



Fertility Pregnancy & Birth

Emma Hughes |
Nurtured by Emma

Literature

Nine Golden Months by Heng Ou

Cycles by Amy J Hammer, FNP

The Fifth Vital Sign by
Lisa Hendrickson-Jack

Taking Charge of Your Fertility by
Toni Weschler, MPH

Joy in Suffering by Rosemary
Pope (TW; pregnancy loss)

Holy Labor by Aubry G Smith

Birth Without Fear
by January Harshe

Supernatural Childbirth
by Jackie Mize

Resources

- Business of Being Born (documentary)
- Business of Birth Control (documentary)
- [Home Birth vs Hospital Birth Outcomes](#)

- Christian Hypnobirthing App
- Podcasts: Down to Birth, Birthing Instincts, Evidence Based Birth, The Birth Hour
- @painfreebirth | @christianhypnobirthing | @birthwithoutfear | @yourbaddassnaturalbirth | @badassmotherbirther | @tranquilitybyhehe | @birthuprising
- @mommy.labornurse
- @thebetterboob : breastfeeding tips
- @mamastefit
- @justheinserts
- @mama_wilder: (circumcision highlight)

Nutritional/Supplements (**not medical advice**)!

- NORA Tea (Nettles, Oatstraw, Red Raspberry Leaf and Alfalfa)
- Protein (aim for a minimum of 100-150g a day)
- Fiber (aim for 20-30g a day)