



# Rest & Relax

Guidance • Yoga • Reiki

Jodie Ross  
027 4488 406  
Jodie@restandrelax.biz  
www.restandrelax.biz

*These Pregnancy Quotes have been shared with myself & I am sharing with you, take what resonates and let go what doesn't. Wishing you a well informed, healthy, happy pregnancy and birthing experience. Always follow your heart, and trust your instincts on this journey.*



## To our dear Mum and Dad and your little miracle...

'Family is the last and greatest discovery... It is our last miracle'

'Becoming Healthier involves making positive changes that will help you function at your best, adapt to new stresses and change with more flexibility and ease.'

'Being pregnant is such a gift.. Use this time to nurture yourself and your relationship with your partner, and to connect with the beautiful being growing within you.'

'Remember your baby is not immune to your anxieties... Nothing in life happens by chance.. this is the perfect time for you to be having a baby'

'We can each choose the quality of our thoughts from moment to moment.'

'Your thoughts have a direct physical effect on your body. Affirmations are a useful method of improving physical and emotional wellbeing.'

'Whatever 'feelings' you have around pregnancy, Honour them.'

'Be reminded that we carry genetically the birth successes of all our foremothers & that we know already how to give birth'.

'Preparing for the birth of a child is really about preparing for the rest of your life as a parent.'

'Self care during pregnancy is vital and nurturing for both you and your baby.'

'Learn to curl up and rest, feel your noble tiredness, learn about it and make a generous place for it in your life.. and enjoyment will surely follow.'

'Hospital studies show that chiropractic care during pregnancy reduced the need for painkillers during delivery by 50%.'

Motivation • Direction • Connection



*Rest & Relax*

Guidance • Yoga • Reiki

Jodie Ross

027 4488 406

Jodie@restandrelax.biz

www.restandrelax.biz

‘Research shows that correct alignment of the pelvis and spine contributes to a more straightforward labour with less pain and trauma for mother and child, and may significantly reduce labour time.’

‘Women who exercise have shorter easier labours, decreased by an average of 2 hours.  
24% less caesareans.  
14% reduced use of forceps.  
Less foetal distress  
And a faster recovery.  
Less need for induced labour or epidurals.’

‘Mental whispers develop dynamic power to reshape matter into what you want...whatever you believe in intensely, your mind will materialize”. Paramahansa Yogananda.

‘All she wanted her partner to do was to hold her and to tell her over and over how proud he was of her and what an amazing job she had done...but he didn’t.. he was emotionally unavailable and detached because he too felt like he had failed, that he had failed her’.

‘Labour is hard work and its so much harder if you don’t have the right support.’

‘How beautiful is it to do nothing and then rest afterward?’

‘Women need to be inspired, they need to believe in themselves, their babies, and the birth process. They should be shown images of women rising to the demands of labour, being challenged and pushed to the edge, but finding the strength within themselves to push through what they thought were their previous limits’

‘The ability to create a life within is almost too vast to comprehend until we hold our newborn baby. During pregnancy give both your body and your baby the nutritional fuel that they require.’

‘Our quality of life can be determined by the quality of the cells that make our body. As pregnant mothers, we need to feed our body nutritious, healthy food’

‘A careful diet enriched with vital nutrients is imperative for the health of your baby and their brain development.’

‘Ultrasound is most likely to affect development (behavioural and neurological), blood cells, the immune system and a child’s genetic makeup.’

Motivation • Direction • Connection



*Rest & Relax*

Guidance • Yoga • Reiki

Jodie Ross  
027 4488 406  
Jodie@restandrelax.biz  
www.restandrelax.biz

'Reports show that women who consume aspartame during pregnancy have an increased chance of having a child with brain damage.'

'The World Health Organisation and the USA Food and Drug Administration have REJECTED ROUTINE SCREENING because there is a distinct lack of definitive research supporting the safety of ultrasounds.'

'Shrug off the restraints that you have allowed others to place on you.'

'With every medical treatment there is a risk, and a lot of those risks are unknown at the time.'

