

healing in times of loss



I HEAR YOU

I SEE YOU

I FEEL YOU

I HOLD SPACE FOR YOU

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WEBSITE RESOURCES FOR LOSS

[HTTPS://SUFFICIENTGRACEMINISTRIES.ORG/FAMILIES](https://sufficientgraceministries.org/families)

WE BELIEVE LIFE BEGINS AT CONCEPTION AND THAT EVERY INDIVIDUAL IS “FEARFULLY AND WONDERFULLY MADE” (PSALM 139:14)

AS A UNIQUE CREATION OF GOD. WHETHER YOU HAVE FOUND YOUR WAY TO OUR PAGE IN SEARCH OF SUPPORT AFTER FINDING OUT THAT YOUR BABY HAS NO HEARTBEAT OR YOU ARE FACING A LIFE-LIMITING DIAGNOSIS FOR YOUR LITTLE ONE, PLEASE KNOW THAT WE LOVINGLY WELCOME YOU AND WOULD BE HONORED TO PROVIDE SUPPORT AND RESOURCES FOR YOUR JOURNEY. AT SUFFICIENT GRACE MINISTRIES, WE BELIEVE THAT EVERY LIFE MATTERS, NO MATTER HOW BRIEF. WE OFFER A MYRIAD OF IN-PERSON AND VIRTUAL SUPPORT SERVICES AND RESOURCES FOR FAMILIES WALKING THROUGH LOSS IN ANY GESTATION OF PREGNANCY AND THROUGHOUT INFANCY, AS WELL AS THOSE WHO ARE NAVIGATING THE UNKNOWNNS OF A LIFE-LIMITING PRENATAL DIAGNOSIS. YOU ARE NOT ALONE. WE ARE HERE TO WALK WITH YOU.



[HTTPS://WWW.INHA.IE/ANGEL-BABIES/](https://www.inha.ie/angel-babies/)
IRISH NEONATAL HEALTH ALLIANCE

LINKS:

[PREEMIE ANGEL CERTIFICATE FOR DOWNLOAD](#)

[WHEN YOUR BABY HAS DIED -](#)

A BEREAVEMENT BOOKLET TO DOWNLOAD

[BABY LOSS IN A MULTIPLE PREGNANCY -](#)

A BEREAVEMENT BOOKLET TO DOWNLOAD

WEBSITE RESOURCES FOR LOSS

[HTTPS://WWW.FACEBOOK.COM/LOSSHEAR
TINITIATIVE/](https://www.facebook.com/losshearinitiative/)

WELCOME. I'M GLAD YOU ARE HERE.
THROUGHOUT TIME WOMEN HAVE GATHERED
TOGETHER TO LIFT EACH OTHER UP, TO HEAL, TO
THRIVE. WITH OPEN HEARTS AND CREATING HANDS,
LOVE HAS BEEN SEWN IN TO EACH LOSS HEART,
HONOURING A LIFE, NO MATTER HOW BRIEF.
NOTES WILL GUIDE YOU THROUGH THIS PAGE.

REQUEST A HEART, MAKE A HEART, ATTEND A LOSS
HEART GATHERING, READ ABOUT LIFE GIVING
PRACTICES TO SUPPORT YOUR LOSS JOURNEY.
("NOTES" HEADING HAS DISAPPEARED! ACCESS
THESE ON MY WEBSITE JOYFULJOURNEYS.CA) I
HOPE YOU FIND WHAT YOU ARE LOOKING FOR.

~LESLIE

'I PERSONALLY HAVE PARTICIPATED IN LESLIE'S
LOSS HEART INITIATIVE AND IT WAS EXTREMELY
HEALING TO BE ABLE TO CROCHET TINY HEARTS TO
MAIL TO HER, WHILE KNOWING ANOTHER LOSS
MAMA WAS SENDING HER OWN HEARTS TO ME VIA
THIS INCREDIBLE CONNECTION LESLIE HAS
CREATED.

- ANNIE ROO, IN MEMORY OF OUR TUGBOAT
SUGARLAND BABY 2018

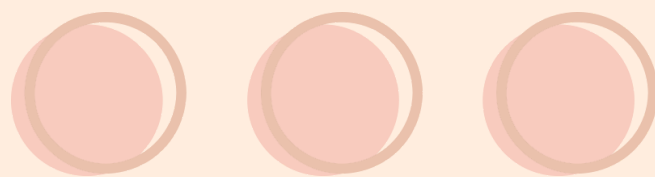
“GRIEF IS ABOUT A BROKEN HEART, NOT A BROKEN
BRAIN. ALL EFFORTS TO HEAL THE HEART WITH
THE HEAD FAIL BECAUSE THE HEAD IS THE WRONG
TOOL FOR THE JOB. IT'S LIKE TRYING TO PAINT
WITH A HAMMER- IT ONLY MAKES A MESS.” -
JAMES AND FRIEDMAN

WEBSITE RESOURCES FOR LOSS

[HTTPS://STILLSTANDINGMAG.COM/](https://stillstandingmag.com/)

FOUNDED IN 2012, STILL STANDING MAGAZINE HAS BEEN THE WORLD'S LEADING ONLINE VOICE IN BREAKING THE SILENCE ON CHILD LOSS – FROM CONCEPTION TO ADULTHOOD, AND INFERTILITY. WE SHARE STORIES FROM AROUND THE WORLD OF WRITERS SURVIVING THE AFTERMATH OF LOSS AND GRIEF – AND INCLUDE INFORMATION ON HOW OTHERS CAN HELP.

THIS IS A PAGE FOR ALL GRIEVING PARENTS. IF YOU GRIEVE THE LOSS OF YOUR CHILD, NO MATTER THE CIRCUMSTANCES, YOU ARE WELCOME HERE.



[HTTPS://TWINSTRUST.ORG/BEREAVEMENT/SUPPORT/PERSONAL-STORIES.HTML](https://twinstrust.org/beravement/support/personal-stories.html)

IT CAN SOMETIMES HELP TO READ STORIES FROM PARENTS WHO MAY HAVE EXPERIENCED A SIMILAR SITUATION TO YOUR OWN. KIND PARENTS HAVE SHARED THEIRS WITH US HERE. PLEASE BE AWARE THAT SOME STORIES CONTAIN DETAILS OF SURVIVORS.

TWINS TRUST'S BEREAVEMENT SUPPORT GROUP OFFERS A SAFE SPACE FOR PARENTS TO TALK TO SOMEONE THAT HAS SADLY BEEN THROUGH A SIMILAR EXPERIENCE.

WEBSITE RESOURCES FOR LOSS

**[HTTPS://WWW.MISCARRIAGEASSOCIATION
.ORG.UK/](https://www.miscarriageassociation.org.uk/)**

MISCARRIAGE IS NEVER EASY
IF YOU'VE BEEN AFFECTED BY MISCARRIAGE, MOLAR
PREGNANCY OR ECTOPIC PREGNANCY, WE HOPE
THIS WEBSITE WILL PROVIDE THE INFORMATION
THAT YOU'RE LOOKING FOR.

WE HOPE THAT FAMILY, FRIENDS, COLLEAGUES AND
HEALTH PROFESSIONALS WILL FIND THE SITE
HELPFUL TOO.

WE'RE HERE TO HELP YOU THROUGH.



**[HTTPS://WWW.NYTIMES.COM/2020/10/19/
WELL/FAMILY/PREGNANCY-LOSS-
MISCARRIAGE.HTML?
ACTION=CLICK&MODULE=RELATEDLINKS&
PGTYPE=ARTICLE](https://www.nytimes.com/2020/10/19/well/family/pregnancy-loss-miscarriage.html?action=click&module=relatedlinks&pgtype=article)**

RECOGNIZING MISCARRIAGE AS AN OCCASION FOR
GRIEF

MANY PEOPLE EXPERIENCING MISCARRIAGES FEEL
ISOLATED OR BLAME THEMSELVES, OFTEN BECAUSE
PREGNANCY LOSS IS STILL VEILED IN SECRECY.

PSALM 34:18

"THE LORD IS NEAR TO THE
BROKENHEARTED AND SAVES THE
CRUSHED IN SPIRIT."

"BLESSED BE THE GOD AND FATHER OF OUR LORD JESUS CHRIST, THE FATHER OF MERCIES AND GOD OF ALL COMFORT, WHO COMFORTS US IN ALL OUR AFFLICTION, SO THAT WE MAY BE ABLE TO COMFORT THOSE WHO ARE IN ANY AFFLICTION, WITH THE COMFORT WITH WHICH WE OURSELVES ARE COMFORTED BY GOD."

ESSENTIAL OIL RESOURCES FOR LOSS

MAKE SURE THAT ALL INGREDIENTS USED IN YOUR WOMB WELLNESS CARE ARE SAFE, CLEAN, & TOXIN FREE. MAKE YOUR OWN INFORMED CHOICES.

