

# 3RD TRIMESTER TIDBITS



## Herbal Remedies

We recommend several teas!

### Women's Time Tea/Labour

**Time Tea** – Known to shorten labour and decrease inductions.

**For use daily from 36 weeks.**

### Lactation Tea/Mother's Milk

For boosting initial milk production in the first week post partum and beyond. If planning a hospital birth, include this in your hospital bag. **Use on day 1.**

**Perineal Wash:** To be used in a peri-bottle or sitz bath to help healing of your perineum post birth especially if you have had sutures. **Use on day 1.**

Stockists: Gaia Garden (2672 West Broadway), Finlandia (Broadway and Spruce) and Whole Foods.

## Optimal Fetal Positioning for use from 30 weeks

Swimming, Squats, Walking, Yoga, Exercise ball

[milesircuit.com](http://milesircuit.com)

[spinningbabies.com](http://spinningbabies.com)

## Complimentary/Holistic Therapies

**Massage:** Joy 604 738-5569

Soma 604 738-1502

Family Center Therapeutics 604 564-2244

Tania Sanchez (Home visit)

<https://www.foundationbodylab.com/>

**Acupuncture:** Acubabance, Fairview 604 678 8600

Poke, Broadway / Main 604 568 7322

Be Chiropractic Wellness 604 688 5437

**Chiropractor:** Dr. Gisele Chamberlain - Mint Integrative

<https://mintintegrative.com/>

Dr. Stephanie Bonn - Coco Wellness

<https://bechiro.ca>

Dr. Chen See - Family Wellness

<http://www.familywellnesschiro.ca/>

Dr. Jenine McCann - Baseline Chiro

<https://www.baselinewellness.ca/>

Dr. Janelle Bohemier – Main St Chiro

<http://mainstchiropractic.ca/>

**Physiotherapy:** Envision Physio <https://www.envisionphysio.com/>

Treloar Physio <https://www.treloarphysio.com/>

BC Women's Ob Physio 604 875-2126

## **Doulas for labour or postpartum support:**

Doulas reduce the chance of complicated labours and improve outcomes (less augmentations, instrumental or caesarean births) by providing constant physical and emotional labour support.

Ask for a list of our recommendations.

## **Home Birth:**

It's never too late to plan a home birth! Collect a free kit and a supply list from us at 36 weeks and let the Midwives take care of the rest - including all the necessary medical equipment, a second backup Midwife, post birth tidy up and hospital transfer if required.