



MAMA LOUNGE
natural medicine for fertility, pregnancy & postpartum

Pregnancy and Local Birth Resources

Home Birth/Birth Center Resources:

The Bay Area Home Birth Collective.....bayareahomebirth.org
Pacifica Family Maternity Center (Birth Center in East
Bay).....pacificamaternity.com
SF Birth Center.....sfbirthcenter.com

Tracking Your Pregnancy:

BabyCenter.com.....babycenter.com/pregnancy-calendar
For when you need a good laugh!.....PregnantChicken.com

Great Reads:

Birthing From Within, by Pam England and Rob
Horowitz.....birthingfromwithin.com
Ina May's Guide to Natural Childbirth, by Ina May
Gaskin.....inamay.com
Sacred Pregnancy, by Anni Daulter.....sacredpregnancy.com
Sacred Birthing, by Sunni Karll.....sacredbirthing.com
Holistic Stages of Labor, by Whapio Diane Bartlett.....thematrona.com
Bountiful, Beautiful, Blissful, by Gurmuk Kaur (natural birth).....amazon.com
Many wonderful and diverse women sharing their
stories.....birthwithbalance.com
Learn how baby position affects birth.....spinningbabies.com

Natural Childbirth Movies/Documentaries:

What Babies Want.....whatbabieswant.com
The Business of Being Born.....thebusinessofbeingborn.com
Birth As We Know It (For those planning home birth).....birthasweknowit.com
Home Birth Dads (Also for home birth).....homebirthdads.com
Birth Into Being (For those planning a natural birth).....www.birthintobeing.com

Doulas:

Heather Charmatz.....sfbirthdoula.com
Shannon Padlog.....empoweredmamas.com

Esther Gallagher.....esthergallagher.com
San Francisco Doula Collective.....sanfranciscodoulacollective.com
Homegirls.....<http://www.homegirlssf.com>
Additional Doulas (Sliding Scale).....whatadoula.com

Birth Classes:

Rachel Yellin's Hypnobirthing at the JCC.....rachelyellin.com
Birthing From Within 6 weeks series.....birthingfromwithincollective.com
Home Birth Education:
Midwives Kara Engelbrecht & Nile Nash in Potrero Hill.....bayareahomebirth.org

Hypnobirthing Tracks to Download

Pregnancy, Birth and Beyond.....rachelyellin.com/pregnancy-birth-beyond/
*discount if you use code **mamalounge**
Peaceful Pregnancy Series.....iTunes.com

Placenta Encapsulation:

Info, research and articles on the use of Placenta as medicine.....placentabenefits.info
Heather Charmatz.....sfbirthdoula.com
Shannon Padlog.....empoweredmamas.com

Yoga Classes:

Comprehensive list of classes in SF.....sanfranciscoprenatalyoga.com
Britt Fohrmann (Doula, Prenatal Yoga, and Hypnobirthing).....brittfohrman.com
Jane Austin.....janeaustinyoga.com
Prenatal and Mommy-baby Yoga.....themindfulbody.com
Erica Taylor at Yoga Tree Potrero.....ericataylor yoga.com

Pilates & Pelvic Floor Specialists:

Liz Miracle PT.....miraclephysicaltherapy.com
Jane Quach PT.....janequachpt.com
Cara Grinels home visits.....cara@hotmamapilates.com

Notes on SF Hospitals:

- St. Luke's on Cesar Chavez* is the most like a birthing center, very respectful of doulas, and has group pregnancy appointments. The aesthetic is older than its sister hospital CPMC, but still comfortable and more respectful of natural births.
- UCSF* is also wonderful - has midwives and group appointments. You can request nitrous oxide (laughing gas!) instead of epidural. Because it is a teaching hospital you may encounter many people being in the room at any given time. Best for high risk and potential VBACS
- We like Dr.Houston, Dr. Richardson, Dr. Lamar (had home birth herself)
- SF Birth Center* offers comprehensive midwifery care in a safe home-like environment.
- CPMC* has a beautifully remodeled birth & newborn wing. Many of our patients have had great experiences here. It's known to have the highest c-section rate of the local hospitals.
 - We like John Fassett, Midwife, Dr. Mary Ulrich, Dr. Anna Buchsbaum OB, all in the same practice.
- Kaiser* is a hospital and an insurance company so they're supportive of low-cost natural births. Kaiser SF is often overbooked, but Kaiser Redwood City gets rave reviews and has midwives on staff which may ease your mind as you make the 45 minute drive!