"DO WHAT WORKS, NOT WHAT DOESN'T."
- FAMOUS WISE MOTHERING WORDS, AUTHOR UNKNOWN

I PERSONALLY USE AND RECOMMEND YOUNG LIVING ESSENTIAL OILS AS I HAVE TRAVELED TO THEIR FARMS, VISITED THEIR HEADQUARTERS, SPOKEN TO THEIR FEMALE MOLECULAR BIOLOGISTS - WHO USE THE SAME MACHINES I DID IN MY PLANT MOLECULAR BIOLOGY LAB, AND CONVERSED IN SPANISH WITH THEIR SOUTH AMERICAN FARMERS FROM ECUADOR.

IF YOU WOULD LIKE TO LEARN MORE ABOUT ESSENTIAL OILS, YOUR WOMB WELLNESS, AND YOUNG LIVING, PLEASE REACH OUT TO ME.

ANNIEROOGURU@GMAIL.COM

WWW.ANNIEROO.COM

ROMANS 8:18

"FOR I CONSIDER THAT THE SUFFERINGS OF THIS PRESENT TIME ARE NOT WORTH COMPARING WITH THE GLORY THAT IS TO BE REVEALED TO US."

WHY ESSENTIAL OILS HELP DURING LOSS

THE IDEA IS TO CHOOSE ONE, OR A FEW OILS AND USE THAT OIL IN ORDER TO UNLOCK THE PLANT'S TERPENES - THE CHEMICAL COMPOUNDS INSIDE THE PLANT THAT MAKE THEM DO WHAT THEY DO- PROTECT THE HOST, ATTRACT POLLINATORS, SMELL PRETTY OR OFFENSIVE, SEND PHEROMONES AKA CHEMICAL HORMONES.

THIS IS LIKE WHEN YOU WEAR A NEW LOTION, PERFUME, OR ESSENTIAL OIL ON VACATION, DURING A PREGNANCY, DATING A NEW PERSON, AND THEN EVERY TIME YOU SMELL IT YOU THINK OF THAT AMAZING VACATION, OR BIRTH, OR LOVER.

SAME THING HAPPENS WHEN YOU SMELL BUG SPRAY, OR YOUR GRAMA'S PERFUME, OR WHAT A FAVORITE CHILDHOOD FOOD SMELLED LIKE, OR YOUR FIRST BOYFRIEND'S COLOGNE. YOU IMMEDIATELY GET THRUST BACK IN TIME BECAUSE IT IS ENGAGING YOUR LIMBIC BRAIN.

THIS IS A REAL PHENOMENON. IT ISN'T MADE UP. SMELLS FROM TRAUMA CAN ALSO TRIGGER US. SMELLS OF A HOSPITAL ROOM, A SPECIFIC CHEMICAL OR PERSON, A DRINK OR FOOD THAT WE VOMITED/GOT SICK FROM (MINE IS A PEPPERMINT PATTY WHEN I WAS LITTLE. I HATE CHOCOLATE AND MINT NOW!) - ALL BECAUSE OUR BRAIN STORED THAT MEMORY SO COMPACTLY AND SPECIFICALLY.

(MEMORIES ARE STORED ALLOVER OUR BODIES, NOT IN OUR BRAIN ALONE!)

WE CAN ALSO MAKE OUR OWN BEAUTIFUL MEMORIES ON PURPOSE. WE CAN MAKE OUR BODY HAVE WONDERFUL TRAUMA RELEASE AND ENJOY THE MOMENTS OF EMOTIONAL RELAXATION WHEN WE CHOOSE AN OIL THAT WE SPECIFICALLY WANT FOR AN INTENTION.

WE CAN ENGAGE OUR BRAINS AND ENCOURAGE RELEASE OF TRAUMA IN A SAFE AND HONORING WAY WHEN WE USE ESSENTIAL OILS AND HERBS TO LET GO OF THAT MEMORY.

DIFFUSING AND APPLYING ESSENTIAL OILS TO THE BODY ARE TWO OF THE MOST USED WAYS TO INCORPORATE ESSENTIAL OILS INTO DAILY LIFE AND FOR WELLNESS BALANCING.

MATTHEW 5:4
"BLESSED ARE THOSE
WHO MOURN, FOR THEY
SHALL BE COMFORTED."

ESSENTIAL OIL RESOURCES FOR LOSS

OILS OF ANCIENT SCRIPTURE

SINGLE OILS:

CALAMUS
CASSIA
CEDARWOOD
CINNAMON BARK
CISTUS/ROSE OF SHARON
CYPRESS
FRANKINCENSE
HYSSOP
MYRRH
MYRTLE
SANDALWOOD
SPIKENARD

BLENDS:

EXODUS II
3 WISE MEN
WHITE ANGELICA
SACRED MOUNTAIN

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YOUNG LIVING HAS CREATED A COLLECTION OF BIBLE OILS THAT YOU CAN PURCHASE WHICH INCLUDES 10 SINGLE OILS FROM THE LIST ABOVE. CALAMUS AND SPIKENARD ARE THE ONLY ONES THAT ARE NOT AVAILABLE. SPIKENARD IS A PROTECTED SPECIES AND ILLEGAL TO HARVEST AT THIS TIME. HOPEFULLY IN THE FUTURE IT WILL RECOVER.

THIS KIT CONTAINS ALL EXCELLENT WOMB, FEMALE REPRODUCTIVE SUPPORTIVE, BALANCING ESSENTIAL OILS FOR EVERYDAY MAINTENANCE, AS WELL AS GRIEF, LOSS, FERTILITY, AND POSTPARTUM SUPPORT - IN MY HUMBLE OPIONION - THEY COULD RENAME IT 'THE BIBLICAL WOMB OIL KIT.'

ISAIAH 53:4

"SURELY HE HAS BORNE OUR GRIEFS AND CARRIED OUR
SORROWS; YET WE ESTEEMED HIM STRICKEN, SMITTEN
BY GOD, AND AFFLICTED."

ESSENTIAL OIL RESOURCES FOR LOSS

ESSENTIAL OILS FOR BALANCING WELLNESS
THROUGH DEPRESSION / ANXIETY /
POSTPARTUM DEPRESSION
AFTER A BIRTH LOSS

SINGLE OILS

ROMAN CHAMOMILE
MELISSA/LEMONBALM
JASMINE
SACRED FRANKINCENSE
FRANKINCENSE
PEPPERMINT
YLANG YLANG
ROSEMARY
JADE LEMON
LEMON
LIME
CEDARWOOD
BERGAMOT
SAGE
CLARY SAGE
SACRED SANDALWOOD
ROYAL HAWAIIAN SANDALWOOD

BLENDS

JOY
FREEDOM
VALOR
HOPE
THE GIFT
SCLARENSENCE
TRAUMA LIFE
PEACE & CALMING
PEACE & CALMING II
LOYALTY
RUTAVALA
TRANSFORMATION
DRAGON TIME

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ESSENTIAL OIL RESOURCES FOR LOSS

HORMONE BALANCING OILS

BERGAMOT (THE CITRUS THAT MAKES EARL GREY TEA!, ANTIDEPRESSANT)

BLUE TANSY (POWERFULLY CALMING, ANTI-INFLAMMATORY, IS **BLUE!**)

BLUE YARROW (GROUNDING, COMBATS SCARRING, REDUCES CONFUSION, IS **BLUE!**)

CLARY SAGE (PHYTOESTROGEN, CIRCULATORY, MENSTRUAL USES)

DILL (COOK WITH OR APPLY, CALMS AUTONOMIC NERVOUS SYSTEM, DATES 1550 BC PAPYRUS OF EBERS IN EGYPT)

LAVENDER (REDUCES DEPRESSION & IMPROVES COGNITION (DIEGO MA, ET AL., 1998), REDUCES MENTAL STRESS (MOTOMURA, 2001))

RELAXING OILS

DAVANA (ANGER BALANCER & APHRODISIAC, [DILUTE DUE TO HIGH KETONE CONTENT](#))

GERMAN CHAMOMILE (POWERFUL ANTIOXIDANT, DATES 78 AD, DISPELS ANGER, STABILIZES EMOTIONS LINKED TO PAST, SOOTHES MIND, IS **BLUE!**, BLOOD DETOXIFIER)

SACRED ANGEL - RESTORES CONFIDENCE, CONTAINS MYRRH

SACRED MOUNTAIN - GROUNDING, STIMULATES LIMBIC BRAIN, THE CENTER OF EMOTION/MEMORY

REVELATION 21:4

"HE WILL WIPE AWAY EVERY TEAR FROM THEIR EYES, AND DEATH SHALL BE NO MORE, NEITHER SHALL THERE BE MOURNING, NOR CRYING, NOR PAIN ANYMORE, FOR THE FORMER THINGS HAVE PASSED AWAY."

