

Preventing Postpartum Hemorrhage

In our experience, *excessive* after-birth bleeding (bleeding that leads to anemia, signs of shock, etc) can often be prevented, or another of looking at it is that we can prevent the normal amount of blood loss from **IMPACTING** us negatively. Women that have had a prior postpartum hemorrhage and/or women that have experienced placental abruption or other placental issues would probably be well-served by focusing on this list.

NUTRITION: Follow the Brewer Pregnancy Diet; attention to sufficient calories/protein, mineral salt from real, whole food sources so that *blood volume expansion can occur*. With adequate blood volume, the amount of blood you are able to lose is higher. So it isn't so much about the amount of blood lost, but how it effects you. The Brewer Diet helps you reach and optimum blood volume so that a PPH is less likely to occur. Super nutrient-dense foods like liver, bone broth, bee pollen, fluvial minerals. **Adequate nutrition is the #1 DEFENSE against pregnancy and birth complications.**

One can check their hemoglobin (iron) levels with a simple lab draw or home kit. You want to see a hemoglobin (HGB) drop of at least 2 points when comparing early pregnancy values to values you get at about 28-30 weeks. Any "low iron" levels should be interpreted from standpoint of blood volume expansion. Signs of anemia should be taken seriously and iron-boosting is best achieved through food sources, but can make interpreting HGB change (and therefore blood volume expansion) more difficult. Other supplements to enrich the blood are Floradix, Hemaplex, liquid chlorophyll, and spirulina.

ACUPUNCTURE: In Chinese medicine, women who have birthed before or hemorrhaged often are weak in spleen and kidney. One of my best friends, who is also an acupuncturist, has treated many women with acupuncture and Chinese herbs. She recommends a blend called 6 Gentlemen. Available online; to be taken as early in pregnancy as possible and throughout.

OTHER SUPPLEMENTS: Vitamin E may be beneficial in helping with healthy placental attachment (esp. with history of abruption or placental issues). Herbs as medicine; red raspberry leaf, oatstraw, red clover, nettles (on occasion) made separately and as infusions, not tea. Super minerals!

EDUCATION: Respect the physiological process of birth and placental birth. Respect the "3rd stage" and instruct your attendant to not talk, touch or engage with you after birth unless necessary. Hold and cuddle your baby; trust that your hormones and your body know exactly what to do.

INNER WORK: If you have experienced excess bleeding, it can be helpful to help clear that memory/trauma from your consciousness. Visualization of the upcoming birth and placental delivery (as simple, straightforward processes where you "keep all of your blood"!)) can be all that is needed. Other methods might include journaling, hypnotherapy, emotional release with oils and many other therapies. Our bodies do remember so often a little bit of work is needed to help clear the path for a new, healing experience.