'There is a time and place for medical testing. We do however have to be mindful of unnecessary and invasive procedures.'

'To everything there is a season, and a time to every purpose under heaven: a time to be born...' Ecclesiastes 3.

'Labour seems to resist all of our best laid plans to control it'

'Subluxations in pregnant women can have 'severe long term consequences', as the patient will be prone to long protracted labour, immense back pain during her labour and disordered uterine action (inconsistent contractions).'

'I do not know of one woman who has routinely performed daily perineal massage from 30 weeks gestation who has needed an epsiotomy'. Dr Marita Smith.. Chiro and Midwife.

'Take rest... afield that has rested gives a beautiful crop.'

'What your child learns in the womb cannot be learned on earth'.. Yogi Bhajan.'

'Allowing emotions to surface and to flow without fear while pregnant enables you to fully prepare for birth and the wonderful journey of parenting'.

'Ask your partner how they think they will respond during labour. How will they cope speaking with Drs and Midwives? '

'Take faith in knowing that women have successfully been giving birth since the beginning of time.'

'If you would seek health, look first to the spine.' Socrates.

Motivation • Direction • Connection



*Rest & Relax*

Guidance • Yoga • Reiki

Jodie Ross

027 4488 406

Jodie@restandrelax.biz

www.restandrelax.biz

'As women we can take comfort in knowing there is a good reason why pregnant women should be hormonally challenged, have enormous breasts, and puff up like balloons.'

'There is little room for modesty when preparing for childbirth. Watching a birth is a gift.. humbling miracle... but its certainly not glamorous.'

'Women do pay the price physically and emotionally for childbirth, but caesarean is not guaranteed to prevent pelvic floor problems later in life. A lot of women who have Caesarean still become incontinent.'

'It is not an easy task to "just let your vagina relax" when you fear that your womanhood is going to be ripped in two. Your initial reaction is to squeeze these muscles as tight as possible and force that baby back into your uterus where quite frankly, it can stay for eternity!'

'Good spinal health is imperative, not only during your pregnancy but for maintaining wellness and vitality as we age.'

'Nothing in life is to be feared, it is only to be understood.'

'We can do no great things... only small things with great love'. Mother Teresa

'The giving of love is an education in itself'.

'Before you were conceived, I wanted you.  
Before you were born, I loved you.  
Before you were an hour old, I would die for you.  
This is the Miracle of Life.'

'When a woman feels confident in her body, well supported and able to express herself without inhibition, the pain just becomes one part of the process, and something she can respond to instinctively with resources such as breath, sound and movement.'

'Midwifery shortages are key when looking at the type of birth experience a woman is likely to have. A woman who is supported continuously throughout her labour and birth is less likely to need drugs for pain relief, or experience forceps, ventouse or caesarean section.'

'90% of Australian births include some form of intervention.. some interventions are lifesaving, others greatly reduce trauma, however many appear to be almost routinely undertaken without any scientific evidence of their benefits as against their costs.'

Motivation • Direction • Connection



*Rest & Relax*

Guidance • Yoga • Reiki

Jodie Ross

027 4488 406

Jodie@restandrelax.biz

www.restandrelax.biz

‘One in five women in Australia suffer depression after birth which researchers have linked with forceps and caesarean births.’

‘Winsconsan University studies show out of 2000 local births.. nearly half were homebirths, 14 babies had to be resuscitated compared to 52 hospital born babies. One suffered neurological damage compared to 6 of the hospital babies’.

‘People are so nervous, they would abandon vaginal delivery with any excuse’.

‘With every medical treatment there are risks and a lot of those risks are not known at the time.’

‘Knowing and understanding your varied birth preferences helps alleviate disappointment and lingering resentments’.

‘Welcoming a child into the world can be one of life’s most enriching experiences and, like most events, requires careful planning and preparation.’

‘There are risks involved with all births, even vaginal, but caesareans are often incorrectly viewed as the safest approach to childbirth.’

‘A good birth is one which the woman looks back on, whatever happened, with a sense of fulfillment and inner peace.’

‘The onset of labour is orchestrated by the hormonal or endocrine systems of both mother and baby.’

