



Fertility, Pregnancy & Birth

Emma Hughes |
The Maine Nanny

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

Spiritual Midwifery by Ina May
Gaskin

Ina May's Guide to Childbirth by
Ina May Gaskin

Ina May's Guide to Breastfeeding
by Ina May Gaskin

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 | @baddassmotherbirther | @kalliecaton | @tranquilitybyhehe | @birthuprising
- @mommy.labornurse | @mamabeardoulaofmaine
- @thebetterboob : breastfeeding tips
- @empoweredmamamovement | @wildflora.wellness (beef liver highlight)!
- @mamastefit
- @mama_wilder: (circumcision highlight)

Nutritional/Supplements (not medical advice)!

- Magnesium (I like this "[Good Night Lotion](#)" from Earthly - use code "themenanny" for 10% off)
- Minerals (I like these [ConcenTrace Drops](#))
- Desiccated Beef Liver (I like [this one](#) from Perfect Supplements - the powder form is easy to hide in coffee or smoothies)! Also, Cod Liver Oil.
- Nourish Her Naturally ([Earthley](#))
- NORA Tea (Nettles, Oatstraw, Red Raspberry Leaf and Alfalfa)
- Protein (aim for a minimum of 100-150g a day)