

Waikato Home Birth Association Inc. Newsmagazine 1997

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EXPIRES 7/99



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WHBA CORE GROUP MEETING

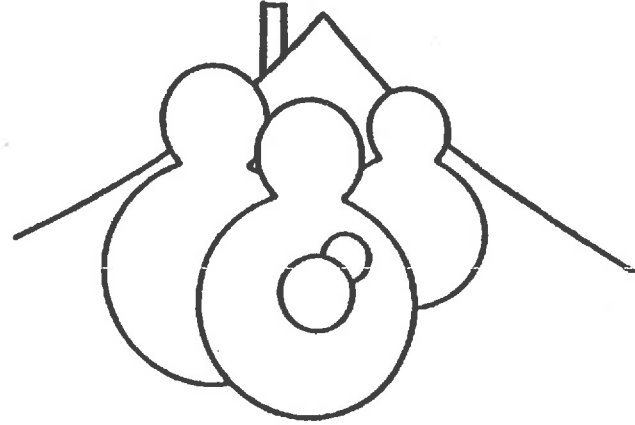
MONDAY 18 MAY 7.30 PM

PHONE 855-6997

SENDER:
Waikato Home Birth Association Inc.
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Waikato Home Birth Association Inc.

Newsmagazine 1998



MAY

PHONE NUMBERS:

Karen Bengé	855-5003	Chairperson WHBA Inc.
Glennise Head	846-4925	Treasurer
Joanne Ridder	847-4987	Mailing List Coordinator
Karen Walker	825-5025	Newsmagazine Editor

*Please post Birth Stories & articles to Karen
Old Mountain Rd, R.D. 1, Waitetuna Valley, Raglan*

The **W.H.B.A. Library** is now located at
"Parents Place" 113 Rostrevor St, ph 838-2229 Hamilton.
Phone Joanne Ridder if you have any problems.

KiaOra Kotou

Well I have been busy this month and have had the privilege of attending some cool seminars around town. First there was our evening on the 'use of herbs in pregnancy,' I really enjoyed our guest Paulette Whitford and left with new enthusiasm to plant herbs in our garden. So a big thankyou to her for supporting us and sharing her wisdom. Then a seminar on Waterbirth organised by Maggie Banks, WOW. I personally enjoyed the case studies and the videos. There was some amazing guests from around New Zealand. Lastly a friend and I went to hear Yvonne Gutting, a Herbalist and Homeopath who talked about our Natural Fertility, both on how to get pregnant and contraception. One thing that has stuck in my mind is that when we get pregnant the sperm is three months old, and how important it is to have pre conceptual care. I am spirited to know that there is information out there for women and encourage people to seek it out and support each other.

The Waikato Home Birth Association is about to hold the AGM and we invite all members to come along, there is a real need for members who will join the core group which looks after the association and works to promote the option of Home birthing. Please don't leave it to the same people, many hands make light work.

Also a need for more Birth stories.

Arohanui
Karen Walker

The WHBA endorses the following sample of quotes taken from "Qualities we expect in a midwife" in the booklet "Have you considered a home birth?"

A midwife should believe that birth is a normal physiological process rather than an illness, an instinctive process which for well women and babies should not normally need medical or technological interference.

A midwife has an ethical responsibility not to intervene in the normal process of labour and birth.

Her practice should reflect a wholehearted dedication to this philosophy.

In terms of professional qualities a midwife needs to show through her life experience an affinity with women, and that her desire to support and empower women be the main focus of her practice. She needs to be culturally and socially aware, respecting all the definitions of family and capable of attending a woman she is caring for without prejudice towards her personal circumstances.

Midwifery is a Women Centered Profession

Information and names of practicing Home Birth Midwives is available,
phone Joanne Ridder, 847-4987

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The \$20 minimum fee will list me as a member of the Association and entitles me to 11 issues of the Newsmagazine and use of the Library, located at 25 Roy Street, Hamilton, ph 847-4987.

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"Poor Mommy. We get to go to the movies for Mother's Day and she has to stay home."

COMING EVENTS - May - June.

Note these dates on your calendar

WHBA Core Group Meeting

Monday 18 May, 7.30pm at 28 Claudelands Rd, ph 855-6997.

Contact Glennise Head ph 846-4925 for the agenda.

ALL MEMBERS INVITED TO ATTEND.

