If using a space familiar to daily life, consider changing the space slightly: a different tablecloth, new lighting, etc.

3.) Grounding- use a meditation or physical action to:

- ☀ Connect with the earth
- ☀ Become fully present in your body
- ☀ Toning!

4.) Action

- ☀ Create something
- ☀ Burn, bury, smash symbolic objects or artwork
- ☀ Song, dance, chanting
- ☀ Meditation
- ☀ Plant a special tree/flower/plant

5.) Closing of the Ritual / Opening of Circle

- ☀ Release & thank any energies invoked
- ☀ Cleanse self and/or circle with same or different action as opening

Rituals may be held once or many times depending on the needs of the individual. They need not be held immediately & can be just as meaningful weeks or years later when you are ready. They may also be repeated on anniversaries, other special days of remembrance, or days of particularly poignant thoughts.

Suggested mantra:

“Spirit in my womb, I release you with love”

SPECIFIC CULTURAL CEREMONIES

We find richness and ceremony all over the world across cultures meant to honor times of transition. Those who come from these specific lineages may find strength and solace in these traditions. If you are not a regular member of these communities or ‘believer’ of the faith, the integrity & richness of these traditions can serve as respectful inspiration to support you in your time of need in creating personal, individual ceremony. You may want to seek out an experienced guide from one of these heritages or faiths, or research the options & respectfully adapt them to your personal ritual. The following are just a few ceremonies, there are certainly many more out there if you look for them.

Burial/Funeral

Across many cultures and practices both ancient and modern, many honor their dead with burial. Some may find comfort in the ritual of a burial after a pregnancy loss, either of blood and tissue or of a symbolic offering like an egg, seed, special flower, or other artifact related to the pregnancy. Some cemeteries have designated space for pregnancy loss, others may consider their own land or another special garden or space.

Ceremony to Release Spirit Life

A tradition from the Taino Clan, native to the Caribbean islands that includes ritual ceremonial bath, songs to the Grandmothers and Guardian Spirit, and a dreaming of the spirit life back into the Great Womb where all spirits go at the end of life.

Closing of the Bones Ceremony

A traditional Mexican / Mayan ceremony involving massage, ritual herb bath, & being wrapped tightly in rebozos, or shawls. It is meant to create a feeling of multi-dimensional closure & integrity after transition &/or loss.

Mizuko Kuyo Ceremony

Traditional Japanese Zen Buddhist practice honoring a returning of babies lost in pregnancy and early years of life back to the water of the river that divides realms of life and death/rebirth. Involving special words, blessings, and red gifts to statues of Jizo, the bodhisattva that protects & cares for lost babies in their transition.