ESSENTIAL OIL RESOURCES FOR LOSS

EMOTIONALLY SUPPORTIVE OILS

RELEASE - MEMORY TRAUMA RELEASE FROM LIVER, PINEAL GLAND STIMULATION TO RELEASE DEEP SEATED TRAUMA, ONE OF MOST POWERFUL EMOTIONALLY SUPPORTIVE BLENDS, BLEND OF 6 POWERFUL OILS: BLUE TANSY, SANDALWOOD, GERANIUM, LAVANDIN, OLIVE OIL, YLANG YLANG

HELICHRYSUM (GRIEF MUTING, NERVE REGENERATIVE, THE ULTIMATE HEART OIL: CARDIOVASCULAR SUPPORTIVE, BLOOD CLOTS, HYPERTENSION, CIRCULATORY DISORDERS, AND THE HEART EMOTION SUPPORTER)

VETIVER - ANTI-INFLAMMATORY, PPD RELIEF, POSTPARTUM, CIRCULATORY STIMULANT



DETOXIFYING SUPPORTIVE OILS

JUVAFLEX - HELPS LIVER AND LYMPHATIC DETOX, EMOTIONS OF ANGER AND HATE CREATE TOXINS STORED IN LIVER, HELPS BREAK ADDICTIONS, CONTAINS BLUE TANSY & HELICHRYSUM

CLOVE - PART OF MARSEILLES VINEGAR/ 4 THIEVES VINEGAR, PEOPLES OF ISLAND TERNATE FREE FROM EPIDEMICS UNTIL 16TH CENTURY, WHEN DUTCH CONQUERERS DESTROYED ALL THEIR CLOVE TREES ON THE ISLANDS, LISTED IN BENEDICTINE HERBALIST HILDEGARD OF BINGEN'S MEDICINAL TOMES (1098-1179), TRADITIONAL DENTAL NUMBING AGENT, CARDIOVASCULAR SUPPORTIVE

LUKE 6:21

"BLESSED ARE YOU WHO ARE HUNGRY NOW, FOR YOU SHALL BE SATISFIED. BLESSED ARE YOU WHO WEEP NOW, FOR YOU SHALL LAUGH."

FLOWER ESSENCE RESOURCES FOR LOSS

I ENCOURAGE EVERYONE TO BUY LOCALLY, BUT IN THE EVENT THAT IS NOT POSSIBLE I HAVE CREATED AMAZON LINKS FOR YOU.

AS AN AMAZON ASSOCIATE I EARN FROM QUALIFYING PURCHASES.

CLICK ESSENCE NAME FOR LINK TO PURCHASE

BACH ORIGINAL FLOWER REMEDIES:

OAK -

ALLOWS THE NATURALLY STRONG TO TAKE A BREAK RATHER THAN STRUGGLE ON WITHOUT REST, RECOGNIZE THE NEED TO RECHARGE. THE POSITIVE POTENTIAL OF OAK IS TO REMAIN STRONG AND PERSEVERE, BUT UNDERSTAND YOUR OWN LIMITS.

CLEMATIS -

HELPS YOU LIVE MORE ACTIVELY IN THE PRESENT RATHER THAN IN THE FUTURE OR IN YOUR OWN DREAM WORLD

STAR OF BETHLEHEM -

SUPPORT FOR TRAUMA & SHOCK, DEAL WITH THE AFTEREFFECTS OF A LIFE-ALTERING EXPERIENCE. HAVE COMFORT AND SOOTHE YOUR PAIN AND SORROWS

SWEET CHESTNUT -

FACE EXTREME FEELINGS OF HOPELESS DESPAIR WITH A CLEAR MIND. REGAIN CONTROL OVER YOUR DAILY LIFE WITH PEACE OF MIND

LUKE 6:21

"BLESSED ARE YOU WHO ARE HUNGRY NOW,
FOR YOU SHALL BE SATISFIED. BLESSED ARE
YOU WHO WEEP NOW, FOR YOU SHALL LAUGH."

FLOWER ESSENCE RESOURCES FOR LOSS

BACH ORIGINAL FLOWER REMEDIES:

GORSE -

ENCOURAGES THE POSITIVE POTENTIAL TO REGAIN THE WILLPOWER TO FIGHT ON, REGAINING FAITH AND HOPE. IN TIMES WHEN YOU NEED TO FIND THE SUNSHINE AT THE END OF A DARK PERIOD, DON'T GIVE UP HOPE. FEEL BRIGHTER DESPITE CURRENT PHYSICAL, EMOTIONAL, OR OTHER WORLDLY PROBLEMS.

HOPE AND JOY COMFORT KIT:

INCLUDES STAR OF BETHELEM, GORSE, AND SWEET CHESTNUT

WALNUT -

FOR ALL DIFFICULTIES AND STRESS FROM LIFE CHANGES, PROTECTS USE FROM OUTSIDE INFLUENCES SUCH AS PEOPLE & EVENTS, INSTEAD OF BEING TAKEN OFF GUARD, SUPPORT YOUR MIND IN LEARNING TO ADAPT

WILD OAT -

CLUELESS AS TO "WHAT'S NEXT?," TIMES WHEN WE NEED AND SEEK DIRECTION, HELP ONE WHO NEEDS TO MAKE SENSE OF THEIR LOVED ONE'S PASSING, ENCOURAGES THE POSITIVE POTENTIAL TO DECIDE ON THE RIGHT PATH FOR YOUR FUTURE. WHEN YOU ARE UNCERTAIN OF WHAT YOU WANT IN LIFE, AND ARE FACED WITH AN IMPORTANT DECISION TO MAKE REGARDING YOUR PATH. FIND INNER CLARITY.

BACH ALSO MAKES RESCUE PASTILLES

THESE ARE HARD GUMMY FLOWER ESSENCES YOU SUCK ON
I CARRY A TIN IN MY DIAPER BAG/PURSE AT ALL TIMES
AND WE HAVE A STASH IN MY KITCHEN

BLACK CURRANT PASTILLES (MY FAVORITE!)

LEMON RESCUE PASTILLES

PASTILLE 4-PACK

(LEMON, CRANBERRY, BLACK CURRANT, AND ORIGINAL FLAVOR)

HERBAL ALLY RESOURCES FOR LOSS

MAKE SURE THAT ALL INGREDIENTS USED IN YOUR WOMB WELLNESS CARE ARE SAFE, CLEAN, & TOXIN FREE. MAKE YOUR OWN INFORMED CHOICES.

MY TUGBOAT SUGARLAND STORY

WE FOUND OUT WE WERE PREGNANT IN 2018 AND WAITED A FEW WEEKS BEFORE TELLING PEOPLE WE WERE EXPECTING. I HAD BEEN PLANNING ON ATTENDING A HOLISTIC DOULA TRAINING AND FLEW OUT TO CHICAGO FOR THE CERTIFICATION. I TOOK PICTURES OF MY BELLY, AND VISITED MY COUSIN FOR DINNER ONE NIGHT WHILE THERE. SHE WAS VERY PREGNANT AND DUE ANY MOMENT.

I ENDED UP ARRIVING AT HOME AFTER THE FLIGHT BACK AND BEGAN BLEEDING THAT EVENING. I NEVER HAD ANY PHYSICAL PAIN TO LET ME KNOW WHAT WAS HAPPENING, BUT IT WOULD BE 2 OF THE MOST INTENSELY EXHAUSTING, SPIRITUALLY & PHYSICALLY DEMANDING WEEKS FROM THAT NIGHT - UNTIL WE BIRTHED OUR TUGBOAT SUGARLAND BABY - I HAVE EVER EXPERIENCED IN MY LIFE TO DATE.

THE ER STAFF GUESSED THE BABY STOPPED GROWING AROUND 9 WEEKS BUT IT WAS HARD TO TELL. I FREEBIRTHED AT HOME AROUND 12 WEEKS. WE THEN BECAME PREGNANT 5 MONTHS LATER WITH OUR RAINBOW BABY WHO IS VERY MUCH ALIVE. SHE IS A MIRACLE FROM GOD IN EVERY SENSE. HERE IS HER STORY.

LISTEN TO MY FREE BIRTH HOME MISCARRIAGE AND RAINBOW BABY FREEBIRTH HERE ON INDIE BIRTH'S "BIRTH WARRIOR" PODCAST PROJECT

I RESEARCHED AND CREATED THIS BLEND SPECIFICALLY FOR MY WOMB TEA AND YONI STEAM DURING THE MISCARRIAGE AND POSTPARTUM RECOVERY FOR OUR LOSS. IT MUST BE A FERTILE BLEND AS WELL BECAUSE I ONLY HAVE ONE OVARY!

I HOPE THAT YOU ENJOY MY FERTILITY, PEACE, SPIRITUAL HEALING, EMOTIONAL RELEASE, AND PHYSICAL WELLNESS TEA.

PLEASE MAKE IT FOR SOMEONE YOU LOVE.

JOHN 14:27

"PEACE I LEAVE WITH YOU; MY PEACE I GIVE TO YOU. NOT AS THE WORLD GIVES DO I GIVE TO YOU. LET NOT YOUR HEARTS BE TROUBLED, NEITHER LET THEM BE AFRAID."

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PROVERBS 3:5-6

‘TRUST IN THE LORD WITH ALL YOUR HEART, AND DO NOT LEAN ON YOUR OWN UNDERSTANDING. IN ALL YOUR WAYS ACKNOWLEDGE HIM, AND HE WILL MAKE STRAIGHT YOUR PATHS.’