Annual General Meeting of WHBA Inc

Monday - Date in June/July to be confirmed, 7.30pm.

ALL MEMBERS INVITED TO ATTEND.

Home Birthers' Coffee Morning

Friday 5 June, 10am, bring a plate and share morning tea at 28 Claudelands Rd. Bring your babies and toddlers. Welcome to all members.

Special invitation to all members who have attended the Birth Preparation Classes in the last two years to have a combined reunion.

Contact Clare Shallcross ph 855-6997.

Immunisation Awareness Support Group

Sunday 21 June, 2pm at 28 Claudelands Rd, for a social gathering and general discussion. Please bring a plate to share. Welcome to all members.

Contact Clare Shallcross ph 855-6997.

"For an Informed Choice" tapes -two copies are available to borrow from the WHBA Library.

Preparation for Birth Classes

Series begins Thursday 6 August 1998, 7.30 - 9.30pm for 5 weeks at the "Parents Place" 113 Rostrevor St. Contact Vanessa McColl ph 827-4516.

Pregnancy Yoga and Relaxation Classes

Wednesday or Thursday evenings at 5.30pm, at the "Parents Place", 113 Rostrevor St. Contact Paulette Whitford ph 847-7033.

Cambridge Home Birth Support Group

Tuesday 2 June, 10am bring a plate and share morning tea. Contact Tania Bullick ph 827-5165 or Vanessa McColl ph 827-4516 for details of the address. Bring your babies and toddlers. Welcome to all members.

Meeting regularly on the first Tuesday of the month.

Morrinsville/Te Aroha Area Home Birth Support Group

Date and time to be confirmed. Welcome to all members.

Contact Heidi Jennings ph 07-889-0581.

Raglan Preparation for Birth Classes

Saturday 18 July, 10am - 3pm. Contact Adele Buckton ph 825-8942.

YVONNE GATTUNG

Chartered Natural Medicine Practitioner
Registered Medical Herbalist and Naturopath

Diploma in Massage

Diploma in Holistic Pulsing (DipHP)

Member of the Natural Therapies Association (MANT)

Bachelor of Social Sciences (B. Soc. Sci)

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Therefore the average woman will need 2,400- 2,600 calories a day. Wholesome foods are a necessity, women need a higher nutrient / calorie ratio in pregnancy.

Protein. Besides more food and more calories pregnant women need nearly twice as much protein than the normal requirement; 75- 85 grams of protein are needed daily during pregnancy. During pregnancy, women need adequate good quality protein within a balanced diet. This protein supports the tissue growth of both the baby and the tissues made by the mother and for promoting natural immunity. Common protein foods are meat, fish and poultry, eggs, and dairy foods. Nuts seeds grains and legumes are also important. The lacto vegetarian will need sufficient grains, legumes, seeds, nuts, eggs, and dairy foods. The following is a guide to check that you are getting enough protein. 1 egg = 6.4g, 1small carton yoghurt = 7.2g, 1cup of milk = 8.5g, 100mg of colby cheese = 27g, 1cup of boiled rice = 5.4g, 1cup of tofu = 22g, 1cup of oats = 17.5g, 1/2 fillet of orange roughy fish = 30g, 1cup of tinned red salmon = 49g, 100mg of lean beef and chicken = 31g, 1tbsp of pumpkin seeds = 5g, 1 cup of cooked red kidney beans = 15.5g.

Calcium, is also very important and needs in general are more than 50 percent greater during pregnancy. At least 1,200 mg of calcium are needed daily this is obtained by eating more dairy products and fish, other calcium foods include whole grains nuts and seeds, leafy greens and sea vegetables. Calcium helps form the baby's bones and teeth and aids muscle and heart function, blood clotting and nerve transmission. There are approximately 150mg of calcium in each of the following; 1cup steamed broccoli, 1tbsp black strap molasses, 1/2 cup yoghurt, 2eggs, 100g fish and 50g seaweed.

Iron, is another crucial nutrient needed to build blood cells in the mother and baby. Iron also aids in disease resistance and elimination. Pregnant women need an intake of 100mg daily. Good animal sources of iron include, beef, liver, red meats, eggs, chicken and salmon. Vegetable sources are; seaweed, brewers yeast, molasses, millet, prunes raisins, mushrooms, spinach and most nuts, seeds and legumes. 10mg of iron = 1/4 cup pumpkin seeds and 1/2 cup of tofu. 5mg of iron = 1cup of; cooked spinach, kidneys beans, soyabeans and wholewheat flour, 1tbsp molasses, kelp granules and 100mg of dried apricots.

