

5.27.18 Titus 2 Chat "Sorrow and Conception"

Stats

1. Over 900 deaths per year
2. Black women and babies die twice the rate than white mothers and babies
3. Unequal access to health care
4. A study revealed medical students believe that black mothers do not feel as much pain as white mothers

Possible Causes of Maternal Death

1. Cardiovascular Disease (Leading cause)
2. Blood clots
3. Hypertension/Pre-Eclampsia (Preventable complication)
4. Hemorrhage

* DEUT. 28:45 the curses shall pursue us and overtake us until we are destroyed, because of our disobedience

* 2 COR. 13:5 examine yourself whether ye be in the faith.. (We have to know ourselves spiritually. This also applies to your body.)

(You need to have a strong team that will support and push for you because there will be times that doctors do not listen. Your sisters, your Lord, a doula etc. Stay informed. Most times the doctors and nurses will be extra rough with you as an Israelite woman, even the type of insurance you have affects how you are treated.)

* SIRACH 38:1-12 Honor the physician, use wisdom. The Lord created medicines out of the earth and if you are wise you will not abhor them. (Natural methods to care for your body are great, but don't always reject the medicines the doctor offers if it is going to help.) TMH gave them their skill, that He may be honored in his marvelous works. Don't be negligent in your sickness. (If there are obvious signs that something is wrong with you don't ignore it.) Leave off from sin, cleanse thy heart from all wickedness. (Keeping the commandments and honoring the physician goes together.)

"You are not less of a woman just because you had a C-Section." - Azarayah H.O. Deacon Abbayael

Poem

"Am I Not a Mother? A Much Needed Healing"

By Rapha Sheerah Israel

<https://youtu.be/zmwvUjHXc0Q>

"A lot of what helped me heal after my C-Section was sisters coming and cooking, cleaning, and going through scriptures with me. A sister really needs sincere love for those couple months that

she is healing." - Naamah H.O. Deacon Asaph

Hormones and Labor

- * Oxytocin: the "love"/"calm and connection" hormone
- * Endorphins: calming and pain relieving
- * Catecholamines: fight or flight hormones

Why Choose Home Birth?

- * Avoid bullying and coercion to get epidural, C-Section, episiotomy, etc
- * Freedom to move around
- * Freedom to choose your birthing position
- * Be in your comfort zone
- * Choose who is present to support your labor and delivery
- * Not hooked up to restricting equipment
- * Able to eat and drink

Home Birth May NOT Be for You If:

- * diabetic
- * high blood pressure
- * if you have experienced pre-term labor
- * your partner doesn't fully support the decision

Free Birth

- * an intentional home birth without a midwife in attendance. It is a birth with no medical professional in attendance who is trained to direct the birth process
- * Not illegal per say but not supported
- * If you are going to do a free birth be sure to research the state laws regarding the practice to avoid liabilities and legal issues

"When you are in labor you are very vulnerable and you need a good support system." - Azarayah H.O. Deacon Abbayael

Staying in the Spirit While Pregnant

- * GEN. 3:16 the Lord greatly multiplied our sorrow and conception. In sorrow shalt thou bring forth children.
- * PROV. 25:28 if you have no rule over your spirit you are like a city broken down with no walls (Our protection is the keeping of God's laws and when we get out the spirit we lose our protection.)
- * 1 COR. 13 (This whole chapter goes into charity which is major..)

(Staying in the spirit when you are pregnant and when you are in labor, though it is difficult. Practice and learn to stay respectful in communicating what you need even while you are in

pain there is no cursing out your husband etc..Meditate on the scriptures always.)

Changes In Libido

- * 1st Trimester: fluctuation in hormones, nausea, fatigue etc can reduce sex drive.
- * 2nd Trimenster: generally morning sickness subsides or improves, energy increases, hormones are more balanced, there is increased blood flow, discharge/lubrication, and sex organs including your breasts are more sensitive
- * 3rd Trimester: discomfort, extra weight, large belly, may feel self conscious about their bodies..