HERBAL ALLY RESOURCES FOR LOSS

IF YOU WOULD LIKE TO KNOW MORE ABOUT EACH HERB, THE EXACT RECIPE AND PROPORTIONS, HOW TO MAKE TRADITIONAL HOLISTIC WOMB TEA, AND LEARN ABOUT BEING YOUR OWN HERBALIST IN THE KITCHEN, I INVITE YOU TO CLICK HERE AND TAKE MY WOMB TEA AND WOMB STEAMING CLASSES

HOLISTIC TRADITIONAL HERBALISM IS NOTHING NEW. PEOPLE HAVE BEEN BLENDING HERBAL REMEDIES FOR AS LONG AS PLANTS HAVE GROWN ON THE EARTH.

TRUST YOUR INSTINCTS AND CHOOSE ONE, SOME, OR ALL.

CULTURALLY, WELL VERSED PLANT MEDICINE WOMB TENDERS HAVE LONG HELD THE BELIEF THAT EACH PERSON WOULD GET TO KNOW EACH HERB ALONE, SEPARATELY, **BEFORE** BLENDING AND COMBINING IN ORDER TO GIVE THE BODY A CHANCE TO SPEAK TO THE HERB AND FIND OUT JUST WHAT IT CAN DO TO SUPPORT THE ONE WHO IS PARTAKING OF THIS PLANT WISDOM.

I BELIEVE THIS 1-1 TIME IS A WONDERFUL WAY TO ALIGN WITH EACH PLANT'S CHARACTERISTICS; TO TRULY GET TO "KNOW" THEM AS THE HERBAL ALLY ENJOYER.

ALWAYS USE YOUR BEST JUDGMENT WHEN WORKING WITH ANY PLANT WISDOM.

MY TUGBOAT SUGARLAND BLEND

CALENDULA
CALIFORNIA POPPY
COMFREY
GERMAN CHAMOMILE
HAWTHORNE LEAF & BERRY
LEMON BALM
MARSHMALLOW ROOT
MOTHERWORT
NETTLES LEAF
OAT STRAW
PLANTAIN
PINK ROSE PETALS
RED RASPBERRY LEAF
RED ROSE PETALS
SKULLCAP
TULSI HOLY BASIL

2 TIMOTHY 4:7-8

"I HAVE FOUGHT THE GOOD FIGHT, I HAVE FINISHED THE RACE, I HAVE KEPT THE FAITH. HENCEFORTH THERE IS LAID UP FOR ME THE CROWN OF RIGHTEOUSNESS, WHICH THE LORD, THE RIGHTEOUS JUDGE, WILL AWARD TO ME ON THAT DAY, AND NOT ONLY TO ME BUT ALSO TO ALL WHO HAVE LOVED HIS APPEARING."

HERBAL ALLY RESOURCES FOR LOSS

THESE HERBS - IN ADDITION TO THE TUGBOAT SUGARLAND RECIPE - ARE EXCELLENT WOMB TENDING ALLIES FOR TRAUMA BECAUSE BIRTH TRAUMA ELICITS EMOTIONAL RELEASES THAT MAY STEM FROM PAST ABUSE, SEXUAL TRAUMA, MOLESTATION, RAPE, BIRTH LOSS, BOUNDARY BREAKING, AND TRAUMATIC EVENTS.

I FEEL IN MY HUMBLE OPINION THAT THEIR USE IS SUPPORTIVE, POWERFUL, AND POTENT EVEN IN SMALL SIPS OF WOMB TEA OR A YONI STEAM.

TROPHORESTORATIVES

MILK THISTLE
DANDELION
FALSE UNICORN ROOT
LICORICE
CHICKWEED
BURDOCK ROOT
GOTU KOLA
HORSETAIL
MULLEIN
MEADOWSWEET



HEART HEALING TRAUMA ALLIES

'PUT YOUR WOMB AT EASE'
BLEND I CREATED FOR CLIENTS
WITH SIGNIFICANT REPETITIVE LOSSES
HIBISCUS
BLUE COHOSH
BLACK COHOSH
CRAMPBARK
LADY'S MANTLE
JASMINE

TROPHORESTORATIVES LIKE THESE HERBS ARE BEST EXPLAINED BY THEIR USE OVER LONG-TERM TIMELINES TO CREATE A WELLNESS ROUTINE WITH CONSISTENCY.

"IN CHRONIC STATES OF IRRITATION OR DEPRESSION, SOME DEGREE OF VITAL DEFICIENCY WILL MANIFEST IN AFFECTED TISSUE, WITH GRADUAL LOSE OF THE FUNCTIONAL ABILITIES.

THE ORGAN OR TISSUE IS DETERMINED TO BE SUFFERING FROM THIS STATE, TROPHORESTORATIVES CAN BE USED SAFELY LONG TERM TO RESTORE NORMAL FUNCTION." - DR. MARISA MARCIANO

[HTTPS://THENATUROPATHICHERBALIST.COM/HERBAL-ACTIONS/S-Z/TROPHORESTORATIVES/](https://thenaturopathicherbalist.com/herbal-actions/s-z/trophorestoratives/)

SOURCES

HEALING OILS OF THE BIBLE, BY DAVID STEWART, CARE PUBLICATIONS, 2007.

LIFE SCIENCE PUBLISHING. (2019). IN ESSENTIAL OILS: POCKET REFERENCE.

TROPHORESTORATIVE. THE NATUROPATHIC HERBALIST. (2014, MAY 14).

[HTTPS://THENATUROPATHICHERBALIST.COM/HERBAL-ACTIONS/S-Z/TROPHORESTORATIVES/](https://thenaturopathicherbalist.com/herbal-actions/s-z/trophorestoratives/).

YOUNG LIVING ESSENTIAL OILS: WORLD LEADER IN ESSENTIAL OILS. YOUNG LIVING ESSENTIAL OILS | WORLD LEADER IN ESSENTIAL OILS. (N.D.).

[HTTP://WWW.YOUNGLIVING.COM/](http://www.youngliving.com/).

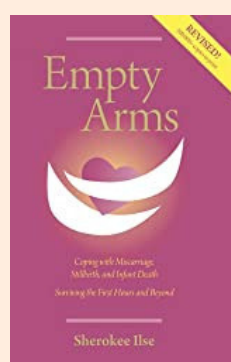
ROMANS 15:13

"MAY THE GOD OF HOPE FILL YOU WITH ALL JOY AND PEACE IN BELIEVING, SO THAT BY THE POWER OF THE HOLY SPIRIT YOU MAY ABOUND IN HOPE."

I ENCOURAGE EVERYONE TO BUY LOCALLY, CHECK OUT YOUR LOCAL LIBRARY, OR USED BOOK STORE... BUT IN THE EVENT THAT IS NOT POSSIBLE I HAVE CREATED AMAZON LINKS FOR YOU.

AS AN AMAZON ASSOCIATE I EARN FROM QUALIFYING PURCHASES.

BOOK RESOURCES FOR LOSS



EMPTY ARMS IS WRITTEN FOR SURVIVING THE FIRST HOURS AND BEYOND

"THIS CLASSIC BOOK IS ONE OF THE FIRST GIVEN TO NEWLY BEREAVED PARENTS TO OFFER GUIDANCE IN DECISION-MAKING AFTER THEIR BABY'S DEATH AND TO ASSIST CAREGIVERS AS THEY SUPPORT FAMILIES.

EMPTY ARMS ENCOURAGES FAMILIES TO MEET THEIR BABIES AND SAY HELLO BEFORE RUSHING TO SAY GOODBYE. WITH COMPASSION THAT COMES FROM SHEROKEE AND DAVID'S EXPERIENCE OF HAVING LIVED THROUGH THE DEATH OF THEIR SON BRENNAN, THE BOOK OFFERS GUIDANCE AND PRACTICAL SUGGESTIONS FOR THE DECISION-MAKING AT THE TIME (INCLUDING WHY AND HOW ONE MIGHT SEE, HOLD, AND MEMORIALIZE ONE'S BABY) AND OVER TIME (SUCH AS HOW TO HANDLE SUCH TIMES AS ANNIVERSARIES, HOLIDAYS AND THE BIRTH OF OTHER BABIES IN THE PARENTS' CLOSE CIRCLE.)

FAMILY AND FRIENDS CAN LEARN HOW TO UNDERSTAND THE LOSS AND BE SUPPORTIVE OF THE BEREAVED FAMILIES. IT OFFERS ONGOING SUPPORT ABOUT SUBJECTS SUCH AS RETURNING TO WORK OR TO LIFE, COUPLE GRIEVING, SURVIVING CHILDREN, FEELING GUILTY, HAVING ANOTHER CHILD OR NOT, AND FEELING LONELY."

"WHEN WE SEPARATE THE CREATIVE PROCESS FROM A NEED TO SOLVE OR FIX THINGS, IT BECOMES AN ALLY, A WAY TO WITHSTAND GRIEF, TO REDUCE SUFFERING, EVEN AS IT CAN'T CHANGE THE PAIN."