Mikvah

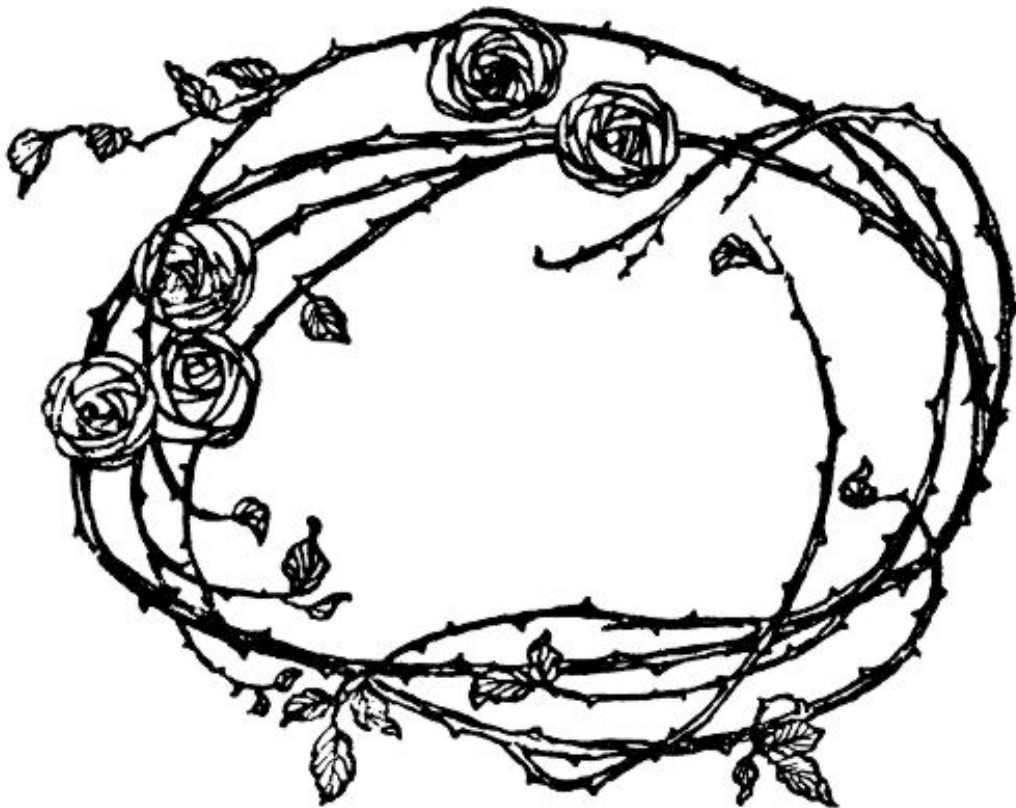
A traditional Jewish bathing ritual for renewal, rebirth, cleansing & transformation.

Offerings of Red Eggs

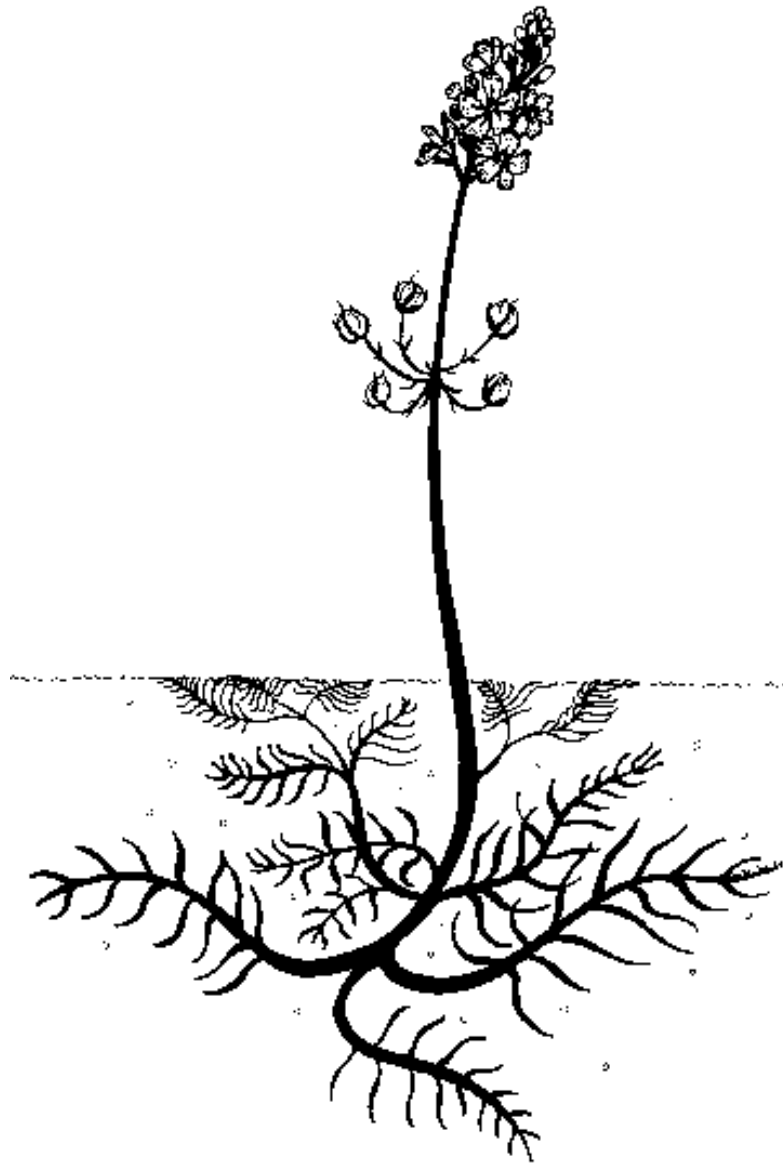
Predating Christianity and Easter Traditions, red-dyed eggs were once offered in cemeteries in Eastern Europe, particularly Slavic traditions, to commemorate miscarriages and stillbirths.