‘The rewards are plentiful for both mother and baby when we allow the body time to initiate labour. A birth that begins naturally is more likely to end naturally.’

‘There are risks associated with inductive procedures.. Unless there is a serious risk posed by not birthing soon...why add the stress of inductive measures?’

Many women are unprepared for the sudden onset and the intensity of an artificially induced labour. Lacking a natural rhythm, the labour can be more challenging without pain relieving drugs giving rise to a greater likelihood of further intervention being required.’

‘USA directive that the elective induction of labour for patient or physician convenience is not a valid indication for oxytocin use.’

Motivation • Direction • Connection



*Rest & Relax*

Guidance • Yoga • Reiki

Jodie Ross

027 4488 406

Jodie@restandrelax.biz

www.restandrelax.biz

‘High levels of artificial oxytocin will decrease your bodies sensitivity to natural oxytocin production which is necessary to establish lactation. Therefore lactation difficulties can arise post birth.’

‘When syntocinon is used for convenience, (artificial oxytocin) benefits may not outweigh the risks.’

‘Clever obstetrics can indeed be lifesaving procedures for mothers and babies, however it is the unwanted medicalisation of straight forward births that needs addressing.’

All drugs for pain relief pass through the mother’s blood stream to the baby. They all affect the baby, some more than others.

None of them do your baby any good. When considering whether to accept the drugs, bear in mind that some forms of analgesia and anesthetic can interfere with your first meeting with your baby.’

‘A well designed case study in Stockholm found a potential link between nitrous oxide, (Laughing gas) being given during labour and the child later in life developing an addiction to amphetamines. These children were 5 and a half times more likely to develop this addiction as a teenager than a sibling that who did not receive the drug during labour.’

‘Some researchers are now questioning the link between pethadine and a later incidence of Sudden Infant Death Syndrome.. as well as later development of addiction to opiate drugs such as morphine and heroin as teenagers.’

‘Studies have linked epidurals to longer labours and increased risk of forceps, ventouse or caesarean births’.

‘Not only will baby be affected by any of these above interventions, but also the likelihood of mother and baby being separated after birth will also increase.’

‘If a mother who weighs 60 kg is given a 100mg dose of epidural.. her baby weighing 3kg, would have a dose equivalent to 40mg.. therefore her baby will experience a dose 8 times higher relative to body weight.’

‘Studies show that epidurals given during childbirth can result in difficulty establishing breastfeeding.’

‘Increased intervention leads to greater risk of separation of mother and child.. so mother will not have initial hormonal stimulation of bonding with baby that stimulates colostrum milk let down..’

Motivation • Direction • Connection



*Rest & Relax*

Guidance • Yoga • Reiki

Jodie Ross

027 4488 406

Jodie@restandrelax.biz

www.restandrelax.biz

'Vacuum extraction is preferable to forceps in almost all cases as it causes less trauma to mum and bub, although it is safer than forceps, 120 pounds of pressure goes through babies head and neck and research shows serious neurological damage occurs at 145 pounds.. therefore the risk is extremely high as the force is so much higher than their little bodies can tolerate.'

'Women who get episiotomies suffer more bleeding, infection and pain than those who do not have the cut.. plus it can take an hour to be sutured after birth'.

'Worst outcome is serious tissue tears that can lead to bowel incontinence.'

'When labour becomes 'just a procedure', with routine administrations, we become disempowered as parents.'

'Trials show that there is no advantage of episiotomy over a natural 1<sup>st</sup> or 2<sup>nd</sup> degree tear'.

'Doctors need to take the time to talk and listen to lower the risk of litigation which frightens doctors into defensive intervention which benefits neither doctors or women.'

'1990 research showed 2 to 3 times increased risk of childhood cancers with the intramuscular vitamin K injections'.

'10 year study shows babies who receive vit K had a 3 x greater risk of developing cancer by age 10 years.'

'Haemorrhagic disease of the newborn is a bleeding disorder that has been associated with lower levels of Vit K.. and there is a substantial debate as to the actual cause.'