MEGAN DEVINE

BOOK RESOURCES FOR LOSS



"THIS BOOK IS A SIMPLE BOOK OF LOVE WRITTEN FOR YOU, A GRIEVING LOSS MOM, FROM OTHER LOSS MOMS WHO HAVE ALSO HEARD THOSE LIFE-ALTERING, SOUL-SHATTERING WORDS, "I'M SORRY THERE IS NO HEARTBEAT" OR "I'M SORRY, YOUR BABY IS GONE." IN THE PAGES OF THIS BOOK, WE SHARE LETTERS OF LOVE FROM OUR HEARTS TO YOURS WITH THE HOPE THAT, MAYBE, IN THE DARKEST, LONELIEST HOURS OF GRIEF, YOU WILL FIND A LITTLE BIT OF COMFORT IN THE WORDS OF ANOTHER MOTHER WHO HAS BEEN WHERE YOU ARE NOW. OUR DEEPEST DESIRE IS FOR YOU TO KNOW THAT YOU ARE NOT ALONE. WE ARE WITH YOU. ALTHOUGH WE DESPERATELY WISH WE DIDN'T HAVE A REASON TO, WE LOVINGLY WELCOME YOU TO OUR COMMUNITY OF SISTER-MOTHERS OF LOSS. LET US WRAP YOU IN LOVE AND BE A LIGHT IN THE DARKNESS OF GRIEF.

EMILY LONG IS THE MAMA OF TWO DAUGHTERS GONE TOO SOON, A GRIEF + TRAUMA THERAPIST, COFFEE SHOP WRITER, BAKER OF BAGELS AND CONSUMER OF HOT COCOA, ENDLESS READER, LOVER OF TRAVEL, AND OCCASIONAL HERMIT. YOU CAN OFTEN FIND HER AT HER LOCAL YOGA STUDIO CURSING IN DOWN DOG.

WHEN SHE'S NOT WRITING, EMILY ADVOCATES FOR THE VOICES OF GRIEVING FAMILIES, HAS A PRIVATE COUNSELING PRACTICE, SPEAKS NATIONALLY ON THE TOPICS OF GRIEF AND PREGNANCY, INFANT, AND CHILD LOSS, AND IS IN THE MIDST OF CREATING A LOCAL SUPPORT CENTER IN HER AREA FOR THOSE WHO HAVE EXPERIENCED THE LOSS OF A BABY OR CHILD. SHE IS ALSO THE CO-OWNER OF A LOCAL YOGA/MOVEMENT STUDIO.

EMILY LIVES IN BURLINGTON, VT WHERE SHE HIKES, RUNS, EATS UNDISCLOSED AMOUNTS OF BEN & JERRY'S, READS AN IMPROBABLE NUMBER OF BOOKS, AND IS GIVING UP HER NOMADIC WAYS TO SINK SOME ROOTS IN THIS BEAUTIFUL COMMUNITY."

REST

I SPENT SOME TIME RESEARCHING AND LOOKING UP BIBLE VERSES ABOUT REST.

RIGHT NOW I'M UP TO 56 VERSES. THEY'RE ALL ABOUT - BIRTH. DEATH. SABBATH. WITH OUR FATHERS. RESTORING MY SOUL. CHILD AND MOTHER.

WE UNDERESTIMATE THE POWER OF REST AS A PEOPLE. AS A SOCIETY, LIVING IN THE WORLD IN THE 21ST CENTURY, SOME CULTURES EMBRACE REST, BUT IT IS STEEPED IN TRADITION, CEREMONY, AND HAS VALUE. THE PEOPLES WHO HAVE THE MOST DIFFICULT TIMES LACK THE SUPPORTIVE CIRCLES, THE TRIBES, EXTENDED FAMILIES, AND ENCOURAGING FRIENDS THAT THE ONES WHO FLOURISH IN THEIR GRIEF ARE INUNDATED WITH -WHY?

THE DIFFERENCE BETWEEN RESTING AND NOT ISN'T A SIMPLE QUESTION OF ABILITY - IT'S DESIRE. ANYONE CAN. NOT EVERYONE WILL.

CAN YOU EVEN IMAGINE WHAT YOUR BODY AND HEART IS WORTH? GOD CAN. HE DOES. EVERYDAY. EVERY MOMENT. EVERY SECOND.

EVERYTHING IS DO-ABLE.

TO NOT REST WILL LEAVE A HOLE. DIG A BIGGER DEEPER CAVERN, A CHASM, AND LEAVE YOU EVEN MORE DEPLETED.

HERE IS MY PRAYER FOR YOU.

REST.

WHATEVER IT LOOKS LIKE TO YOU. REST. AT HOME. OUT. WITH FRIENDS. REST. IN BED. IN THE SHOWER. EATING. REST. ON THE COUCH. IN THE CAR. REST. AT CHURCH. REST.

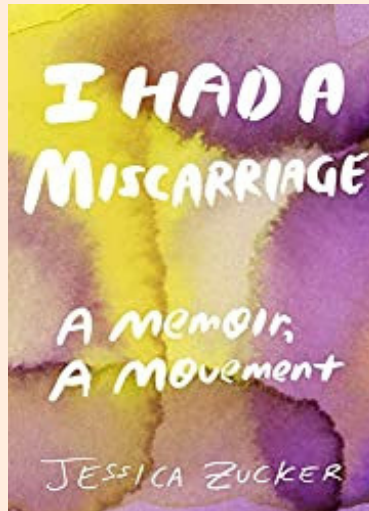
GOD DESIGNED US TO REST. AT NIGHT. IN LIFE. IN SORROW. IN JOY. TO CELEBRATE. TO GRIEVE. HE CREATED IN OUR VERY CELLS THE NEED TO REST.

DO IT. AND FEEL GOOD ABOUT IT. HEAL WITHIN THE REST. LET IT FLOW. REST. SIT. BE. IN SILENCE REST. IN CHEERS REST. IN THE SCREAMS REST. IN THE SOBBING REST. THERE IS HEALING IN THE STILLNESS.

"LUKE 23:56

56 THEN THEY WENT HOME AND PREPARED SPICES AND PERFUMES. BUT THEY RESTED ON THE SABBATH IN OBEDIENCE TO THE COMMANDMENT.

BOOK RESOURCES FOR LOSS



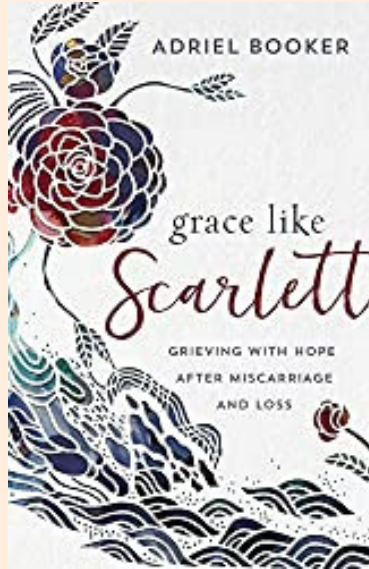
"SIXTEEN WEEKS INTO HER SECOND PREGNANCY, PSYCHOLOGIST JESSICA ZUCKER MISCARRIED AT HOME, ALONE. SUDDENLY, HER CAREER, SPENT SPECIALIZING IN REPRODUCTIVE AND MATERNAL MENTAL HEALTH, WAS RENDERED CORPOREAL, NO LONGER JUST THEORETICAL. SHE NOW HAD A CHANGED PERSPECTIVE ON HER LIFE'S WORK, HER PATIENTS' PAIN, AND THE CRUCIAL NEED FOR A ZEITGEIST SHIFT. NAVIGATING THIS NASCENT TRANSITION AMID HER OWN GRIEF BECAME A CATALYST FOR JESSICA TO BRING VOICE TO THIS UBIQUITOUS EXPERIENCE. SHE EMBARKED ON A MISSION TO UPEND THE STRIDENT TRIFECTA OF SILENCE, SHAME, AND STIGMA THAT SURROUNDS REPRODUCTIVE LOSS—AND THE RESULT IS HER STRIKING MEMOIR MEETS MANIFESTO.

DRAWING FROM HER PSYCHOLOGICAL EXPERTISE AND HER WORK AS THE CREATOR OF THE #IHADAMISCARRIAGE CAMPAIGN, I HAD A MISCARRIAGE IS A HEART-WRENCHING, THOUGHT-PROVOKING, AND VALIDATING BOOK ABOUT NAVIGATING THESE LIMINAL SPACES AND THE VITALITY OF TRUTH TELLING—AN URGENT REMINDER OF THE POWER OF SPEAKING OPENLY AND UNAPOLOGETICALLY ABOUT THE COMPLEXITIES OF OUR LIVES.

JESSICA ZUCKER WEAVES HER OWN EXPERIENCE AND OTHER WOMEN'S STORIES INTO A COMPASSIONATE AND COMPELLING EXPLORATION OF GRIEF AS A NECESSARY, NUANCED PERSONAL AND COMMUNAL PROCESS. SHE INSPIRES HER READERS TO SPEAK THEIR TRUTH AND, IN TURN, TO IGNITE TRANSFORMATIVE CHANGE WITHIN THEMSELVES AND IN OUR CULTURE."

