



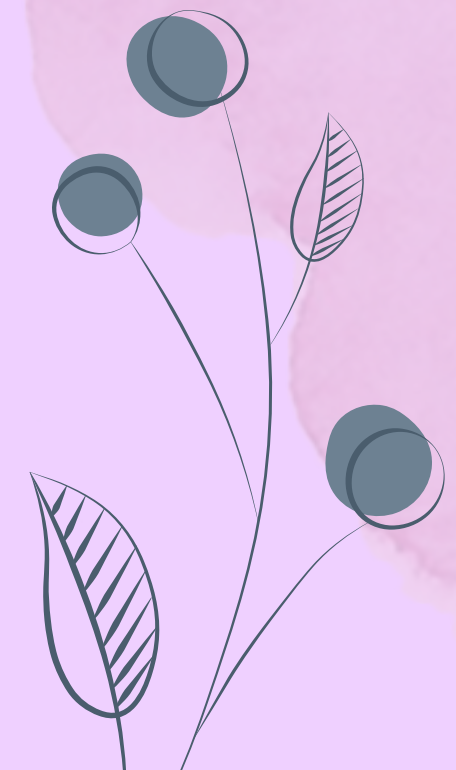
Presented by Sarah B Berg

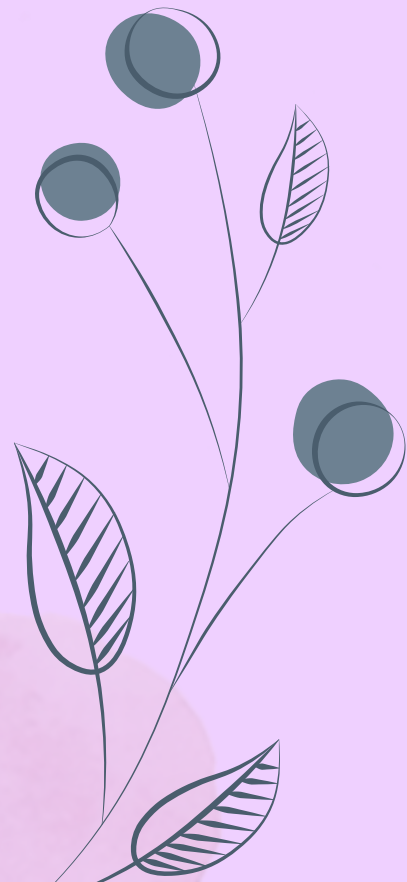
INTRO TO HEALTHY BABY HEALTHY MOMMA PROGRAM



HELLO,

Im Sarah, your Ayurveda Practitioner, I'm so excited you are here and I cant wait to help you on your journey to true health. I started to study Ayurveda 4 yrs ago when I was struggling on my own health journey, now I have found a beautiful balance between enjoying life and health and I look forward to helping you on your journey.





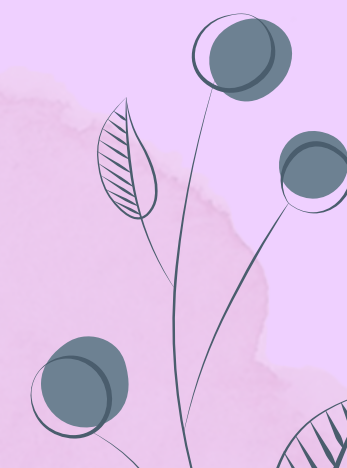
WHAT IS AYURVEDA?

One of the most ancient holistic healing systems
Developed 3000 years ago in India

Based on the belief that health and wellness are
dependent on the balance of mind, body and spirit
emphasis on diet, herbs, exercise, & breathing

Think about this? how much could we prevent if we
focused on these things!

This ancient medicine system recognized the connection
between the mind and gut before main stream medicine
did.





PRECONCEPTION

Ayurveda places a huge emphasis on the preconception phase

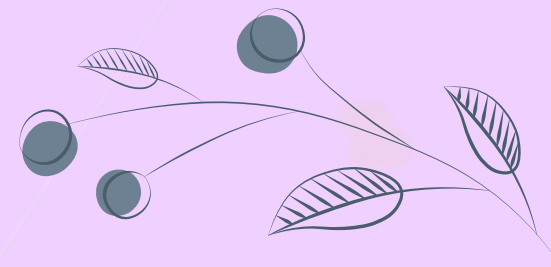
Preconception starts the moment you decide it is time for you and your partner to conceive. It is best if it is 2-3 months in advance but of course can sometimes take longer depending on status of health and if you have been on birth control. From here we will go over your health history in an extensive way and address any concerns like stress, digestion, and anything else you might be struggling with.



SO WHY DOES PRECONCEPTION MATTER

Preconception care sets you up for success! It helps ensure health is at its peak, for not only you but also your partner!

Preconception will help you understand your body, the way it works, how to improve your lifestyle and diet and feel your best, hence preparing you for a pregnancy and baby.



WHAT CAN I EXPECT FROM THE INTAKE?