'New born Babies have naturally low Vit K, will normally replenish from the colostrum and breast milk...Mothers can ensure their milk is high in Vit K giving a natural protection.'

'Malabsorption of administered levels of Vit K..(Questions over how much to administer??) can lead to problems like hepatitis, cystic fibrosis, chronic diarrhea and bile duct atresia'.

'The reason vit K is given is for HDN children, = 1 in 10,000 babies yet studies also show that the phenol within the injection doubles the risk of lymphoblastic leukaemia amongst 1 to 6 year olds plus a significant risk of all cancers.'

'Some studies have found no evidence of VIT K deficiencies in Babies with HDN'.

Motivation • Direction • Connection



*Rest & Relax*

Guidance • Yoga • Reiki

Jodie Ross  
027 4488 406  
Jodie@restandrelax.biz  
www.restandrelax.biz

‘Vitamin K responsive bleeding syndrome’, can readily occur after antibiotic therapy, particularly with antibiotic known as cyclosporins.’

‘While the risks of HDN are disturbing, the risks associated with routine administration of Vit K cannot be denied. The link between Vit K and childhood cancer has neither been proved or disproved.’

‘Rather than concede to the routine administration of Vit K, you could specify that you would like to be asked on the day of birth, based on the health of your baby.’

‘Should your baby require Vit K.. there are fantastic homeopathics available.’

‘If you have no family history of haemorrhagic diseases, and your baby is healthy and did not suffer a traumatic birth, please give serious consideration as to whether this injection is really necessary,’

‘French govt has stopped their school based Hepatitis B Program due to multiple sclerosis and MS like diseases associated with these injections.’

‘If people try to intimidate you, ask them to share with you their RECENT research to help you make your informed decision...

you may like to ask your DR if he can guarantee the safety of the vaccine??

..ask which of the vaccines do not contain

\*Mercury

\*Aluminium

\*Formaldehyde.’

‘The trauma from birth process remains an under publicised and therefore significantly under-treated problem.’

‘Chiropractic adjustments in the early stages of Neurologic imprinting appear to safely and effectively address the craniocervical dysfunction and help restore natural efficient suckling patterns for infants who are unable to successfully latch.’

‘All births are sacred.’

‘Still your mind, still yourself and unite with the love that dwells in your heart’.

‘My body knows how to give birth to this baby.’

Motivation • Direction • Connection



*Rest & Relax*

Guidance • Yoga • Reiki

Jodie Ross

027 4488 406

Jodie@restandrelax.biz

www.restandrelax.biz

'When we surrender conscious control, we also allow our deeper innate rhythms to surface. This can be a profound experience for a birthing woman. In allowing her labour to go at its own pace, without hurry or interference, a woman learns to trust her own and her baby's natural rhythms. Such trust is another gift, another way in which nature ensure optimal mothering and survival for our young.'

'In surrendering to birth, we also learn about our role on earth; we are not the rulers nor the architects of creation. Life comes though us simply and gracefully, when we allow it.'

'The fulfillment and happiness you will feel in those moments when your baby spontaneously smiles or gazes up at you, returning your love, will make all the hard work involved worthwhile.'

'What is a normal birth? I wonder if we really know any more? The modern birth has been so managed, arranged, choreographed, augmented, drugged, sliced, and diced that many of us have forgotten its very nature.'

'Stay relaxed and get some rest'.

'Breathe through each contraction'.

'When a woman feels confident in her body, well supported and able to express herself without inhibition, the pain becomes just one part of the process and something she can respond to instinctively with resources such as breath, sound and movement'.

'Don't wish for your labour to be over and done, or you'll miss experiencing the moment right now. Celebrate the adventure of having a child.'

'Surrender to and accept the intensity of Labour'.

'As you get close to transition whatever you are feeling at this point. Just express it.. let the emotions go... try to remember that women have given birth successfully for generations.'

'As women we all have the knowledge and the power that we need to give birth and to nurture our babies. Such strength is within us, as it has been within all women, since the beginning of time.'

'Let the Celebrations begin'.

Motivation • Direction • Connection