2 BY THE SEVENTH DAY GOD HAD FINISHED THE WORK HE HAD BEEN DOING; SO ON THE SEVENTH DAY HE RESTED FROM ALL HIS WORK.

BOOK RESOURCES FOR LOSS



"THOUGH ONE IN FOUR PREGNANCIES ENDS IN LOSS, MISCARRIAGE IS SHROUDED IN SUCH SECRECY AND STIGMA THAT THE WOMAN WHO EXPERIENCES IT OFTEN FEELS DEEPLY ISOLATED, UNSURE HOW TO PROCESS HER GRIEF. HER BODY SEEMS TO HAVE BETRAYED HER. HER CONFIDENCE IN THE GOODNESS OF GOD IS RATTLED. HER LOVED ONES DON'T KNOW WHAT TO SAY. HER HEART IS BROKEN. SHE MAY FEEL GUILTY, ASHAMED, ANGRY, DEPRESSED, CONFUSED, OR ALONE.

WITH VULNERABILITY AND TENDERNESS, ADRIEL BOOKER SHARES INTIMATE STORIES ABOUT HER EXPERIENCES WITH EARLY AND MID-TERM MISCARRIAGES TO HELP YOU NAVIGATE YOUR OWN GRIEF AND KNOW YOU AREN'T ALONE. SHE TACKLES COMPLEX QUESTIONS ABOUT FAITH, SUFFERING, AND GOD'S WILL WITH SENSITIVITY AND CLARITY, DEVOID OF RELIGIOUS CLICHÉS OR PAT ANSWERS. ULTIMATELY, ADRIEL INVITES YOU TO A WIDE-OPEN PLACE OF GRACE, HONESTY, AND GENUINE HOPE AS YOU DISCOVER A REDEMPTION STORY UNFOLDING IN THE SHADOWS OF YOUR LOSS. SHE ALSO INCLUDES PRACTICAL RESOURCES FOR WAYS TO HELP GUIDE CHILDREN THROUGH GRIEF, ADVICE ON PREGNANCY AFTER LOSS, AND SPECIAL SECTIONS FOR DADS AND LOVED ONES.

GRACE LIKE SCARLETT WILL HELP YOU:

- BETTER UNDERSTAND YOUR GRIEF AND FIND LANGUAGE TO HELP YOU TALK ABOUT YOUR EXPERIENCES WITH OTHERS.
- EXAMINE THE COMPLEXITIES OF ABSTRACT OR DISENFRANCHISED GRIEF AND THE SOCIAL OR RELIGIOUS PRESSURES THAT CAN CONTRIBUTE TOWARD A SHORT-CIRCUITED GRIEVING PROCESS.
- DIGNIFY YOUR GRIEF EXPERIENCE AND SUPPORT YOU IN YOUR JOURNEY TOWARD HEALING.
- EXAMINE GRIEF, PAIN, AND SUFFERING FROM A CHRISTIAN PERSPECTIVE BY EXPLORING BIBLICAL TEXTS, THE LIFE OF JESUS, AND OTHER FIGURES FROM THE OLD AND NEW TESTAMENTS.
- HELP YOU EXAMINE YOUR FAITH AND DOUBT IN THE AFTERMATH OF YOUR GRIEF, AND PROVIDE YOU A SAFE SPACE TO ASK HARD QUESTIONS.
- HELP YOU FIND WAYS TO HONOR AND REMEMBER YOUR BABY'S LIFE.
- LEAVE YOU WITH PRACTICAL RESOURCES TO SUPPORT HEALTHY RELATIONSHIPS WITH YOUR SPOUSE, CHILDREN, FRIENDS, AND CHURCH COMMUNITY IN THE WAKE OF YOUR LOSS."

PSALM 23:3

3 HE REFRESHES MY SOUL.

HE GUIDES ME ALONG THE RIGHT PATHS
FOR HIS NAME'S SAKE.

BOOK RESOURCES FOR LOSS



"THIS BOOK IS FOR CHILDREN WHOSE FAMILY EXPERIENCES A MISCARRIAGE, STILLBIRTH, OR INFANT DEATH.

THE BOOK GIVES FAMILIES WORDS TO SUPPORT FEELINGS THAT A CHILD MAY HAVE AND TO MOVE FORWARD AS A FAMILY UNIT. THE BOOK INCLUDES TIPS FOR CAREGIVERS, ILLUSTRATIONS THAT REPRESENT ALL FAMILIES, AND SIMPLE WORDS THAT HELP ALL CHILDREN UNDERSTAND. APPROPRIATE FOR CHILDREN AGES 1-11.

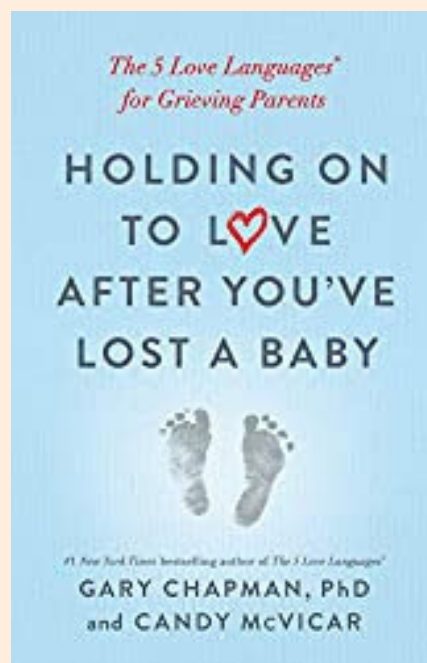
A CERTIFIED CHILD LIFE SPECIALIST IN THE HOSPITAL FOR 15 YEARS, LAURA HAS BUILT HER CAREER AROUND HELPING CHILDREN COPE DURING STRESSFUL EXPERIENCES.

LAURA HAS A UNIQUE RANGE OF KNOWLEDGE AND EXPERIENCE. SHE HAS EXPERIENCE WORKING WITH CHILDREN WITH A LARGE VARIETY OF HEALTH PROBLEMS AND HAS AN UNDERSTANDING OF THE HOSPITAL SYSTEM AND CHILDREN'S COMMON QUESTIONS.

IN ADDITION, LAURA HAS HELPED SUPPORT CHILDREN WITH LOVED ONE'S IN THE CCU, THE CANCER CENTER, THE NICU AND THE MATERNITY CENTER."

2 DEAR FRIENDS, NOW WE ARE CHILDREN OF GOD, AND WHAT WE WILL BE HAS NOT YET BEEN MADE KNOWN. BUT WE KNOW THAT WHEN CHRIST APPEARS, [A] WE SHALL BE LIKE HIM, FOR WE SHALL SEE HIM AS HE IS.

BOOK RESOURCES FOR LOSS



"A POWERFUL RESOURCE FOR GRIEVING COUPLES LOSING A CHILD IS AMONG THE MOST TRAGIC EXPERIENCES ONE CAN FACE.

THE CRUSHING GRIEF PUTS IMMENSE STRAIN ON THE MARRIAGE, FAMILY RELATIONSHIPS, AND FRIENDSHIPS THAT FEW CAN UNDERSTAND. THAT'S WHY THIS BOOK WAS WRITTEN. IN IT CANDY MCVICAR, A GRIEVING MOM WHO LEADS A MINISTRY FOR GRIEVING PARENTS, AND DR. GARY CHAPMAN, RELATIONSHIP EXPERT AND AUTHOR OF THE 5 LOVE LANGUAGES®, TEAM UP TO HELP COUPLES WHO ARE FACING THE UNIMAGINABLE.

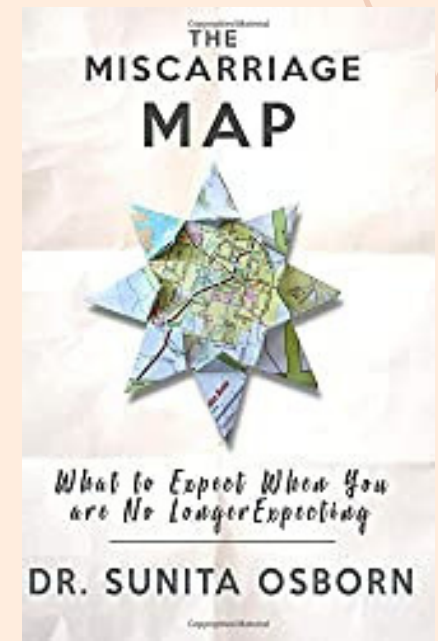
THEY'LL TEACH YOU HOW TO:

- COPE WITH THE COMPLEX FEELINGS THAT COME WITH THE GRIEF PROCESS
- UNDERSTAND YOUR SPOUSE'S UNIQUE GRIEVING NEEDS AND SUPPORT HIM/HER
- USE THE FIVE LOVE LANGUAGES THROUGH GRIEF

THERE IS NOTHING THAT CAN MAKE THE PAIN OF LOSING A CHILD GO AWAY, BUT HEALING IS POSSIBLE WITH INTENTIONAL HEARTS AND THE RIGHT RESOURCES."

