



MAMA LOUNGE
natural medicine for fertility, pregnancy & postpartum

MEDITATION & YOGA:

- **Fertility Yoga DVD:** Restoring Fertility with Brandon Horn & Wendy Yu
- **No Hot Yoga!**
- **Headspace App** for daily meditation practice.
- **Circlebloom.com:** Guided meditation for fertility

CHINESE HERBS:

At our clinic you will receive Herbal Tinctures from KW Botanicals:

- Premium quality herbs are fundamental to the healing process. KW Botanicals, located in San Anselmo, CA defines premium quality as **organically grown or wildcrafted herbs which are fresh or dried from the current year's harvest**. We have developed an extensive domestic network of organic growers and wildcrafters, allowing us to create extracts free from the toxic residues of fumigants and agricultural fungicides, herbicides, and insecticides. Currently, 62% of our fluid extracts (including over 180 herbs from the Chinese pharmacopoeia) are grown organically or harvested in the wild. Our herbs of Chinese origin are the best quality available and are un sulphured.

DIET:

We recommend a whole foods, nutrient dense diet rich in fats, animal protein, and fermented foods. Sources are GAPS diet & Weston A. Price. Incorporate an abundance of the following into your daily menu:

- Real bone broths, these will look thick and gelatinous. Mama Tong is a brand we recommend
- Fats- coconut oil, ghee, butter, olive oil. Remove any other vegetable oils
- Always choose organic
- RAW dairy products, kefir, yogurt, raw cheese, raw milk when available
- Fermented foods- sauerkraut, kefir, kimchee
- Prepare your food warm & cooked as much as possible
- Gluten free



The following are good for all patients and are safe through pregnancy. Your practitioner will make additional recommendations unique to your treatment plan:

- **Strong Woman Syrup**
- **Vitamin D3**



- **Ubiquinol (reduced form of CoQ10)**
- **Cod Liver Oil or High EPA fish oil**
- **NO Folic Acid** products. Look for methyl-folate or folate

Gluten Free Food Shopping:

- Check out GoodEggs.Com for a delicious gluten free pantry, bone broths, and other local artisanal foods. Delivery to Bay Area homes.

OPK:

- Please choose **Clear Blue Easy Digital**- it just says Yes or No (not the Advanced)

SLEEP:

- Remove all light sources and devices from your room at night. Room should be **PITCH BLACK**

