

its so easy you won't look at toilet paper the same...

Never pee scared postpartum again!



DISCOVER

*my secret
crackpot
invention*

**FOR
VULVA
&
PERINEUM
HEALING
POSTPARTUM**



DISCOVER

my
BOWNS
secret

FOR
VULVA
&
PERINEUM
HEALING
POSTPARTUM



What
goes
under
your
feet?

Even kids and
grandparents
can use it!

**NEVER PEE
ON YOUR
TIPPYTOES**

EVER AGAIN!

ANNIEROO.COM/WILDBIRTHLIST

THE ANSWER...



FOR
VULVA
&
PERINEUM
HEALING
POSTPARTUM

What goes under
your feet?

Even kids and
grandparents can use it!



ALL YOU NEED TO DO IS...

GRAB 2 BABY STEPUP STOOLS.

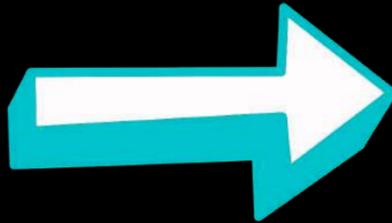
1 FOR EACH FOOT.

MAKE SURE YOUR KNEES ARE ABOVE YOUR HIPS.

FOREVER. ALWAYS PEE AND POOP LIKE THIS FROM NOW ON

Healthy Womb Space Muscles
Ligaments Joints and Cells After Birth
Need Proper Alignment to

Build
Repair
Heal



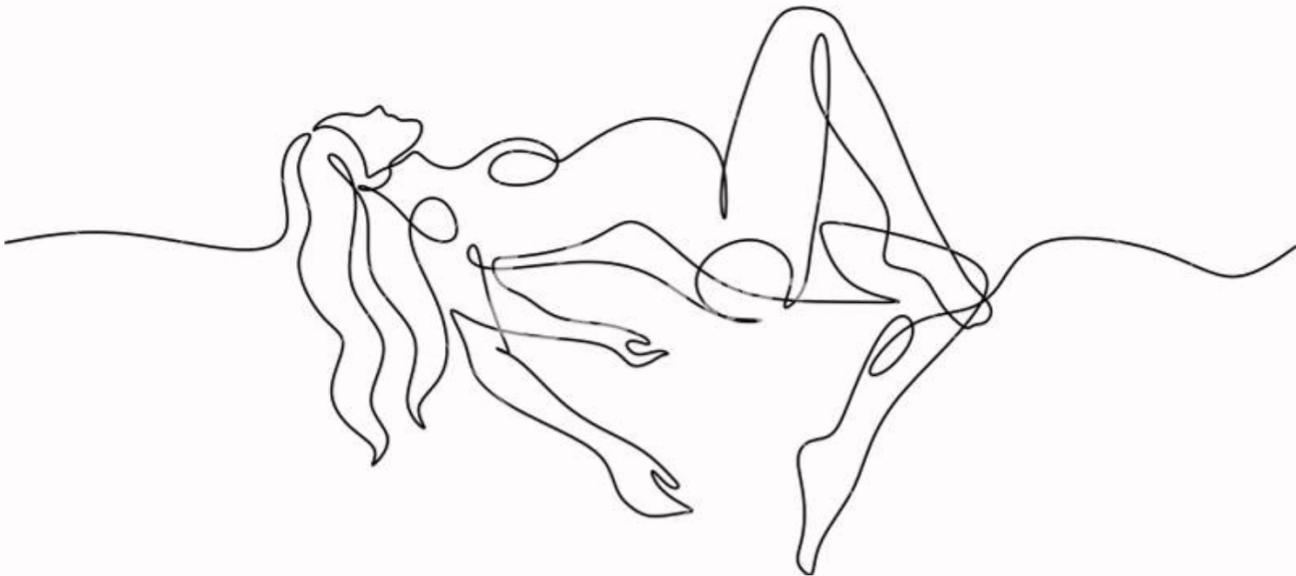
uterus
bladder
cervix
ovaries
colon
urethra
& blood
vessels

ANNIEROO.COM/WILDBIRTHLIST

A Story:

The birth of the vulva perineum crackpot

By Annie Roo



My SECRET VULVA & PERINEUM healing invention:

The vulva perineum crackpot was invented for the wild birth of our sixth baby in 2021. We had just moved into a farm with a little over 8 acres complete with a four stall horse barn, and plenty of room for our children to play.