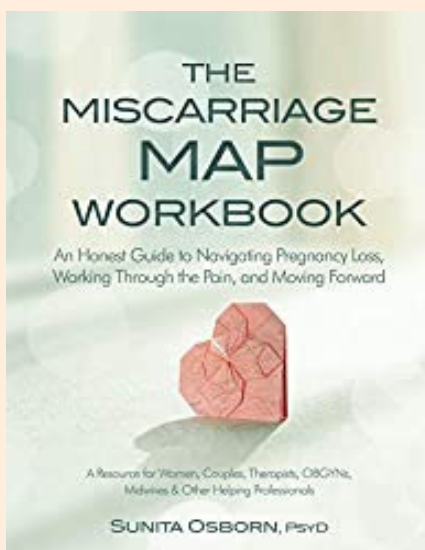
BOOK RESOURCES FOR LOSS

"MISCARRIAGE: IT CAN DEVASTATE AN INDIVIDUAL, A COUPLE, AND FAMILY TO THEIR VERY CORE. AND YET, THIS PAINFULLY COMMON HUMAN EXPERIENCE IS SO RARELY TALKED ABOUT. HOW DO WE CONTINUE FUNCTIONING? HOW DO WE TELL OUR PARTNER WHAT WE NEED? HOW DO WE DEAL WITH EMOTIONAL DUMPSTER FIRE THAT IS THE AFTERMATH OF A MISCARRIAGE? HOW DO WE NOT KILL THE FIFTH PERSON WHO TELLS US "YOU CAN ALWAYS HAVE ANOTHER BABY."



WITH UNFLINCHING HONESTY AND FEARLESS HUMOR, PSYCHOLOGIST DR. SUNITA OSBORN ADDRESSES THE RELEVANT BUT OFTEN UNSPOKEN TOPICS FOLLOWING A MISCARRIAGE INCLUDING THE IMPACT OF MISCARRIAGE ON A RELATIONSHIP, HATING PREGNANT PEOPLE AND ALL THINGS BABY AFTER MISCARRIAGE, YOUR RELATIONSHIP WITH YOUR BODY AFTER MISCARRIAGE, AND HOW TO MOVE FORWARD (NOT PAST).

INFORMED BY HER CLINICAL EXPERTISE AND HER OWN PERSONAL EXPERIENCE WITH MISCARRIAGE, THE MISCARRIAGE MAP OFFERS WOMEN, THEIR PARTNERS, AND LOVED ONES WITH THE NITTY GRITTY REALITIES OF A MISCARRIAGE, THE ACCOMPANYING EMOTIONAL ROLLER COASTER, AND SPECIFIC STEPS TO TAKE TO HELP THEM GET THROUGH THIS LOSS."



"HONEST. AUTHENTIC. 100% RELATABLE. THIS WORKBOOK WILL EMPOWER YOU TO MOVE FORWARD, NOT ON, AFTER PREGNANCY LOSS.

IN THIS FOLLOW-UP TO HER WIDELY ACCLAIMED BOOK, THE MISCARRIAGE MAP, DR. SUNITA OSBORN HAS CREATED A SECULAR AND RESEARCH-BASED WORKBOOK TO APPROACH THE PAINFUL REALITY OF PREGNANCY LOSS. STRIKINGLY VULNERABLE, YET DRAWING ON HER WORK IN REPRODUCTIVE PSYCHOLOGY, SHE IS UNPARALLELED IN HER ABILITY TO HELP THOSE WHO HAVE ALSO EXPERIENCED MISCARRIAGE.

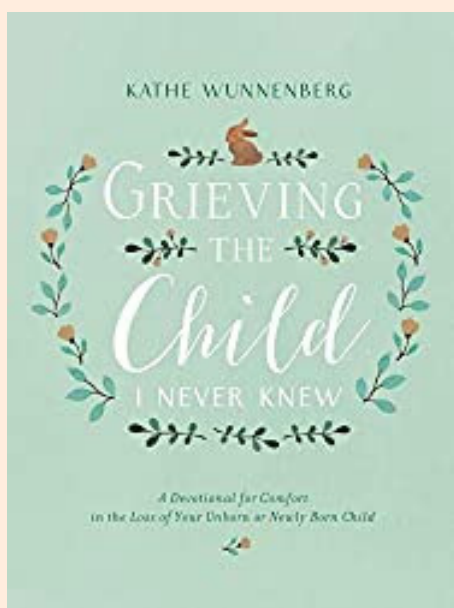
IN THE MISCARRIAGE MAP WORKBOOK, DR. OSBORN OFFERS A STRAIGHTFORWARD ROADMAP TO HELP WOMEN MOVE THROUGH THE TRAUMA AND GRIEF OF PREGNANCY LOSS, ALLOWING THEM TO FEEL DEEPLY UNDERSTOOD, BETTER EQUIPPED TO HANDLE LIFE STRESSORS, AND MORE EMPOWERED TO MOVE FORWARD IN LIFE. WITH BOTH HER CLINICAL EXPERTISE AND PERSONAL EXPERIENCE IN MIND, THIS WORKBOOK IS FILLED WITH PRACTICAL, ENGAGING, AND MEANINGFUL TOOLS AND INSIGHT THAT WILL ALLOW READERS TO:

- - DEVELOP COPING SKILLS FOR PREGNANCY LOSS AND THE INTENSE EMOTIONS THAT ACCOMPANY MISCARRIAGES
- - UNCOVER THEIR REPRODUCTIVE STORIES AND PROCESS REPRODUCTIVE TRAUMA
- - CULTIVATE GREATER ACCEPTANCE, COMPASSION, AND EMPATHY FOR THEMSELVES
- - WORK THROUGH THE SENSE OF BETRAYAL AND SHAME THEY MAY FEEL TOWARD THEIR PHYSICAL BODY
- - NAVIGATE INTIMACY AND THE UNIQUE CHALLENGES IN THEIR RELATIONSHIPS
- - RECONNECT WITH THEIR PURPOSE AND VALUES AS THEY MOVE FORWARD, NOT ON, FROM THEIR LOSS
-
- EACH CHAPTER INCLUDES NOTES, AND TIPS THAT THERAPISTS, OBGYNS, MIDWIFES, AND OTHER HELPING PROFESSIONALS CAN USE TO TAILOR TREATMENTS FOR EACH INDIVIDUAL PATIENT."

ROMANS 8:16

16 THE SPIRIT HIMSELF TESTIFIES WITH OUR SPIRIT THAT WE ARE GOD'S CHILDREN.

BOOK RESOURCES FOR LOSS



"WHEN THE ANTICIPATION OF YOUR CHILD'S BIRTH TURNS INTO THE GRIEF OF MISCARRIAGE, TUBAL PREGNANCY, STILLBIRTH, OR EARLY INFANT DEATH, NO WORDS CAN EASE YOUR LOSS.

BUT THERE IS STRENGTH AND ENCOURAGEMENT IN THE WISDOM OF OTHERS WHO HAVE BEEN THERE AND FOUND THAT GOD'S COMFORT IS REAL. GRIEVING THE CHILD I NEVER KNEW IS A WARM, ENCOURAGING, AND TRULY HELPFUL DEVOTIONAL FOR ANYONE EXPERIENCING THE TERRIBLE LOSS OF A BABY.

AUTHOR KATHE WUNNENBERG KNOWS THE DEEP ANGUISH OF LOSING A CHILD, HAVING EXPERIENCED THREE MISCARRIAGES AND THE DEATH OF AN INFANT SON.

GRIEVING THE CHILD I NEVER KNEW IS A 31-DAY DEVOTIONAL TO HELP MOTHERS:

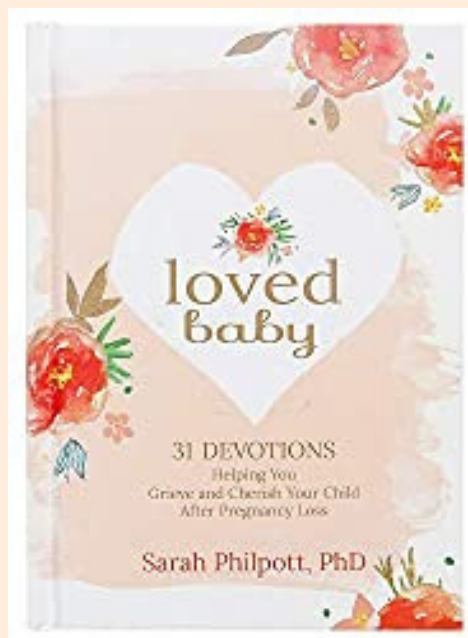
- GRIEVE HONESTLY AND WELL
 - PROCESS GENTLE QUESTIONS AND INSIGHTS FROM OTHERS
 - CULTIVATE A HEALING JOURNEY THAT WORKS FOR THEM
- EACH DEVOTION INCLUDES:
- SCRIPTURE PASSAGE AND PRAYER
 - STEPS TOWARD HEALING QUESTIONS
 - SPACE FOR JOURNALING
 - READINGS FOR HOLIDAYS AND SPECIAL OCCASIONS

GRIEVING THE CHILD I NEVER KNEW IS A WISE AND TENDER COMPANION FOR MOTHERS WHOSE HEARTS HAVE BEEN BROKEN-- MOTHERS WHOSE DREAMS HAVE BEEN SHATTERED AND WHO WONDER HOW TO GO ON."