Zinc, is another important mineral and is needed to aid normal development of the immune system in the baby. Zinc is found in the same foods that iron is found, with additional amounts in shellfish especially oysters. Colostrum provides the zinc required by a new born baby.

Folic acid, is another crucial nutrient during pregnancy it is needed to help form red blood cells, to aid the growth and reproduction of other cells, and to support the development of the nervous system of the baby. Needs are doubled in pregnancy to 0.8mg daily. There is approximately 0.1mg in the following; 1cup of steamed broccoli, brussels, sprouts, asparagus, parsnips. 1 butternut lettuce, 1advocado, 50g raw spinach, 1/4 cup lentils, 1/2 cup cooked kidney beans, 1/3 cup of fresh raw wheat germ, 1/3 tsp brewers yeast and 25g spirulina.

Vitamins. The needs for vitamins A, C, P, E, K, and B complex are also needed at increased levels. Vitamins are essential for growth and the maintenance of health, and

our digestive system too). We do need to look at keeping flexible (not flat!) stomachs and using good posture with our shoulders and hips aligned and our chin out.

Jane also referred to our language and how it can generate negative tones i.e. we talk about our bodies "defence system" and how we "fight disease" etc. This she termed the "language of war" and how it needs to be changed to more positively reflect our bodies health.

Jane talked about how the medical profession have lost the focus of treating a person and merely treat the symptoms i.e. I have a headache... take a pill to get rid of it - they don't question why you have a headache.

Jane talked about her own life and the changes she had made towards more a whole food diet and natural therapies and the major improvements in her physical, emotional, spiritual and social health.

Health problems often manifest themselves physically but can be caused by emotional distress. If we are tense our back/shoulders/neck can become sore, if we are unable to release tension we may become constipated or catch a cold/sore throat etc.

Jane noted that we need to look after our health in all these areas - whether we vaccinate or not. Either way illness / or vaccination will challenge our immune system. If in good health - physically, emotionally, spiritually etc then coping with illness (if you catch it) will be easier just as coping with a vaccine will be easier. However, Jane did go on to mention how vaccines avoid the bodies natural first line of defence (i.e. by entering through the skin/nose/throat etc) as many are injected directly into the blood stream causing a shock reaction in a person/childs body.

Overall Jane noted that to keep healthy, take a look at your lifestyle, which includes day to day activities, posture, breathing and food, (the longer the shell life - the less good it is for you!).

When asked about healthy food for children Jane began by talking about the importance of breastfeeding and how many illnesses began after weaning (i.e. eczema, glue ear, nappy rashes etc). She advised snacks for children when weaning should be as close to raw as possible - and preferably organic too. Keep away from cheeses as they are very difficult for little ones to digest. For teething she suggests celery and raw "fat" carrots and frozen fruit. First foods should be as ripe as possible and easily mashed eg. avocado, banana, pear etc. Avoid wheat and meat products for as long as possible - at least for one year. Wheat products are best cooked twice i.e. toast wheat bread and cook pasta well etc. She recommends fermented soya products such as tempeh as snack food for children as it is very good for intestinal flora, and use kelp where possible (mash into tofu/tempeh, add to steamed vegetables etc). In terms of grains, rice and millet are the easiest to digest.

Jane was also asked about Fluoride and noted that naturally occurring fluoride is an important mineral but the fluoride in our water and toothpaste is a by product of the aluminium processing industry and is not good for us. If we haven't got a water purifier - fluoride can be leached out of our drinking water by adding greens (eg. a lettuce leaf, dandelion leaves etc) to a jug of tap water and leaving to stand for a few hours. Discard leaves afterwards and the water should be healthier.

IMMUNISATION AWARENESS DISCUSSION GROUP

MEETING 3 MARCH 1998

TOPIC: NUTRITION AND YOUR CHILD'S IMMUNITY

GUEST SPEAKER: JANE LAWRENCE, Nutritionist and Director of Natural Therapies at Waikato Polytechnic.