* 1 COR. 7:2-4 Render unto your husband due benevolence. Neither of you have power over your own body. No holding out!

(When you're spotting you are unclean, wait until you stop spotting and count 7 days then you are clean again. If there are medical reasons like having a weak cervix, stitches etc then you may not be being intimate with you Lord, but if there is no real excuse outside of these then you need to please your husband no matter what.)

Confidence

- * If you had low self-esteem before pregnancy, chances are it will get worse.
- * Many men actually find their wives even more attractive while she is pregnant (Fuller breasts, wider hips, glowing etc)
- * If you look good, you feel good. Spruce yourself up a bit to boost your confidence.
- * Don't compare yourself to other pregnant mom. Genetics plays a role in how we look and how we carry our weight.
- * Instead of being negative, focus on the positive aspects of your pregnancy such as your growing thicker and longer, fuller breasts, glowing skin, the health of you and your developing baby..etc..
- * Have sex. This helps to increase the release of endorphins. If for some reason you can't, ask your husband for a massage.
- * Educate yourself to understand the stages of your pregnancy

- * PROV. 23:7 As he thinketh in his heart, so is he
- * GAL. 5:19-26 the works of the flesh..emulation, (Be the best you, don't try to be like or better than the next sister.), envying..don't envy one another.. (Focus on the fruits of the spirit, stay positive..)
- * 2 COR. 4:15-18 our light affliction which is for a moment works for us far more exceeding glory.

How to Achieve a Natural Birth

1. Eat nutritious food: fruits and veggies and protein rich foods

2. Exercise: Not for weight loss but for stamina to prep your body for labor. Squats, dancing, stretching etc
3. Educate yourself: take a birthing class, research what to expect, stages of labor, pain management etc
4. Have a birth plan and a supportive team
5. Maintain pre-natal care, doctors visits etc (Ask for alternative to glucose drink..)
6. Mentally and spiritually prepare yourself through prayer, meditation and staying in the scriptures

Natural Birth Plan

Plan the different aspects of how you want your labor to be such as the location and environment, medicinal preferences (vaccinations, vitamin K shot, cord clamping etc) relaxation methods, support team etc

Ways to Induce Labor Naturally

- * Sex
- * Red raspberry leaf tea, start taking in 2nd trimester
- * Enema
- * Cotton root
- * Black/blue cohosh

Useful Items for a Home Birth

- * Hydrogen peroxide
- * ice packs, ibuprofen
- * bendy straws
- * space heater or fan
- * large absorbent sanitary pads/depends
- * flashlight
- * lead-free hose
- * plastic sheeting/tarp
- * 6-12 receiving blankets, 6-8 bath towels, 6 hand towels, 2-6 washcloths
- * mixing bowl for placenta
- * ear bulb syringe
- * thermometer
- * baby hats
- * music play-list, candles
- * a squirt bottle

Services from Sisters

- * Natural Sanitary Napkins - Giovana Ahava Israel
 - * made with natural oils and sisters that have used them say they have a tingling

cooling sensation that is refreshing

- * Doula - Ramiah Baht Israel
 - * Gifted Hands Doula Services
 - * Provides intimate support system for mothers, pre-natal and post-partum visits, trained in breast feeding, diff. positions for turning the baby etc

Doula Certification

<https://www.dona.org/become-a-doula/birth-doula-certification/>

A History of Black Midwifery

<https://www.youtube.com/watch?v=28kp021OuiY>

Stages of Labor

1. Pre-labor: cervix ripens, menstrual like cramps etc
 2. Latent phase: 3 cm, cervix continues ripening, begin to dilate, progressing contractions
 3. Active labor: 3-6 cm, contractions increase every 3-4 min.
 4. Active phase: 6-8 cm, baby tucks head and begins to descend
 5. Transition: 8-10, beginnings of descent, contractions very close and intense
 6. Possible resting phase of 2nd stage: uterus "catching up" with baby when head is out of uterus and in birth canal.
 7. Descent phase: the baby rotates and descends
 8. Crowning and birth: head no longer rocks back and forth, emerges "Rim/ring of fire" - stretching, burning
 9. If/when active labor is prolonged or complicated: baby may need to rotate dilation or descent resumes. Contractions may have decreased in strength, frequency, or duration.
- * Psalms 30:5 his anger endures but a moment..weeping endures for a night but joy comes in the morning