The *neigh*bors had horses all around both immediately to our right and across our dirt road, as well as alpacas on the corner, and chickens adjacent to us next door to the west.

I had never hired a postpartum doula to tend to me for the entire 40 days of laying-in before because I had always had my husband, my mother, my church family, and friends to help support me with meals and errands, emotional support and physical needs. I also, ignorantly, didn't think I needed all the help. Pretty rich talk coming from a postpartum doula myself. I never knew what it was like to truly be tended to. Now, I know.



This new farm home seemed like it was going to be a huge shift from every other birth in so many ways. I decided I wanted and needed a postpartum doula to come and do all of the things for me that I supported other women with.

As I imagined what I wanted my newborn baby and newborn mother laying-in life to look like I realized I didn't want to climb in and out of a bathtub every single day for sitz baths to help my vulva and perineum and rectum heal if I had tears, or stitches, or pain, irritation, soreness, bleeding, or anything else really. I didn't want to be climbing in or out of anything besides bed!

So... I contrived this mobile sitz bath inside of a tiny crackpot, with all the herbal liquid I would normally pour into a bathtub and fill about 4" high with hot water. However, this time I needed to be able to just hold something on my vulva and perineum while I was on the toilet instead of sitting in a tub.

I didn't want to fill a tub, have my husband hold the baby, me climb in, him give me the baby, then me get cold and him have to take the baby, help me out while he's holding the baby, me dry off while bleeding possibly, and hobble back to bed over and over. It just didn't sound like fun, to be honest.



There are some funny upside down squirt bottles but those are messy and hard to fill - and not only wonky to add warm or hot water to while in pain or while being extremely sore from pushing a baby out of your yoni - add to that not everyone has a sink right next to their toilet.

My old house had a toilet in a dumb little closet type space with a door. Huge enormous house, silly inaccessible toilet in the bathroom. Our first house we ever lived in as a married couple in the mountains had a toilet next to the sink so when we had our first and second and third babies I would sit on the toilet, lean over while still sitting on the toilet, fill the little squirt perineum bottle with hot warm water and squirt my vulva while peeing so it wouldn't burn my tears, stitches, skin, and sore achy perineum and labia.



Later, I learned about adding not warm water but sitz bath herbal water to the bottle. Wow! Genius! How come nobody told me about this? Still messy and a waste of all that important herbal goodness!!!! Right into the toilet?!?! Yikes. There's got to be a better way.

I needed a better way. I needed to think! Get creative! You can do this! What works?

Nice warm compresses work. Soaked washcloths work. Herbs work. Wet compresses in bed with a new little squishy baby? No. Doesn't work. I need vulva help when I'm already up and peeing or pooping. The wheels started turning.

I did it. I came up with a plan!

The **VULVA PERINEUM
HEALING CRACKPOT**
was born!



You take a very small crackpot, 1-2 quarts and plug it in on **WARM**, not low. This is important. Low is far too hot. I tried it. Next, you make one french press full of vulva & perineum healing herbs. Pour this into the plugged-in crackpot near your toilet. In my house I have a little tiny half of a bar where you can put a phone, a tiny crackpot, a towel, some tweezers, a mug, and a little stack of washcloths.

The next thing I did was to add about 4 baby washcloths to the herbal sitz bath liquid in the VP crackpot. I like to think that VP is Very Private or Very Purposeful or Very Perfect for my Vulva Perineum.

I added about a cup of water to the liquid to dilute it as well as create more volume. As the days went on I simply added more and more water and this allowed me to have roughly 2 weeks worth of sitz bath herbal liquid with the most concentrated liquid used at the beginning on my new freshly birthed raw vulva perineum tissues.

