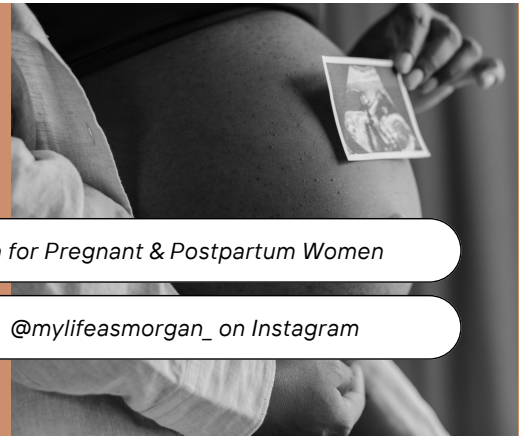


Last Updated: 02/24/2024

Info & Resources

Information for Pregnant & Postpartum Women

@mylifeasmorgan_ on Instagram



Resources

Resources that include books, apps, videos, Instagram accounts, and additional educational materials. *Affiliate links are included throughout for books & products.

Birth Stories & Educational Videos

- [These Are My Hours](#) (also on Vimeo)
- [The Business of Being Born](#) (also on YouTube)
- [Why Not Home?](#)

Fertility & Reproductive Videos/Documentaries

- [The Business of Birth Control](#) (also on YouTube)



Fertility & Reproductive Health Books

- [Beyond The Pill by Dr. Jolene Brighten](#)
- [Taking Charge of Your Fertility by Toni Weschler, MPH](#)
- [WomanCode by Alissa Vittj, HHC](#)
- [Awakening Fertility by Heng Ou](#) (also in "Nutrition Books")

Pregnancy & Birth Books

***Disclaimer for Christians: These books are not necessarily faith-based (there are a few though), though each provides profound wisdom from women who have given birth and/or are a birth worker. I encourage you to "eat the meat and spit out the bones" of whichever titles you select. And as always, bring anything that seems to contradict scripture to God in prayer and study.*

- [Mama Natural Week-by-Week Guide to Pregnancy & Childbirth by Genevieve Howland](#)
- [The Birth Partner by Penny Simkin](#) (excellent resource for spouses, doulas, etc)
- [The Birth Partner's Quick Reference Guide and Planner](#) (concise/condensed version of "The Birth Partner")

- [Ina May's Guide to Childbirth by Ina May Gaskin](#)
- [The Water Birth Book by Janet Balaskas](#)
- [Birth Without Fear by January Harshe](#)
- [Active Birth by Janet Balaskas](#)
- [Pregnancy, Childbirth and the Newborn by Penny Simkin](#)
- [Childbirth Without Fear: The Principles and Practice of Natural Childbirth by Grantly Dick-Read](#)
- [Husband Coached Childbirth by Robert A Bradley, MD](#) (excellent resource for husbands)
- [Gentle Birth, Gentle Mothering by Sarah J. Buckley, MD](#)
- [Holy Labor by Aubry G. Smith](#)
- [The Natural Pregnancy Book by Aviva Jill Romm](#)
- [Home Birth On Your Own Terms by Heather Baker](#)

Postpartum Books

***Disclaimer for Christians: These books are not faith-based, though each provides profound information. I encourage you to "eat the meat and spit out the bones" of whichever titles you select. And as always, bring anything that seems to contradict scripture to God in prayer and study.*

- [The Fourth Trimester by Kimberly Ann Johnson](#)
- [The First 40 Days: The Essential Art of Nourishing the New Mother by Heng Ou](#) (also in "Nutrition Books")

C-Section Books

- [Homebirth Cesarean: Stories and Support for Families and Healthcare Providers](#) (for women who had a planned out-of-hospital birth that ended in the operating room)
- [Healing From a Homebirth Cesarean](#) (companion workbook to "Homebirth Cesarean")

Breastfeeding Books

- [The Womanly Art of Breastfeeding by La Leche League International](#)
- [Ina May's Guide to Breastfeeding by Ina May Gaskin](#)

Nutrition Books

- [100 Days of Real Food by Lisa Leake](#) (not pregnancy, but a great resource for ancestral eating)
- [Real Food for Pregnancy by Lily Nichols RDN, CDE](#)
- [Real Food for Gestational Diabetes by Lily Nichols RDN, CDE](#)
- [Awakening Fertility by Heng Ou](#)
- [Nine Golden Months by Heng Ou](#)
- [The First 40 Days: The Essential Art of Nourishing the New Mother by Heng Ou](#)

Vaccination Books

- [Dissolving Illusions by Suzanne Humphries, MD](#)
- [The Unvaccinated Child: A Treatment Guide for Parents and Caregivers](#)
- [Vaccines, Autoimmunity, and The Changing Nature of Childhood Illness](#)
- [Vaccine Epidemic](#)

- [Vaccine Safety Manual for Concerned Families and Health Practitioners](#)



Fitness Apps + Workout Schedules

- [Move Your Bump](#) - Pregnancy
- [Expecting & Empowered](#) - Pregnancy & Postpartum
- [FitBody App](#) - Pregnancy & Postpartum
- [KimPerryCo Fit Pregnancy Program](#) - Pregnancy