Jane began the meeting by asking "how many people here tonight have been vaccinated?" Nearly everyone raised their hand. Jane herself has not and talked about how her father had always been a strong believer that vaccination was unnecessary. Jane also has three children 15, 13 and 11 years who have not been vaccinated.

Jane explained that her focus tonight would extend beyond nutrition to take a look at health in a more holistic way - to look at how we can be emotionally, physically, socially and spiritually "well nourished".

She began by pointing out how we have come to expect civilised diseases these days (eg. cancer, arthritis etc.) and just hope that it "never happens to me". When we do have a health "crisis" we look for a health practitioner to "fix me".

Jane related this to business management noting that a business run on crisis management sets itself up to fail. Short term thinking which runs from crisis to crisis doesn't work well - we need to think ahead and how we can foster our health, build our immunity and prevent illness/disease.

Jane noted how our emotional wellbeing is an important aspect contributing to our overall health. If we are feeling anxious, angry, depressed etc - our mood will impact on our immune function.

In the past poor hygiene and the social nature of how the diseases we currently vaccinate against spread, lead to illness and consequent permanent damage/death.

Today our food has reached another extreme in terms of hygiene - it is so well preserved much of it is safe to eat through to the year 2000 or so. Jane's golden rule is that if the food is not "feeding" until close to being eaten - then it is unlikely to be feeding you well. Many of the chronic/degenerative diseases of today are a result of long term malnourishment (not under nourishment). The trends of urbanisation have lead people away from their food sources and instead of being self sufficient we have created room for the "middle men" who sell us our food. Food has become a profit making business rather than a survival matter. Jane noted how all sorts of bowel disorders only began entering medical journals when food became more and more processed. Our bodies are designed to eat "whole" foods - not parts of foods.

Jane also talked about how a cell in a laboratory experiment, starved of oxygen will become malignant and how being confined to an office (or school room etc) for 6-8 hours plus every day - followed by much of our leisure time spent in front of the television is so unhealthy. Humans are not meant to be confined in such a way and our need to be outside and actively involved in life is an instinct we have learned to ignore.

Jane talked further about how we have "forgotten" to breathe properly and many of us shallow breathe rather than standing tall, opening up and lifting our ribs to breathe deeply. We often "slouch" and crush our solar plexus area (and squash

function closely with enzymes to assist cell respiration and Digestion. To prevent vitamin deficiencies we need to eat fresh, unprocessed whole foods grown in healthy soils. Vitamins can be destroyed or leached out of our bodies if taken with certain other substances, for eg tea, coffee, alcohol, tobacco, alcohol and antibiotics.

Herb, weeds and herb teas.

Using fresh herbs and herb teas as every day part of your food is beneficial to good health and can be most useful during pregnancy. Because herbs contain a balance of vitamins and minerals these are absorbed more readily than when taken in isolation.

Herb teas

Herb teas are pleasant and refreshing and contain small but significant amounts of vitamins and minerals.

Make teas from herbs in your garden or from dried herb than can be bought; Chamomile flowers are soothing. 4-6 flowers to a cup.

Teas made from the seeds of fennel, anise, and dill are pleasant and aid digestion.

Fennel tea may help a mothers milk come in

The leaves of lemon balm, lemon grass, and lemon verbena make good teas. Mints such as spearmint and peppermint are relaxing before sleep and may relieve nausea.

Stinging nettle is high in many vitamins and minerals may help varicose veins and haemorrhoids. Raspberry leaf tea is valuable in later pregnancy.

Standard brew for herb teas:

Pour 1 cup of boiling water over 1tsp of dried leaves. Steep in a non metallic container for 5 minutes. Strain. If you use fresh herbs , you may need up to 2tsp of leaves per cup.

Herbal infusions.

Some herbs such as chamomile and peppermint contain volatile oils which pass easily into teas as described. However some plants require more careful preparation to release their nutritious and medicinal substances. Medical herbalists use infusions as nourishing drinks. Infusions especially valuable during pregnancy are;

Oatstraw

Oatstraw infusion is high in chromium, magnesium and silicon. High in calcium, iron, potassium, vitamins, A C and B complex, E G and K, protein and selenium. As well as being extremely nutritive it is a wonderful tonic for the nervous system and helps strengthen capillaries so is good for varicose veins and haemorrhoids.