Let me walk you through it.

Basically, all I did was sit down to pee or poop. Next, I would use some tweezers/tongs to grab a hot soaking washcloth and put it into a mug. I squeezed as much liquid out of the cloth as I could with the tweezers while I peed/pooped, then would pour the small amount back into the crackpot.

Finally, I would test it with my hands and gently fold the cloth into thirds or hold the whole thing against my vulva, perineum, and rectum, as needed.

I could use toilet paper for poop if I wanted to, or I could use the crackpot cloths. I never NEVER used toilet paper on my vulva for 2 weeks! Just this magical warm hot moist herbal soaked baby washcloth on my delicate fragile incredible amazing birthing vulva perineum skin.

Each time I went pee I would lean over and hold 1-2 sitz bath herbal liquid soaked hot/warm cloths against my body, then toss them into my diaper pail which also held my mama pads with the lochia blood.

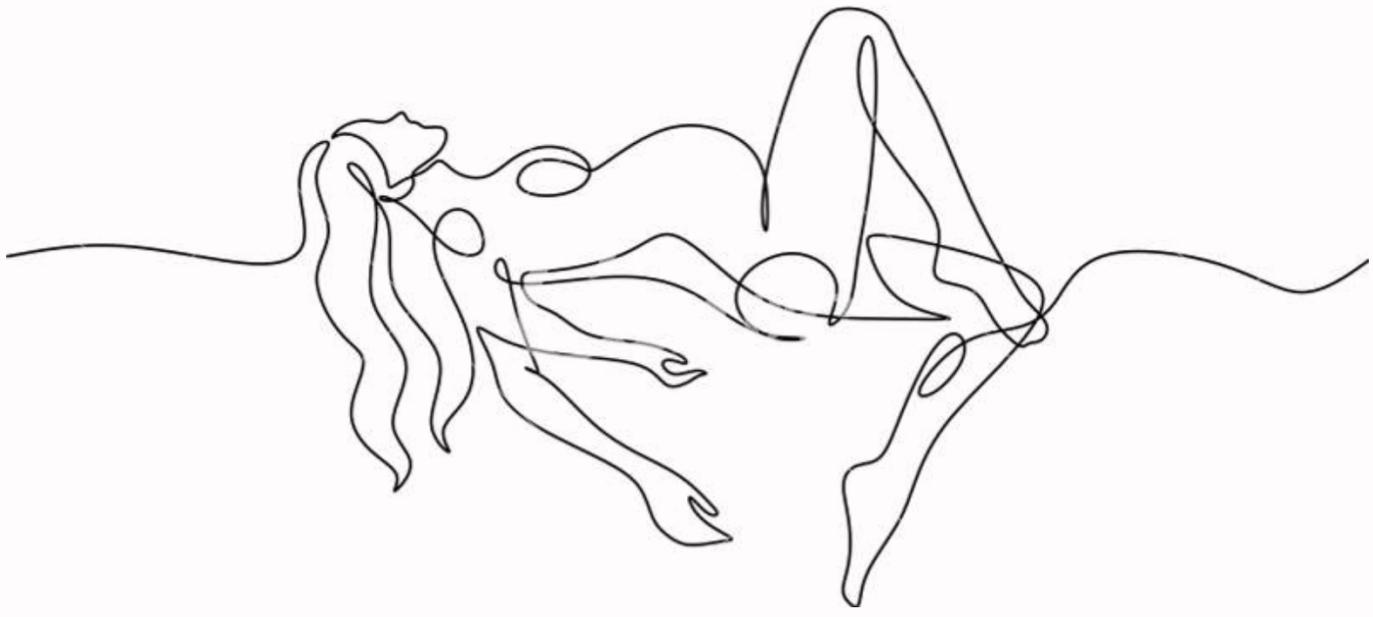


If you don't have a diaper pail, a bucket will do just fine. You can wash the vulva perineum crackpot washcloths perfectly fine with some towels or clothes; know that the cloths themselves may become stained shades of brown/orange depending on the herbs you use.