Going over your health history in an extensive matter paints a picture and allows us to better help you, based off of this we can give you very detailed recommendations that will help you feel your best self

DIET AND DIGESTION

can play a huge role in your health and your babies health, we make sure you not only understand what foods will be beneficial but also what foods will help you, most along with the foods that will help your fertility

STRESS

stress not only hurts your health but also babies health, you can expect to receive multiple recommendations on how to lower stress in an effective way

GUIDANCE

Not only will you receive guidance and recommendations but you will also receive handouts that will help you along the way, including how to take care of yourself during menses



LETS CHAT MENSES

- In order to conceive we must have healthy menstrual cycle. This means regular cycles, 21-30 day flow, no pain.
- Menses can be a way of the body purifying itself. It is a natural thing that happens and doesn't have to be miserable.
- When menstruating allow the body to rest for 2-3 days. Get enough sleep, eat foods that are easy to digest. When signing on as a client there will be handouts provided with more info.

YOUR PARTNER

Ayurveda not only focuses on you but your partner as well. Making informed lifestyle choices will help you both prepare for conception

addressing diet
& lifestyle

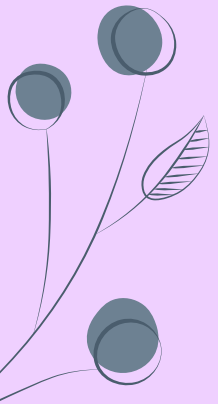


drinking and eating
foods that help with
sperm production



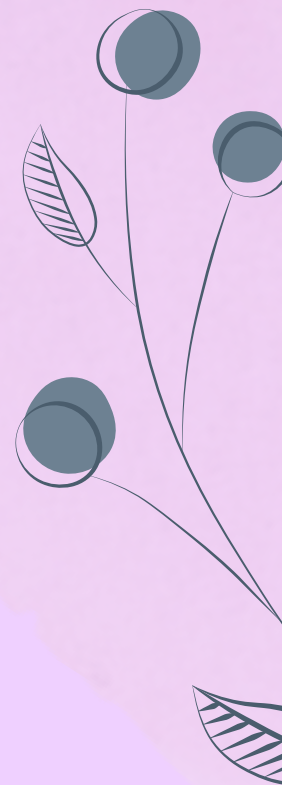
Understanding the
importance of sperm
and egg making the
tissue of a fetus





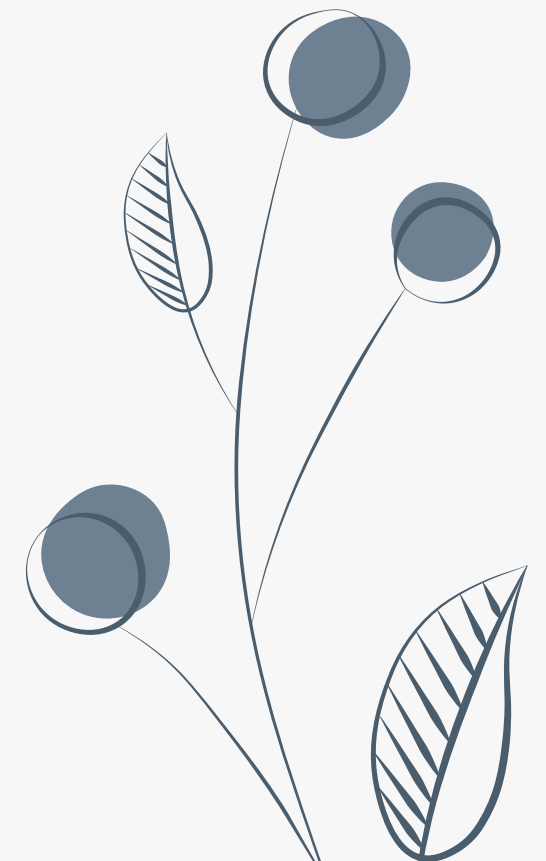
FERTILITY ENHANCING FOODS

We know food can make you sick or feel good, but can you believe that food can help you become more fertile. The beautiful part of ayurveda is that is accesible for everyone. These foods are for anyone and can be found in your local grocery store, no special trips or supplements unless that appeals to you.



LIFESTYLE & BEHAVIOR

Establishing a routine that is stress free, peaceful, full of rest and relaxation, regular exercise, and self massage, can be very beneficial to fertility! This is important for both partners.