How to Avoid an Episiotomy

- * Pelvic floor contraction exercises
- * practice birthing positions
- * Perineal massage by your husband
- * good nutrition
- * warm compress
- * don't rush and push before it's time
- * use a mirror
- * be in an upright position

Pain Remedies

- * breathing!
- * moaning, sighing, groaning. Let it out. don't be embarrassed.

- * comforting touch, massage etc
- * body position: there are various positions to help ease pain

Ideal Birthing Positions

*Being flat on your back is not the best way to give birth. You always want to be in an upright position where you can take advantage of gravity.

- * upright kneeling, squatting, all-fours, side-laying
- * asymmetric position (one leg up, one leg down) This is a very natural instinctual way to give birth, giving you support on your other leg and the ability to catch the baby with the other hand.

Halo Effect

* You have a rush of oxytocin once you deliver. The joy of seeing and holding your baby overpowers any negative feelings you just experienced.

* JOHN 16:21 a woman in travail has sorrow but as soon as she delivers the child she remembers no more the anguish, for joy that a man is born into the world

After Birth

* Yoni/V steam: boil water with certain herbs and sit over it for about 45 minutes. This custom is known among the tribe of Levi and the tribes in South America. It helps with the healing of the uterus and vagina, tightens everything up etc

Birthing Positions

<https://wellroundedmama.blogspot.com/2015/03/historical-and-traditional-birthing.html>

Breastfeeding

- * skin to skin contact is important
- * there are various positions for breastfeeding
- * nurse on both breasts
- * maintain a nutritious diet to ensure the baby is getting those nutrients

Risks for Non Breastfeeding Mother

- * For the baby
 - * increased risk of illness
 - * infant death, obesity
 - * increased response to pain
 - * poor cognitive scores
- * For the mother
 - * breast and ovarian cancer
 - * cardiovascular disease
 - * high blood pressure
 - * fat in your blood

- * quicker return of fertility
- * increased weight
- * higher risk of postpartum depression and loss of sleep

Hazards of Formula and Bottle Feeding

- * high pathogens
- * risk of contamination
- * contains foreign bodies and lacks nutrients
- * high levels of Phytoestrogens
- * BPA in the bottles can cause various diseases
- * ear infections, diarrhea, vomiting etc

Breast Milk Production

- * stay hydrated and eat a bit more than usual
- * don't get discouraged if you think you are not producing enough

Teach Me how to Breastfeed

<https://www.youtube.com/watch?v=HJVpzKi5pdo>

Beneficial Supplements

- * Garden of Life, My Kind Organics

<https://www.iherb.com/pr/Garden-of-Life-MyKind-Organics-Women-s-Once-Daily-60-Vegan-Tablets/58122>

- * Mega Food Baby & ME

<https://www.megafood.com/vitamins-supplements/multivitamins/baby-me-W1004.html>

(Don't let vanity keep you from breastfeeding!)

* LAM. 4:3 even the sea monsters draw out the breast, they give suck to their young ones: the daughter of my people is become cruel, like the ostriches in the wilderness.

(Having children is a blessing!)

- * PSALM 127:5 Happy is the man that hath his quiver full

Purification Period

- * when you give birth to a boy you are unclean a total of 40 days
- * when you give birth to a girl you are unclean a total of 80 days

Baby Clothing

- * Be sure you are putting fringes and a border of blue on your babies clothing
- * If you have your baby girl in a onesie put on a skirt or dress as well so they are able to have on fringes. Same with boys, just put a shirt over their onesie.

* Make sure you little girls have on long skirts and leggings under

Q/A

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