Hence, the vulva perineum crackpot was born and lives on today. My own postpartum chef and doula from our fifth baby's birth just had her own baby and I sent her none other than my vulva perineum crackpot instructions and shipped her a crackpot I bought online.

Whose vulva & perineum will you ship a crackpot to?





My SECRET invention :

vulva crackpot : holds 1-2
quart

30 +/- baby washcloths

french press

tongs/tweezers

mug/cup

electric outlet

water

sitz bath postpartum herbs



sitz bath postpartum herbs :



calendula
red raspberry leaf
red rose petals

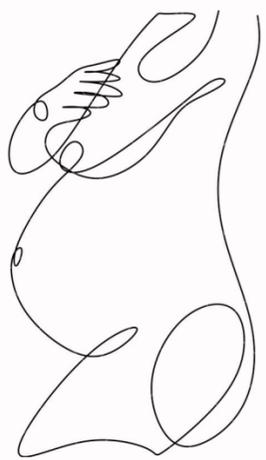
pink rose petals
astragalus
bupleurum

ginseng
shepherd's purse
witch hazel

nettle
codonopsis
horsetail

white oak bark
burdock
chaparral

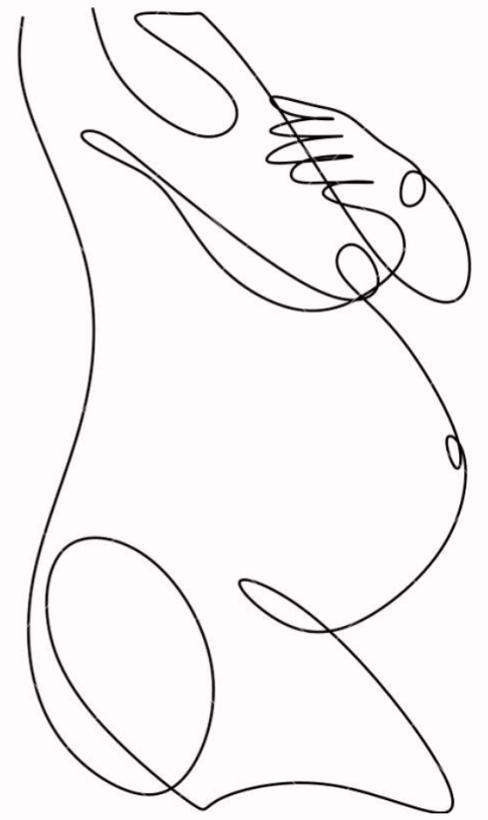
grindelia
larch
orange peel



For more information on how each of these herbs works and why they were used throughout history, by whom, when, and for what purpose specifically in relationship to the womb space, check out my Sneeze Pee No More Class here at annieroo.com/spnm.

My Favorite Loose Herbs for Birth and Postpartum:

- _Calendula
- _Red Raspberry Leaf
- _Nettles
- _Dandelion
- _Hibiscus
- _Orange Peel
- _Hawthorn Leaf
- _Slippery Elm
- _Red Rose Petals
- _Pink Rose Petals
- _Motherwort
- _Tulsi Holy Basil
- _Marshmallow Root
- _Plantain
- _California Poppy
- _Comfrey
- _Oatstraw
- _Lemon Balm
- _Skullcap
- _German Chamomile



For more information on how each of these herbs became my miscarriage blend, my fertility womb recipe, how yoni steaming actually works and why it has been used throughout history, by whom, when, and for what purpose specifically in relationship to the womb space after birthing a baby living or still, check out my Yoni Steam Class here at annieroo.com/yni-steam.

What to Wear :

a haramaki 24/7

huge thick fuzzy socks 24/7

blankets in bed/couch

belly & body massage oil :
sesame oil infused with your
choice of essential oils

(I use myrrh, frankincense,
hyssop, cedarwood, cistus,
sandalwood from Young Living.
You can use my number if you
want to be with me, if not, no
worries.
3629597)

mama pads : I use handmade
reusable

cardigan sweater for easy
breastfeeding in winter

nothing! wear nothing. be naked!