Pour 3 cups of boiling water over a handful of oats straw, simmer for 20 minutes and strain. Drink 1 - 3 cups a day.

Stinging Nettle

A highly nutritious plant. It is very high in calcium and magnesium. Also high in Vitamins A.B C D and K, iron and other minerals. This infusion is good to drink during pregnancy because its high vitamin K and iron content help prevent

haemorrhage in mother and baby. It is also good for muscle cramps and haemorrhoids, and stimulates the production of good quality breast milk. Nettles also clears auras and energetic pathways, and has proved useful in increasing women's energy levels and vitality.

Raspberry leaf

Raspberry leaves are very high in iron, manganese, and niacin. It is also high in calcium, manganese, selenium, vitamins A, C, and folic acid, copper and other trace minerals. Raspberry leaf is useful for women in pregnancy especially in the last three months. It helps to; tone the uterus in preparation for the birth, reduce the pain of childbirth, prevents haemorrhage and can help to birth the placenta.

To make a Raspberry leaf and Nettle infusion, take 2 handfuls of the dried herb and place in a litre glass container. Cover with 1 litre of boiling water cover container and leave for 4 to 8 hours. strain and drink. The recommended dose is 1 - 3 cups per day.

Weed Salad

(Recipe from Joan Donley, Auckland domiciliary Midwife.)

A weed salad is nutritious, colourful, and economical. It supplies valuable minerals, vitamins enzymes and various amino acids, provided of course that these are available in the soil in which they are grown.

Vegetables

Start by grating a medium sized carrot, the sweetness of the carrot counteracts the bitter taste of some of the weeds. Add other vegetables that are in season.

Carrots: vitamins A B2 B6 C E K AND P. Calcium, iron, phosphorous, sodium manganese and iodine.

Beetroot: (*grated*) vitamins A B complex . Calcium, chlorine, copper, fluorine, iodine, iron, manganese, potassium, sodium, sulphur and zinc.

Broccoli: vitamins A B6 B12 . Calcium, iodine and zinc.

Cabbage: vitamins B5 B6 B12 C K. Calcium, chlorine, fluorine, phosphorous, potassium, sulphur zinc. The outer leaves contain magnesium.

Capsicum: vitamin A B C.

Celery: vitamins A B Complex C. Calcium, chlorine, copper, iodine, iron, manganese, nickel, phosphorous, potassium, potash, silicon, sodium, sulphur.

Cucumber: vitamins A Bcomplex C. Iron manganese, potassium sodium and sulphur.

Lettuce: vitamins A Bcomplex C D E. Calcium, chlorine, copper, iodine, iron, magnesium, nickel, phosphorous, potassium, sodium, zinc.

Parsley: vitamins A B2 B3 C D E K. Calcium, copper, folic acid, magnesium, phosphorous, potassium and sulphur. (Use small amounts in the first trimester.)

Spinach: vitamins A B1 B2 B6 B12 C D E K .Biotin, calcium chlorine, copper fluorine, folic acid, iodine iron, magnesium, manganese, phosphorous, potassium sodium, sulphur and zinc.

Tomato: vitamins A B1 B2 B6 C K. Folic acid, iron, phosphorous, potassium, nickel, silicon, sodium, zinc.

Watercress: vitamins A B2 C D E . Calcium, copper, fluorine, iodine, iron, magnesium, manganese, phosphorous, zinc.

Herbs

Now for the weeds, which should be finely chopped. All dark green leafy plants contain vitamins A F and K, and calcium, copper, folic acid, magnesium, manganese, and potassium. Use 2 - 5 fresh leaves of each.

Dandelion is particularly rich in vitamin A, and also high in vitamins B C D and E and iodine, iron, phosphorous, silicon, sulphur and zinc in addition to the minerals listed above.

Chickweed is bland in taste and can replace lettuce. Use a generous handful. Rich in copper, iron and phosphorous.

Fat hen tastes like asparagus. High in vitamins A C E and calcium and iron.

Plantain contains potash and sulphur in addition to the minerals listed above.

Nasturtium leaves are peppery. They contain a natural antibiotic, and are especially high in vitamins A and C.

Other additions:

Dress liberally with cold pressed oil (olive oil is a natural laxative). Squeeze the juice of a lemon over all. Finally sprinkle liberally with kelp and violet, borage, calendular and nasturtium flowers.

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