Facebook Groups

- [Natural Christian Home Birth Facebook Group](#)

Instagram Accounts

PREGNANCY + BIRTH ACCOUNTS

- sacredbirthdoula
- happyhomebirthpodcast
- builttobirth
- spinningbabies
- before.birth.begins
- birthinginstincts
- wildandthrivemotherhood
- mrsjanetcatherine
- kalliecaton
- authentically.julie
- roaringmotherhood

VACCINE INFO ACCOUNTS

- toxinfree.tiffany
- thewarriorcenter
- justtheinserts

BREASTFEEDING & PUMPING ACCOUNTS

- baremotherhood_
- az.breastfedbabies
- onewiththepump
- latched.lakecountry

OTHER

- letstalkbabywearing
- safeintheseat

Podcasts

PREGNANCY + BIRTH

- Birthing Instincts
- The Homebirth Midwife Podcast
- Built to Birth Podcast
- To Birth and Beyond
- The Birth Hour
- Down To Birth Podcast
- Happy Homebirth
- Birthful
- Holy Wild Birth (Christian Perspective)
- Your Birth, God's Way (Christian Perspective)



Products + Items-

This is a list of **suggestions** for pregnant women, women seeking a home birth, and postpartum women. This list includes vitamins, supplements, typical home birth items + necessities, and more.

**Affiliate links are included throughout.*

Disclaimer: *I am not a medical professional and this is not medical advice. Please speak to your provider regarding any questions you may have based on these suggestions.*

Fertility Support & Tracking

- [The Mira Monitor - Mira Care](#) (they also provide virtual fertility coaching sessions)

Vitamins + Supplements

- [Grass Fed Beef Liver: Ancestral Supplements](#)
- [Desiccated Grass Fed Beef Liver: Perfect Supplements](#)
- [Blood Builder \(Iron Supplement\): Mega Food](#)

Home Birth Items

- [Birth Pool \(Earthside\)](#)
- [Birth Pool Liner \(Earthside\)](#)
- [Floor Cover](#) or Shower Curtain Liner (for underneath pool)

Other (Apparel, etc)

- [Birth Belongs to Women Apparel](#)

Web Articles/Websites-

Information, studies, and articles on topics including fitness, interventions, birth education/preparation, and more. Informational websites also included.

Important Info

- [Hospital & Surgery Center Ratings](#) - Compare hospital surgery and procedure ratings, as well as search for a birth care team within the medical system

Why A Doula/Birthkeeper?

- [Evidence On: Doulas](#) - Evidence Based Birth
- [What is a Birth Keeper?](#) - Sister Birth (Christian Perspective)

Fitness

- [Moving Well During Pregnancy](#) - Nutritious Movement
- [Exercise During Pregnancy FAQ's](#) - ACOG
- [Exercise in Pregnancy](#) - Clinical review

Christian Perspectives on Birth

- [Thanks, Eve: Perspectives on The Curse of Genesis](#)
- [The Value of Holistic Preparation for Your Home Birth](#)
- [Your Intuition and Your Birth](#)
- [Natural Birth, New Age, and the Christian Mom's Response](#)
- [Dear Home Birth Hesitant Husband,](#)
- [When Birth Doesn't Go The Way You Planned](#)
- [Children at Birth – How to Prepare for Them](#)
- [4 Things Christian Women Can Stop Saying About Pregnancy and Birth](#)
- [Why The Christian Perspective of Labor and Birth Needs to Change](#)
- [Honoring God in Postpartum Anxiety](#)

Preparing for Birth

- [Mama Natural Visual Birth Plan](#)
- [10 Things to Do in Your Ninth Month of Pregnancy \(Home Birth Edition\)](#)

Interventions


INDUCTION / PITOCIN

- [Saying "No" to Induction](#) (Article)
- [Care Practice #1: Labor Begins on its Own](#) (Article)
- [Evidence On: Pitocin During the Third Stage of Labor](#)
- [Pitocin Induction in Labor](#) - Birth Injury Help Center

Rh-Negative Blood/RhoGAM

- [RhoGAM Insert 75013](#) - FDA
 - [RhoGAM Insert 77860](#) - FDA
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Breastfeeding

- [La Leche League USA](#)
 - [The Thompson Method of Breastfeeding](#)
 - [Free Nipple Ruled for Flange Fitting and Sizing](#)
 - [How to Latch a Breastfeeding Baby Correctly](#) (Video)
 - [Deep Latch Technique for Pain Free Breastfeeding](#) (Video)
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Vaccines

- [Learn The Risk](#)
- [Vaccine Inserts Database](#)
- [Informed Consent Action Network Vs. HHS: Vaccine Safety Debate](#)
- [Google Drive filled with Vaccine Research and Information](#)

Circumcision

- [American Circumcision Documentary](#)
- [Circumcision, A Elephant in the Hospital](#) (YouTube Video)
- [Sex and Circumcision: An American Love Story by Eric Clopper](#) (YouTube Video)
- [Your Whole Baby](#)
- [Basic Care \(Intact Penis\)](#)