Mother Roasting

An anthropological term describing a collection of postpartum practices in China and Southeast Asia (each distinct within cultural regions) involving warm baths, belly binding, confinement to the home, special warming diets, etc. for a designated amount of time after a birth. Could be equally applicable after a loss.



Resources



BOOKS

Miscarriage

- ☀ *A Silent Sorrow: Pregnancy Loss* by Ingrid Kohn & Perry-Lynn Moffitt
- ☀ *Welcoming Spirit Home: Ancient African Teachings to Celebrate Children and Community* (chapter on Miscarriage) by Sobonfu E. Somé
- ☀ *Ended Beginnings: Healing Childbearing Losses* by Claudia Panuthos & Catharine Romeo
- ☀ *Empty Arms: Coping with Miscarriage, Stillbirth, and Infant Death* by Sherokee Isle
- ☀ *Unspeakable Losses: Understanding the Experience of Pregnancy Loss, Miscarriage, and Abortion* by Kim Kluger-Bell
- ☀ *Miscarriage: Women's Experiences and Needs* by Christine Moulder
- ☀ *Mourning Sickness: Stories and Poems about Miscarriage, Stillbirth, and Infant Loss* by Missy Martin (editor)
- ☀ *To Linger on Hot Coals: Collected Poetic Works From Grieving Women Writers* by Stephanie Paige Cole & Catherine Bayley
- ☀ *Knocked Up, Knocked Down: Postcards of Miscarriage and Other Misadventures from the Brink of Parenthood* by Monica Murphy Lemoine
- ☀ *There Was Supposed To Be A Baby* by Catherine Keating
- ☀ *Companioning at a Time of Perinatal Loss: A Guide for Nurses, Physicians, Social Workers, Chaplains, and Other Bedside Caregivers* by Jane Heustis

Ritual and Ceremony

- ☀ *The Art of Ritual* by Renee Beck & Sydney Barbara
- ☀ *Moon Diva's Guide To Transition* by Lara Vesta
- ☀ *Rituals and Meditations for Pregnancy Release* by 13 Moons of Matrescence/
Aileen Peterson
- ☀ *Bittersweet...Hellogoodbye: A Resource in Planning Farewell Rituals When a Baby Dies* by Sister Jane Marie Lamb
- ☀ *Self-Ritual for Invoking Release of Spirit Life in the Womb* by Deborah Maia
- ☀ *Jizo Bodhisattva: Guardian of Children, Travelers, and Other Voyagers* by Jan Chozen Bays
- ☀ *Spirit Babies* by Walter Makichen

Holistic Health

- ☀ *A New View of A Woman's Body* by The Federation of Feminist Women's Health Centers
- ☀ *Women's Bodies, Women's Wisdom* by Christiane Northrup
- ☀ *Our Bodies, Ourselves* by The Boston Women's Health Collective
- ☀ *Nourishing Wisdom* by Marc David
- ☀ *Nourishing Traditions* by Sally Fallon
- ☀ *Aromatherapy and Herbal Remedies for Pregnancy, Birth, and Breastfeeding* by Demetria Clark
- ☀ *The Natural Pregnancy Book* by Aviva Romm (the chapter on Miscarriage is excellent)
- ☀ *Homeopathic Remedies for Pregnancy and Childbirth* by Richard Moscowitz (the chapter on Miscarriage is very informative)

