

THE
Ultimate
**Guide to Avoid a
C-Section**

PREPARE FOR A BETTER BIRTH

WELCOME!

Hello, wonderful moms-to-be! I'm Angel, and I'm thrilled to connect with you on this incredible journey towards avoiding a C-section. Your commitment to a positive birth experience is truly commendable, and I'm here to support you every step of the way. Did you know that 1 in 3 women in the United States undergoes a C-section?



It's a common experience, but the good news is that you have the power to equip yourself with tools and skills that can significantly reduce the likelihood of having one.

In this guide, I've curated valuable tips and insights to empower you on your quest for a vaginal birth. From transforming your mindset to understanding your patient rights, incorporating bodywork essentials, prioritizing physical well-being, and implementing healthy birth practices, each section is crafted with your unique journey in mind. I believe that with the right knowledge and preparation, you can increase the chances of embracing the beautiful experience of a vaginal birth.

And as a special bonus, I've included a mindfulness resources page in this guide. Cultivating mindfulness can be a powerful tool to navigate the ups and downs of pregnancy and childbirth. Discover techniques that bring peace, calm, and focus to your mind, contributing to a more positive and relaxed birthing experience.

I genuinely hope you find these tips and resources helpful in your pursuit of a joyful and empowering birth. Remember, you're not alone on this journey. Embrace the knowledge, connect with your inner strength, and let's work together towards achieving the birth experience you desire. Wishing you a smooth and beautiful journey ahead!

Angel Coleman

DOULA | LACTATION COUNSELOR | EDUCATOR



5 FOUNDATIONS TO A VAGINAL DELIVERY

01 MINDSET

- **Change Your Mindset:** Transform fear into confidence through affirmations, fear release techniques, and trauma therapy if needed.
- **Education is Empowerment:** Equip yourself with knowledge about childbirth to alleviate anxiety and approach labor with a positive mindset.
- Learn how to minimize Interventions.

02 KNOW YOUR RIGHTS

- **Know Your Rights:** Understand and exercise your patient rights to make informed decisions throughout your birthing journey.
- **Confidence through Information:** Make choices from a place of confidence, not fear, by staying informed about your option

03 BODY PREPARATION

- **BodyWork Essentials:** Prioritize bodywork, including pelvic floor therapy, chiropractic care, and myofascial release, to ensure optimal pelvic alignment and reduce the likelihood of complications during labor.
- **Secret Weapons:** View bodywork as your secret weapon against issues like failure to progress and difficulties during childbirth.

5 FOUNDATIONS TO A VAGINAL DELIVERY

04 NOURISH YOUR BODY

- **Nourishment and Stress Reduction:** Focus on a whole-food diet, stress reduction techniques, and mindfulness practices to mitigate discomfort, reduce the risk of complications like preeclampsia, and diabetes, and reduce pregnancy discomforts.
- **Exercise for Endurance:** Make weekly exercise a priority to enhance endurance, (and overall pain tolerance), and contribute to an overall healthier pregnancy.

05 SUPPORT

- **Optimize Your Birth Team:** Find providers who will support your goals for your birth and will not bait and switch. Always get a second opinion (or third).
- Hire a doula who has knowledge and/or experience about the birth you want and is willing to advocate when needed.
- **Supportive Environment:** Choose a birth environment that will support your goals if possible

As you navigate through each foundation, keep in mind that these elements are interconnected, working harmoniously to create a holistic approach to pregnancy and childbirth. By embracing these foundations, you're not just preparing for a healthy pregnancy; you're actively setting the stage for a positive and empowering birth experience. Remember, you are in control, well-informed, and supported throughout this transformative journey.

PRENATAL PREP TO-DO LIST

This checklist was designed to help you make preparations for your pregnancy now to reduce complications later in your pregnancy and during birth, based off the five foundations.

MINDSET

- Find 5 Pregnancy Meditations You Love & Listen Daily
- Practice Breathing Techniques listed in this guide daily in the second and third trimester
- Listen to positive birth stories on a podcast once a week

EDUCATION

- Find & Take a Childbirth Class
- Listen to this Podcast Episode about your rights: [Knowing Your Rights in Maternity Care](#)
- Take a Prenatal Tour of 3 Birth Facilities

NOURISH YOUR BODY

- Find a Functional Dietitian that specializes in pregnancy
- Read [Real Food For Pregnancy by Lily Nichols](#)
- Invest in a high quality prenatal vitamin

SUPPORT

- Hire a Doula
- Go over your Birth Plan with your partner
- Need a Second Opinion:
 - [Dr. Nathan Riley](#)
 - [Dr. Stu Fishcbien](#)
 - [Dr. Victoria Flores](#)

BODY WORK

- Find a Webster Certified Chiropractor
- Find a Pelvic Floor Therapist
- Practice the [Daily Essentials by Spinning Babies](#)
- Invest in a Prenatal Yoga, Pilates, or Exercise Class



RESOURCES FOR PREGNANCY

These resources hold a special place in my heart and are gems that I embraced during my pregnancy journey. Each resource has been carefully curated based on its efficacy and the positive impact it has had, not only on my six pregnancies but also on the journeys of countless other mothers.

PROVIDERS TO SEE DURING YOUR PREGNANCY

- Prenatal Functional Dietitian/Nutritionist
- Webster Certified Chiropractor
- Pelvic Floor Therapist

RECOMMENDED PODCASTS

- [The Birthing Instincts Podcast](#)
- [Moms Off The Record](#)
- [The Birth Rebel Podcast](#)
- [Unapologetically Unmedicated](#)
- [Happy HomeBirth Podcast](#)

RECOMMENDED BOOKS

- Real Food For Pregnancy
- Breastfeeding Doesn't Need To Suck
- Breastfeeding Made Simple
- Birth With Confidence: Savvy Choices for Normal Birth
- The Thinking Women's Guide to a better birth
- The Wonder Weeks

FAVORITE PRODUCTS

- [Restorative Roots](#)
- [Earthely](#)
- [PopFlex Clothing](#)
- [Earth Mama Organics](#)



LISTEN TO THE PODCAST!

"THE BIRTH REBEL PODCAST" IS A THOUGHT-PROVOKING PODCAST THAT FEARLESSLY DELVES INTO THE MOST CONTROVERSIAL TOPICS SURROUNDING CHILDBIRTH.

"THE BIRTH REBEL PODCAST: THE RED PILL OF PERINATAL CARE"

Join us as we navigate through the complexities of birth, challenging conventional wisdom, and shedding light on the diverse perspectives that shape the way we bring new life into the world. Listeners will gain insights into topics like giving birth without a doctor, the ethics of formula, and the impact of cultural and societal influences on birthing choices.

"THE BIRTH REBEL PODCAST"
PROVIDES A PLATFORM FOR OPEN,
RESPECTFUL, AND RESEARCH-
BASED CONVERSATIONS.

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