STEP BY STEP

Ill take your hand
and lead the way

1

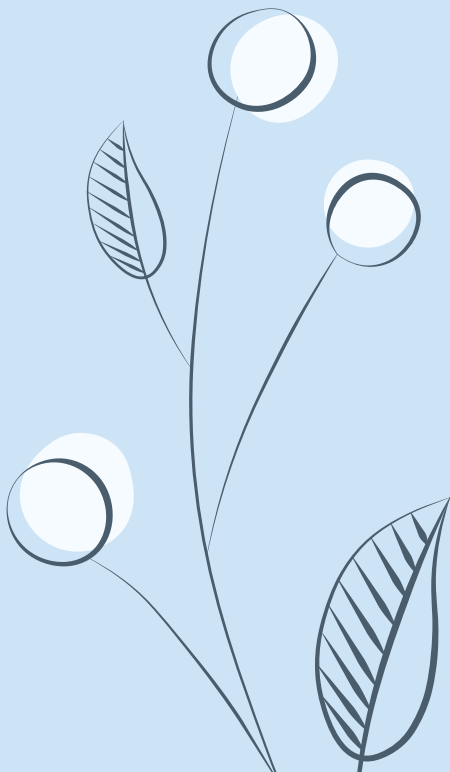
preconception

2

pregnancy

3

postpartum

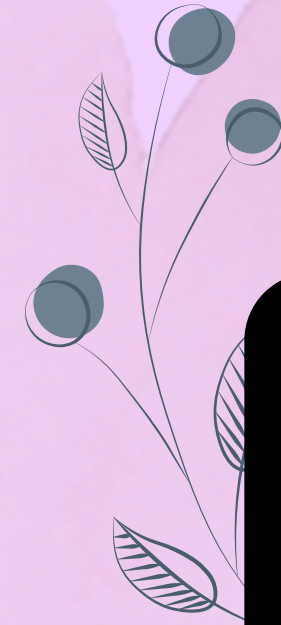


PREGNANCY

Pregnancy can be such a joyous time! There are so many ways to make sure your pregnancy can be happy and healthy and this is where the healthy baby momma program can be of great use!

We will focus on lifestyle, diet, and aroma therapy during this time along with some monthly guidelines that can really help you feel your best during pregnancy!

Some of the main points we want to focus on during pregnancy are our emotions, making sure we are in a positive and happy space, avoiding a heavy workload while maintaining some sort of exercise like walking.



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AROMATHERAPY

Aromatherapy can be a wonderful tool to use during pregnancy since herbs are unavailable during this time. Aromatherapy can help support a stress free and peaceful mind.


See the list of recommendations for oils for more guidance



THE TRIMESTERS



Ideally in this program we will meet at the beginning of each trimester to go over what the focus is and the recommendations for that trimester leading up to birth



In these consults you will receive support, guidance, handouts, and plenty of time to ask any questions you might have plus learn any of the techniques I'll be sharing with you!



THE 1ST TRIMESTER

Lifestyle: as mother experiences more heaviness rest is important (sleep and TM)
Diet: favor wholesome food and boiled milk, include milk, butter, ghee, cream
Lite food: sweet sun-ripened fruits, fresh fruit juices, date juice, cooked leafy greens
Minimal spices favoring: coriander (fresh and seeds), fresh parsley, saffron, cardamon
Favor in first trimester rice, wheat, quinoa, mung dal

Focus on digestion
-happiness
-rest
-emotional stability



THE 2ND TRIMESTER

Diet: continue boiled milk and foods with sweet taste. Milky rice with ghee, cardamon, nutmeg

Favor fruits: sweet apples, oranges, grapes, dates, pomegranates

Foods cooked and easily digestible minimizing salty and sour tastes.

Focus on less stress

-happiness

-rest

-emotional stability

-growing a human!



THE 3RD TRIMESTER

Diet: extra calcium is needed so favor milk and ghee, lentil soups, cashews, almonds for protein, cracked wheat, raw honey Favor carrot and red beet juice, red beets, bananas, apples, dried fruits

Focus on less stress

-happiness

-rest

-emotional stability

-growing a human!

-massage in the 8th month



THE 1ST 42 DAYS

Ayurveda puts a focus on the first 42 days of postpartum. This is when your vata dosha is mostly out of balance.

During this time we put focus on the mother and baby, making sure the mothers vitality is restored and rejuvenated.

Bonding and resting is a major focus for both mother and baby while the rest of the family supports them and makes sure the environment is tidy and peaceful.

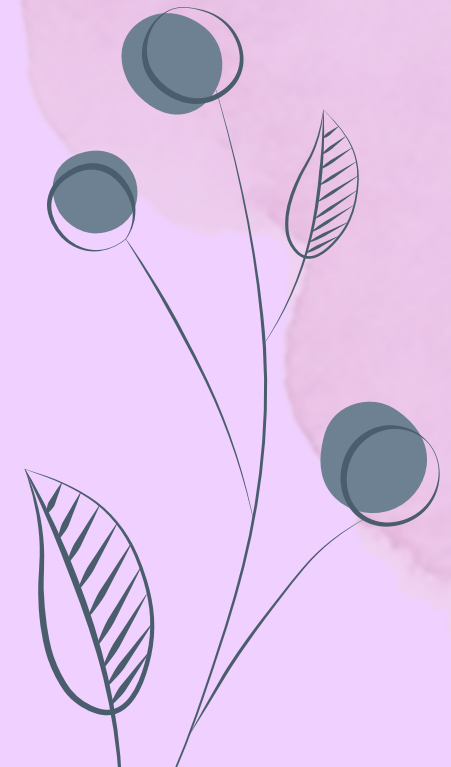
Massage for baby and momma can be very beneficial in many different ways. (see my demonstration video)



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YOUR JOURNEY

The beautiful part of all of this knowledge is you can really take it to be apart of your own journey, use what feels good and is accessible for you and I will be there for what you need, guiding and supporting you. Book your consult today.



THANK YOU