What to Eat :



bone broth

miso soup

cinnamon sweet
potato puree

ginger carrot soup

collagen meatballs

congee/risotto

chia seed pudding

french toast souffle

goat cheese eggs

date bread

zucchini muffins

oat bread

chicken vindaloo

borscht

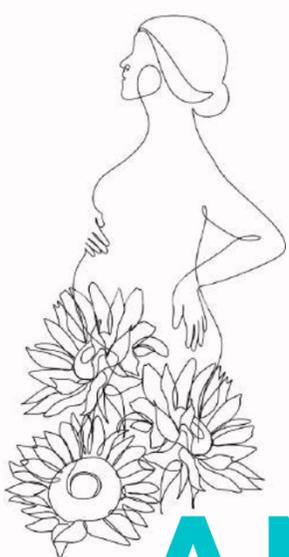
tomato egg drop
soup

garam masala
yukon gold
potatoes

coconut curry

goulash

ginger fried rice



For more information on how to eat properly per week for the 40 days postpartum of laying-in check out my 3 videos on planning your perfect postpartum at annieroo.com/pp.

[ANNIEROO.COM/PP](https://annieroo.com/pp)

What to Drink:



ceremonial cacao

womb tea

For more information on how to create delicious womb warming drinks like womb tea check out my Womb Tea Class here.
annieroo.com/womb-tea

floradix

Tinctures: I like Herb Pharm brand

coconut water

cayenne - BF
powerhouse, cardio aid,
blood flow

chloroxygen - BF
powerhouse, blood
rebuilder



nettles - recovery

motherwort - an essential
must have

afterease - have 1-2 bottles
on hand for every birth -
after birth pains relief

happy ducts - BF lymph
clog/mastitis/plug aid

dandelion - recovery

violet - grief/sorrow/
transition aid



PLAN YOUR

*perfect
postpartum*

COUPON
CODE

"wildbirth"



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I AM

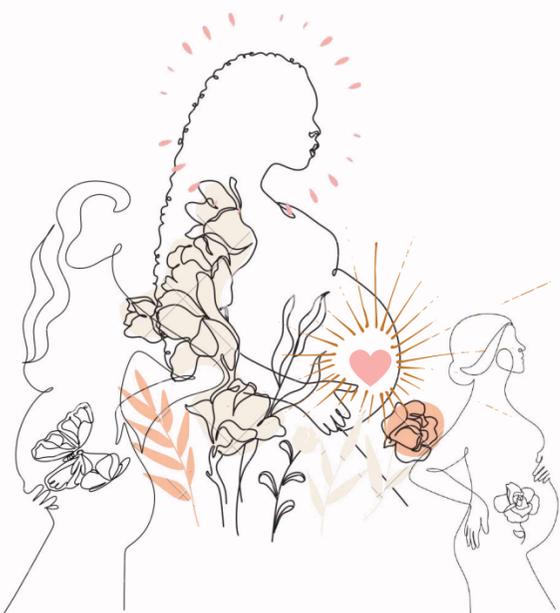
postpartum

POSTPARTUM MEANS
“AFTER BIRTH”

EVERY MOTHER IS
UNTIL SHE DIES

i am postpartum

- annie roo



are you?

ANNIEROO.COM/PP

*As A Bonus for
Your Purchase*

TAKE **25%** OFF MY
3-DAY POSTPARTUM
CLASS RECORDINGS
WITH CODE:
"WILDBIRTH"



REGISTER
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The Vulva Perineum Crackpot Herbs



**BOIL
HERBS**

**REGISTER
ANNIEROO.COM/PP**

The Vulva Perineum Crackpot Setup

**GET
THIS**



**POUR
HERE**

REGIS
ANNIEROO.

The Vulva Perineum Crackpot



Low is too hot. Do warm setting

TAH DAH!



REGISTER
ANNIEROO.COM/PP