



MAMA LOUNGE  
natural medicine for fertility, pregnancy & postpartum

## **Postpartum and Parenting Resources SF**

### **New Baby and Parenting:**

Natural Resources on Valencia.....[naturalresources-sf.com](http://naturalresources-sf.com)  
Day One Baby on Sacramento.....[dayonebaby.com](http://dayonebaby.com)  
Carmel Blue in North Beach.....[carmelblue.com](http://carmelblue.com)  
Golden Gate Mother's  
Group.....[ggmg.org](http://ggmg.org)

### **Sleep Trainer - Night Nurse:**

Enricka Garcia..... [EnrickaGarcia.com](http://EnrickaGarcia.com)

### **Inspirational Blogs:**

Karen Mazeen Miller- author of *Zen Momma* and great blog articles on finding  
peace through the highs and low of  
motherhood.....[karenmaezenmiller.com](http://karenmaezenmiller.com)  
Glamorous, semi-famous mamas, telling their stories.....[theglow.com](http://theglow.com)

### **Repair the Abdominals / Pelvic Floor Therapy:**

Jane Quach,.....[janequachpt.com](http://janequachpt.com)  
Liz Miracle & Anne Marie Lepe..... [miraclephysicaltherapy.com](http://miraclephysicaltherapy.com)

### **Lactation Consultant**

Katie Howser ..... [katiehowser.com](http://katiehowser.com)

### **Exercise:**

You must make sure your abs are knitted back together before performing  
other exercise.

Specialized  
Trainers.....[TheLotusMethod.com](http://TheLotusMethod.com)

To help repair postpartum  
diastasis..... [mommastrong.com](http://mommastrong.com)

Pilates home visit ..... [cara@hotmamapilates.com](mailto:cara@hotmamapilates.com)

**HELP:**

*TALK LINE* in Cole Valley. Call or show up. Sit, talk, and get help with baby.  
*Day One Baby* on Sacramento Street has Mommy-Baby groups with advice nurses, lactation consultants, and a beautiful facility with very kind employees.

**Food:**

Restorative energizing food so you can feed your baby....[mamatongsoup.com](http://mamatongsoup.com)  
Grocery Delivery .....[instacart.com](http://instacart.com) , [goodeggs.com](http://goodeggs.com)  
Food/Meal Delivery from local farms..... [greenchef.com](http://greenchef.com) , [sunbasket.com](http://sunbasket.com)