Episode Notes & Resources

Introducing the “to Raise” t-shirt! This is a great way to offer your support of Thérèse Hak-Kuhn by purchasing this shirt (mug and/or sticker) as she continues on her journey of health from cancer.

Episode 113 & 114 Lactation Support- Cary York discussed a few resources listed here

Websites:
- La Leche League http://www.llli.org/faq/flat.html – How you can tell if nipples are flat or inverted
- Kellymom http://kellymom.com/category/bf/ — website created by a lactation consultant and mother with evidence-based articles and support
- Biological Nurturing https://www.biologicalnurturing.com — a website all about breastfeeding
- The Academy of Breastfeeding Medicine http://www.bfmed.org — a worldwide organization of physicians dedicated to the promotion, protection and support of breastfeeding and human lactation
- International Breastfeeding Centre http://ibconline.ca — the website of Dr Jack Newman, author and expert on all things breastfeeding

Episodes 93 & 94 – Herbal Support in the 5 Stages of the Pregnancy Year – Our guest Carol Wade offered the following resources

Excellent books to check out:
- Botanical Medicine for Women’s Health, Aviva Romm (some parts a little dense but very thorough)
- Herbal Healing For Women: Simple Remedies for Women of All Ages, Rosemary Gladstar
- Herbal Remedies for Women, Amanda McGuade Crawford, M.N.I.M.H.
- An Encyclopedia of Natural Healing for Children and Infants, Mary Bove, N.D.

Websites:
- American Botanical Council www.herbalgram.org — a great clearing house of information
- American Herbalist Guild www.americanherbalistguild.com — provides information & listing of AHG registered herbalists in country

Carol’s contact for consultations, support & information:
- Earth Island Herbs www.earthislandherbs.com 805-646-0693 carol@seaofgrace.com
- The Ojai School of Herbal Studies https://www.earthislandherbs.com/the-ojai-school-of-herbal-studies/

Episode 91 – The Fourth Trimester – Our guest Lisa Chin shared the following resources

Dr. Madrid’s site: http://rivershrink.com/ (his practice is called Russian River Counselors)
- Dr. Madrid’s book: https://www.amazon.com/Bonding-Therapy-Manual-Ph-D-Madrid/dp/0557397359 (This is especially for practitioners. If you personally know anyone who is interested, I have the PDF version of this that Dr. Madrid has given me the right to distribute individually)
- My Super Mom Facebook group: https://www.facebook.com/groups/healthysupermoms/village/
- Heng Ou’s The First Forty Days: https://www.amazon.com/First-Forty-Days-Essential-Nourishing/dp/1617691836/
- Mama Ayurveda 40 Days for 40 Years: http://www.mamayurveda.com/courses/
- My blog: http://www.lisaforreald.com
- Summit: http://www.fourthtrimestersummit.com (please wait for affiliate link if you can)
- Health Coaching program: http://www.integrativenutrition.com

Episode 88 – Low Milk Supply- Elizabeth Theriault shared the following resources for insufficient glandular tissue issues

Blog by a mom with a low-milk supply http://diaryofalactationfailure.blogspot.com/
- Facebook group- IGT and Low Milk Supply Group https://www.facebook.com/groups/IGTmamas/
- you must ask to join this group but it is full of articles and resources besides personal stories.
- Elizabeth’s email address for questions eltheria80@gmail.com

Episode 87 – Perinatal Loss – Our guest Karla Helbert, LPC offered many resources for us therefore we have listed a sampling. For the full list please contact toRaiseQuestions@gmail.com.
Internet Resources
http://www.karahelbert.com/ Blog and other resources by Karla Helbert, bereaved mom, writer and psychotherapist
www.missfoundation.org Support when a baby or child dies of any cause
www.nationalshare.com Support for pregnancy and infant loss
www.aplacetoemember.com Support resources for crisis in pregnancy & after the death of a baby
www.compassionatefriends.org A resource for bereaved parents
www.shareyourstory.org An online community for NICU families
http://stillstandingmag.com/ Articles, essays and support for perinatal loss of all kinds
http://stilllifewithcircles.blogspot.com/ Writer, artist and bereaved mom Angie Yingst shares her experiences after stillbirth
https://grievingdads.com/ Begun by Kelly Farley, whose two babies, Noah & Katie both died in utero & both after struggles with infertility
http://www.motherhenna.com/ Radical creativity blog by Kara Chiropolletti Jones who experienced loss twice
http://centerforlossandtrauma.blogspot.com/ Blog and other resources by Dr. Joanne Cacciatore, mother of stillborn Cheyenne, grief researcher and founder of the MISS Foundation
http://gratefulness.org/light-a-candle/ A site to light online virtual candles and share stories
http://unspokengrief.com/ A site with articles and support specific to perinatal loss

Books
For the times before, during, or after the death of a child

When the Bough Breaks: Forever After the Death of a Son or Daughter by Judith R. Bernstein
Empty Cradle, Broken Heart: Surviving the Death of Your Baby by Deborah L. Davis
A Time to Decide, A Time to Heal: For Parents Making Difficult Decisions About Babies They Love by Molly A. Minnick & Kathleen J. Delp, Edited by, Mary C. Ciotti
Finding Hope When a Child Dies: What Other Cultures Can Teach Us by Sukie Miller
The World of Bereavement: Cultural and Global Perspectives on Grief and Death in Families by Joanne Cacciatore & John DeFrain
Selah: An Invitation Toward Fully Inhabited Grief by Joanne Cacciatore
Yoga for Grief and Loss: Poses, Meditation, Devotion, Self-Reflection, Selfless Acts, Ritual by Karla Helbert

For Family and Friends: Books for their own grief/healing and to help better support their loved ones

Forgotten Tears: A Grandmother’s Journey Through Grief by Nina Bennett
For Bereaved Grandparents by Margaret H. Germer
Bereaved Children and Teens: A Support Guide for Parents and Professionals by Earl Grollman
For Those Who Live: Helping Children Cope With the Death of a Brother or Sister by Kathy LaTour

Works Cited


Episode 84 Placenta Encapsulation – Guest Nicole Link-Troen offers the resources below.