ARTICLES

- ☀ "How to Help a Friend Deal With Miscarriage" Jezebel.com article
- ☀ "Mothering Yourself Through A Miscarriage" SQUAT Birth Journal article
- ☀ "Hope Is Born With Every Loss" SQUAT Birth Journal article
- ☀ "The Energetic Placenta: Healing From Abortion And Miscarriage" healingwithouteffort.com article
- ☀ "My Miscarriage: A Muslim Woman's Perspective" muslimness.com article
- ☀ "People Have Misconceptions About Miscarriage, And That Can Hurt" npr.org article
- ☀ "A Transgender Patient in the ER: 12 Hours" (on miscarriage, hospital treatment, and trans* bodies) milkjunkies.com article

WEBSITES

National Full Spectrum Doula Directory
reproductivesupport.org

Community & Stories
storiesfromthewomb.org
unspokengrief.com
theamethystnetwork.com
tinyfootprintsonmyheart.wordpress.com
nationalshare.org

Ritual for Pregnancy Loss & Termination
spiritbabies.org

Financial Assistance for Funeral Arrangements
thetearsfoundation.org

Backline All Options & Pregnancy Experiences Hotline
Backline 1 - 888 - 493 - 0092 (toll free talkline)
yourbackline.org

Appendix A

HOLISTIC HEALING PRACTITIONERS AND PROFESSIONALS

While almost all of the suggestions in this booklet can be self-administered, in some cases people may seek the care of a community healer or holistic healing professional. The following is a basic list of various holistic healers and professionals who may be of assistance after a miscarriage to look for in your community.

Possible professional credentials are listed to help narrow your search but are not meant to limit your search. There are many inspiring community healers without professional credentials.

Acupuncturist (L.Ac/R.Ac) - a practitioner specializing in acupuncture, or inserting small needles along energy meridians in keeping with Chinese medicinal ideology.

Aromatherapist - a practitioner specializing in essential oils and other methods of aromatherapy

Clinical Thai Bodywork Practitioner (CTBP) - a massage therapist specializing in the unique forms of Thai bodywork.

Counsellor / Therapist (especially ones who may work with hypnosis, somatic therapy, art therapy) - could range from talk therapy to art or movement based therapy, but counsellors/therapist are usually trained in psychology and helping an individual heal through working on internal thoughts and reframing.

Dance Instructor (all kinds!) - any kind of dance/instructor that appeals to you

Doula / Full Spectrum Doula - doulas usually attend clients through pregnancy, birth and postpartum offering informational and physical (non-medical) support

and guidance. “Full spectrum” doulas particularly serve clients of all pregnancy outcomes, including pregnancy loss.

Flower Essence and Vibrational Healing Practitioner - those who specialize in assessing for most appropriate flower essence for healing

Herbalist - a practitioner specializing in plant-based medicinal preparations for healing. Herbalism is largely unregulated in most of North America.

Homeopath (C.Hom) - a practitioner specializing in the quantum medicine of homeopathy

Massage Therapist (including Shiatsu, Deep Tissue, Mayan Abdominal Massage, Holistic Internal Pelvic Massage, etc.) - infinite varieties of healing touch

Meditation Teacher/Mentor/Guide (of many kinds) - there are infinite branches, schools, and ways to practice mind-calming meditation, with many different kinds of practitioners

Midwife (CPM, LM, RM, CNM, TM) - traditional primary care providers for pregnancy, birth, postpartum, and early newborn care. Many midwives are skilled at managing pregnancy loss.

Musician - performers, instructors, and musical healers

Naturopathic Doctor (ND) - specializing in comprehensive holistic health care with training in many of these modalities, many can also prescribe certain pharmaceutical medications

Nutritionist (many different types, credentials)- nutritionists and dieticians may give well-rounded advice on diets for certain times of life or for general wellness

QiGong Instructor - often also Chinese Medical Doctors, Reiki Practitioners, or other energy healing modality practitioners

Reiki Master - using light touch and energetic healing, often on a massage table

Sexologist - often a therapist or counselor, but not always, specializing in sex therapy and sexuality

Shaman - traditional spiritual support and guide in many cultures

Spiritual Healer- encompassing a wide variety of possible spiritual healing techniques

Traditional Chinese Medicine (TCM) Practitioner/Chinese Medical Doctor (R.TCM.P/L.TCM.P) - specializing in herbal preparations, other healing substances, and often acupuncture and acupressure.

Yoga Instructor - many different styles of yoga and yoga teachers



Appendix B

GLOSSARY OF TERMS

absorption - the process of absorbing or being absorbed into the body

acupuncture - a Chinese tradition of healing based on redirecting qi energy flow along meridians in the body using needles inserted into the skin at specific points

acupressure - a multi-origin tradition of healing based on redirecting energy in the body by pressing on certain pressure points with the thumb or fingers

adaptogen - a plant extract able to increase the body's ability to resist the damaging effects of stress and restore normal physiological functioning

adrenal - adrenal glands located near the kidneys help regulate hormones, particularly stress hormones

affirmation - a positive assertion designed to aid in meditation and psychological healing

altar - a designated sacred space, often on a table, where offerings may be left for honoring

Anma - ancient Chinese acupressure bodywork

analgesic - pain-reliever

aromatherapy - the use of specific scents, often through essential oils, to aid in healing and altering moods and brain states

astringent - helps tighten body tissues

belly binding - wrapping the abdomen to invoke a "closed" feeling postpartum/post-loss

bodhisattva - a sacred being, capable of attaining enlightenment, that forgoes entering nirvana in order to help others on the path to enlightenment (Mahayana Buddhism)

cardiovascular - relating to the heart, blood vessels, and circulatory system between them

carminative - expels gas from the intestines so as to relieve pain from abdominal swelling or flatulence

cathartic - relief from releasing strong emotions

cholagogue - promotes an increased flow of bile

cicatrisant - promoting wound healing

cordial - an invigorating or stimulating medicine

convulsant (anti-) - (anti-) seizure or other involuntary muscle contractions

decongestant - an agent that relieves excessive accumulation of mucous

deity - a holy, divine, or sacred being

diuretic - increases urine output

dopamine - a neurotransmitter that helps regulate the brain's reward and pleasure centers

emmenagogue - promotes menstruation

endorphins - a peptide in the brain that bonds primarily to opioids for pain relief

essential oils - volatile oil extracts made through steam distillation, expression, and extraction

flower essences - infusions of wildflowers in spring water and sunlight with grape alcohol preservative to enhance subtle emotional healing

gastrointestinal - relating to the stomach, intestines, and digestive tract

glycerin - non-alcoholic medicine-making preservative

hemorrhage - excessive blood loss

holistic - honoring and integrating the mind, body, and spirit

homeopathy - a system of medicine originating in Germany in which treatment is based on the administration of minute doses of a remedy that would in healthy

persons produce symptoms similar to those of the disease, promoting the body to heal itself

humidifier - mechanical device for producing steam/mist and humidity in a room

hypnosis - a trancelike state of altered consciousness induced by a practitioner whose suggestions are readily accepted by the subject

inflammation (anti-inflammatory) - (anti-) redness, heat, swelling as a reaction to injury or infection

infusion - steeping or soaking in water in order to extract certain constituents

invoke- to call forth, or make an earnest request for

kundalini - yogic life force lying at the base of the spine

labyrinth - an elaborate structure with winding, patterned paths leading to a center and then returning to the start. Distinct from a maze, a labyrinth only has one path, however intricate, and one cannot get lost.

ligaments - tough muscle tissue in the body that holds organs in place or bones together

lymph - pale bodily fluid containing white blood cells that maintains health tissues

mantra - a repeated phrase in prayer or meditation

meditation - a wide variety of practices usually focused on quiet clearing of daily thoughts

meridians - in Chinese medicine, paths through which life-energy flows

metabolic - relating to the chemical changes in cells by which energy is provided for vital processes and activities

mindfulness - the practice of maintaining a heightened awareness of one's thoughts, emotions, and experiences on a moment-to-moment basis.

miscarriage - the loss of a pregnancy before the developing embryo/fetus/baby has reached "viability" (ability to live autonomously outside the womb).