Articles mentioned in the podcast
http://www.placentanetwork.com/wp-content/uploads/2012/09/Michelle-Beacock-BJM-article-copy.pdf This is a favorite comprehensive article on placenta consumption and it appeals to care providers, and doulas, and is accessibly written.
http://www.ncbi.nlm.nih.gov/pubmed/23445390 Presence and concentration of 17 hormones in human placenta processed for encapsulation and consumption

Analysis Hormones in the Prepared Placenta

Books
The Placenta: The Gift of Life by Cornelia Enning
Placenta: The Forgotten Chakra by Robin Lim

Training Organizations
Episode 83 How to Support the LGBTQ Client – Our guest Emma O’Brien shared the following resources.


http://www.milkjunkies.net/  Trevor MacDonald is a gay, transgender dad who is also a gestational birth parent of two little ones. He does a ton of work to create community around transmasculine parents breast/chestfeeding, is a published author on the subject of transgender fatherhood.

http://itsconceiveablenow.com  An LGBTQ-specific resource for conception, adoption and surrogate based in New York City. There is a great blogroll of various blogs of queer folks, trying to build (and successfully building!) families.

http://www.transbirth.com  This website is a listing state-by-state of self-identified transgender and queer friendly birth workers. It includes midwives, OBs, doulas and other providers. If you are a transgender friendly birth worker, get yourself listed for free!


Additional Sites
https://www.youtube.com/watch?v=-Lm4vxZrAig  Beyond the Gender Binary: Yee Won Chong at TEDxRainier
https://internationalspectrum.umich.edu/life/definitions  LGBTQ terms and definitions as supplied by the University of Michigan Spectrum Center
https://radicaldoula.com/the-radical-doula-guide/  A book written by reproductive justice activist Miriam Zoila Pérez

Episodes 81 & 82 Perinatal Mood Disorders – The following resources were shared by our guest Joy Outland Brock, LCSW

www.psychologytoday.com  for finding a therapist who takes your insurance and is knowledgeable in treating PMAD’s.

http://www.infantrisk.com/  has a website, hotline, and app for your phone that helps you understand medication use and safety during pregnancy and postpartum

http://www.motherisk.org/women/index.jsp  helps women make choices about medications for themselves and baby while they are pregnant

postpartum support international  – has state hotlines for women to call if they need help and maintains lists of support groups per state. They also have a private, moderated FB page for women dealing with PMAD’s.

www.postpartumdads.org  is a site focused on helping partners understand the mother’s PMAD and support her through it.

www.postpartummen.com  is for partners who are dealing with postpartum depression themselves (up to 10% of new co-parent)

Books:
Beyond the Blues:Understanding and Treating Prenatal and Postpartum Depression-Shoshana Bennett and Pec Indman
The Pregnancy and Postpartum Anxiety Workbook: Practical Skills to Help You Overcome Anxiety, Worry, Panic Attacks, Obsessions, and Compulsions- Pamela Wiegartz
Life Will Never be the Same: The Real Mom’s Postpartum Survival Guide- Ann Dunnewold and Diane Sanford
Moods in Motion: A Coloring and Healing Book for Postpartum Moms- Karen Kleiman

Episode 76 Circumcision – Resources from our guest Melissa Yeager, CPBD

Psychology Today series as a starting point: https://www.psychologytoday.com/blog/moral-landscapes/201109/myths-about-circumcision-you-likely-believe: you need to click on all the links at the bottom to read the full series.
This page (which is an anti-circumcision group) has links to national statements on circumcision, equivalent to that of the AAP:
http://www.cirp.org/library/statements/
This youtube video is a good alternative for people who don’t want to read. I warn that one version contains footage of a circumcision and one of a bris.
https://www.youtube.com/watch?v=Ceht-3xu84I
Visit Ryan’s site here: http://www.notjustskin.org  This video is also available here: http://vimeo.com/26130057
This article discusses ethics and also covers some medical issues (the author is a Professor of Ethics at Oxford):  http://blog.practicalethics.ox.ac.uk/2012/08/the-aap-report-on-circumcision-bad-science-bad-ethics-bad-medicine/

Additional sites
http://www.doctorsopposingcircumcision.org
http://www.wholenetwork.org
http://www.drmomma.org
http://www.savingsons.org
Supplemental Resources and Links for Episode #168. Resource links for Security Now! Episode #168: ClickJacking. Note that some or all of the Clickjacking demos may be defeated by using Firefox with NoScript installed. (Everything works under other browsers.) http://www.planb-security.net/notclickjacking/iframetrick.html#really
This is probably the cleanest, simplest, and easiest to understand demo of what Clickjacking is all about.