moxibustion- in Chinese or Japanese medicine the use of mugwort herbal bundles to introduce heat to specific points or acupuncture needles

nervine- soothes nervous excitement or stimulation

ovulate - the release of a mature ovum (egg) from the ovary into the fallopian tube in hopes of fertilization

progesterone - a hormone stimulating and promoting growth especially of the endometrium (uterine lining) before menstruation and in early pregnancy

prolactin - a hormone that induces lactation

pyretic (anti-) - to (prevent/reduce) a fever

qi - in Chinese Medicine, “life force energy”

Qi Gong - Chinese healthcare practice involving postures, movement, breathing techniques, and focused intention.

Reiki - focused, light touch/bodywork designed to redirect energy fields and flow and promote healing

rheumatic (anti-) - helps (relieve) rheumatism/arthritis

sauna - special heated room for sweating out toxins in the body

sedative- calms, moderates, or tranquilizes nervousness and excitement

sentient- conscious

septic (anti-) - (against) bacterial infection

serotonin - neurotransmitter responsible for transmitting impulses between nerve cells, regulating cyclical body processes, and contributing to feelings of happiness

Shiatsu - Japanese acupressure involving pressure points, massage, and joint manipulation

singing bowl - an inverted bell shaped as a bowl conducting vibrational sound, especially in buddhist practices

spasmodic (anti-) - (anti-) uncontrolled muscle spasms

stimulant - increasing energy

styptic - contract or bind, especially to stop bleeding

Thai bodywork - combines bodywork, massage, ayurvedic principles and assisted yoga postures

tuning fork - a metal device with two long points that when struck produces a certain note/vibration

tonics - promoting health muscular condition and retraction of organs / solution of herbs and carrier water/oil/molassas/etc. to promote above body tone

toning - using your voice to express specific sounds or tones that help you to release, balance, accept, or create

Tui Na - Chinese healing practice using body manipulation based in Taoist and martial arts principles

vaginal steams - bringing concentrated heat/steam infused with herbs to the vulva to promote healing and connection

Vipassana - ancient Indian technique of meditation

Wat su - aquatic bodywork used for deep relaxation and passive aquatic therapy

wildcrafting - specific set of ethical principles applies to harvesting plants and herbs from the wild

Yoga - an Indian / Hindu practice of experiencing inner peace by controlling the mind and body, often expressed through a series of bodily poses

Zazen - seated meditation in Japanese Zen Buddhism

About the Authors

SAMANTHA ZIPPORAH

Samantha Zipporah is a holistic sexual health educator & advocate. She is a former doula, and has been supporting peers with a full spectrum of fertility and pregnancy experiences for over a decade in personal, professional, & clinical contexts. She finds great inspiration from the places that science and spirituality fortify one another. The roots of her studies are in traditional midwifery “womb to tomb” style care.

Her approach is grounded by a solid understanding of biochemistry and biology, and is nourished by playfulness, sass, and reverent spirituality. Samantha provides intrapartum & postpartum care for a full spectrum of pregnancy experiences both locally in person, & remotely via Skype & telephone.

Her work is devotional services to women’s body literacy & fertility sovereignty. She would love to hear from you!

Please visit her online at www.samanthazipporah.com



MOLLY DUTTON-KENNY, CPM

Molly Dutton-Kenny is a Certified Professional Midwife (CPM), full spectrum doula, writer, educator, and Editor for SQUAT Birth Journal. She has been working with a full spectrum of pregnancy experiences for nearly a decade, specializing in intentional, holistic home care for pregnancy loss and abortion. She also joyfully provides comprehensive prenatal, homebirth, and postpartum care for families expecting new babies.

She is passionate about education, and teaches workshops across North America training community care providers in sensitive attention to home-based care for abortion, pregnancy loss, and other fertility experiences. Through writing she hopes to reach an even greater audience, providing tools and resources for those who need them most.

If you are interested in a local workshop, additional writing, or community resources, please don't hesitate to contact her at mollyduttonkenny@gmail.com.

She lives in Toronto, ON with her loving partner.