~ MY FAVORITE PICK ~

I PERSONALLY HAVE SENT THIS BOOK ALL OVER THE WORLD TO FRIENDS AND CLIENTS. IT IS THE MOST COMPREHENSIVE AND UNIQUE BOOK THAT I HAVE FOUND. BASED IN GODLY SCRIPTURE, IT GIVES GOOD CONCRETE IDEAS FOR THE GRIEF STRICKEN COUPLE TO ACTUALLY DO INSTEAD OF FLUFF THAT DOESN'T HELP PEOPLE WHO NEED ACTION.

BOOK RESOURCES FOR LOSS



"LOVED BABY IS A SELAH AWARD WINNER FOR NONFICTION BOOK OF THE YEAR AND BEST BOOK IN THE CATEGORY OF INSPIRATION AND GIFT. CLOSE TO ONE IN FOUR AMERICAN WOMEN EXPERIENCE THE SILENT GRIEF OF PREGNANCY LOSS. LOVED BABY OFFERS MUCH-NEEDED SUPPORT TO WOMEN IN THE MIDDLE OF PSYCHOLOGICAL AND PHYSIOLOGICAL GRIEF AS A RESULT OF LOSING AN UNBORN CHILD THROUGH MISCARRIAGE, STILLBIRTH, OR ECTOPIC PREGNANCY LOSS.

IN LOVED BABY , AUTHOR SARAH PHILPOTT GENTLY WALKS ALONGSIDE WOMEN AS THEY EXPERIENCE THE MISGUIDED SHAME, ISOLATION, AND CRUSHING DESPAIR THAT ACCOMPANY THE TURMOIL OF LOSS. WITH BRAVE VULNERABILITY SARAH SHARES HER OWN STORY OF LOSS AND THE STORIES OF OTHERS, OFFERING CHRIST-FILLED HOPE AND SUPPORT TO WOMEN NAVIGATING GRIEF.

THIS FRESH AND COMPASSIONATE DEVOTIONAL OFFERS:

- REAL TALK ABOUT LOSS
- CHRIST-FILLED COMFORT
- TIPS TO MANAGE SOCIAL MEDIA, RECONNECT WITH YOUR PARTNER, AND NOURISH YOUR SOUL
- KNOWLEDGE THAT YOUR CHILD IS IN HEAVEN
- STRATEGIES TO WALK THROUGH GRIEF
- WAYS TO MEMORIALIZE YOUR LOSS

WHETHER YOUR LOSS IS RECENT OR NOT, LOVED BABY CAN BE YOUR COMPANION AS YOU MOVE FROM THE DARKNESS OF GRIEF TOWARD THE LIGHT OF HOPE.

OTHER BOOK FEATURES:

- 31 BEAUTIFULLY WRITTEN DEVOTIONALS TO HELP WOMEN COPE, MOURN AND HEAL AFTER LOSING A BABY"

PRINTABLE

In times of grief it may be easier to point than to talk or explain. some families print off multiples - give to helpers who will be coordinating meals.

Feel free to customize this and make it your own.

An excellent online food coordinating website -

"Organize meals for a friend after a birth, surgery or illness"

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

Ideas:

X what you don't want
star/circle what you do

My favorites are...

Please bring me...

We're allergic to...

We don't like...

.....
.....
.....

.....
.....
.....



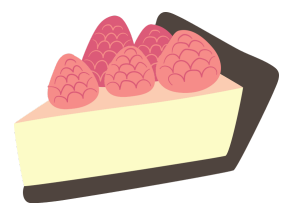
baked goods



pastries



veggies



desserts



cold drinks



hot drinks



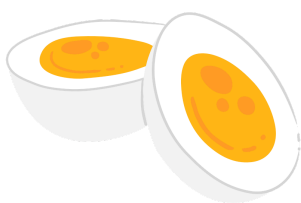
soup



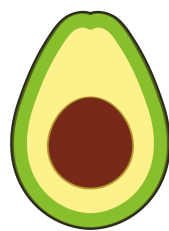
cereal



ice cream/
sorbet



eggs



avocado



peanuts



cheese



dairy



jello



chips



chocolate



popcorn

PRINTABLE

In times of grief it may be easier to point than to talk or explain. some families print off multiples - give to helpers who will be coordinating meals. Feel free to customize this and make it your own.

www.annieree.com

Ideas:

X what you don't want
star/circle what you do

My favorites are...

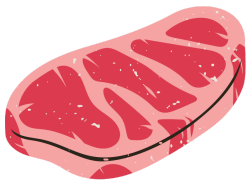
Please bring me...

.....
.....
.....

We're allergic to...

We don't like...

.....
.....
.....



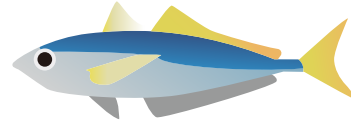
red meat



chicken



seafood



fish



gluten

with these fixings:

with these fixings:

pizza



potatoes



pasta



rice



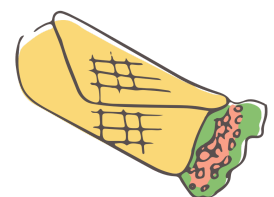
salad



smoothies



tacos/burritos



fruits



PRINTABLE

I NEED:

COMPANY / TO NOT BE LEFT ALONE

TO BE LEFT ALONE

A HUG

FOOD

DRINK

----- FROM THE STORE

A SHOWER

SOME QUIET TIME

A PARTY

A MASSAGE

GOOD MUSIC

A BABYSITTER

FOR YOU TO CALL ----- AND HAVE THEM COME OVER IMMEDIATELY.

THEIR # IS ----- (IN MY PHONE)

TO SCREAM

TO GO FOR A WALK/ BE IN NATURE

TO SLEEP

NEW CLOTHES

A PUPPY/KITTEN

(YOU CAN GO TO THE SHELTER AND PLAY WITH THEM FOR FREE!)

SOMEONE TO CLEAN THE HOUSE FOR ME

TO GO FOR A DRIVE

CHOCOLATE

TO TALK TO A PROFESSIONAL

FOR A CONVERSATION ABOUT HOPE AND FAITH VISIT:
CHATABOUTFAITH.COM

FOR GRIEF SUPPORT PLEASE CALL
1-800-HELP-4-ME

BIBLE SCRIPTURES

PSALM 139:13

13 FOR YOU CREATED MY INMOST BEING;
YOU KNIT ME TOGETHER IN MY MOTHER'S WOMB.

HOSEA 9:14

14 GIVE THEM, LORD—
WHAT WILL YOU GIVE THEM?
GIVE THEM WOMBS THAT MISCARRY
AND BREASTS THAT ARE DRY.

EXODUS 23:26

26 NO ONE SHALL SUFFER MISCARRIAGE OR BE BARREN IN
YOUR LAND; I WILL FULFILL THE NUMBER OF YOUR DAYS.

LUKE 23:29

29 FOR INDEED THE DAYS ARE COMING IN WHICH THEY
WILL SAY, 'BLESSED ARE THE BARREN, WOMBS THAT NEVER
BORE, AND BREASTS WHICH NEVER NURSED!'

GENESIS 49:25

25 BY THE GOD OF YOUR FATHER WHO WILL HELP YOU,
AND BY THE ALMIGHTY WHO WILL BLESS YOU
WITH BLESSINGS OF HEAVEN ABOVE,
BLESSINGS OF THE DEEP THAT LIES BENEATH,
BLESSINGS OF THE BREASTS AND OF THE WOMB.

1 SAMUEL 1:5

5 BUT TO HANNAH HE WOULD GIVE A DOUBLE PORTION, FOR
HE LOVED HANNAH, ALTHOUGH THE LORD HAD CLOSED HER
WOMB.

LUKE 11:27

27 AND IT HAPPENED, AS HE SPOKE THESE THINGS, THAT A
CERTAIN WOMAN FROM THE CROWD RAISED HER VOICE AND
SAID TO HIM, "BLESSED IS THE WOMB THAT BORE YOU, AND
THE BREASTS WHICH NURSED YOU!"

GENESIS 30:22

22 THEN GOD REMEMBERED RACHEL, AND GOD LISTENED TO
HER AND OPENED HER WOMB.

BIBLE SCRIPTURES

JOB 1:21

21 AND HE SAID:

“NAKED I CAME FROM MY MOTHER’S WOMB,
AND NAKED SHALL I RETURN THERE.
THE LORD GAVE, AND THE LORD HAS TAKEN AWAY;
BLESSED BE THE NAME OF THE LORD.”

PSALM 71:5-7

5 FOR YOU ARE MY HOPE, O LORD GOD;
YOU ARE MY TRUST FROM MY YOUTH.

6 BY YOU I HAVE BEEN [A]UPHELD FROM BIRTH;
YOU ARE HE WHO TOOK ME OUT OF MY MOTHER’S WOMB.
MY PRAISE SHALL BE CONTINUALLY OF YOU.

7 I HAVE BECOME AS A WONDER TO MANY,
BUT YOU ARE MY STRONG REFUGE.

PSALM 110:3

3 YOUR PEOPLE SHALL BE VOLUNTEERS
IN THE DAY OF YOUR POWER;
IN THE BEAUTIES OF HOLINESS, FROM THE WOMB OF THE
MORNING,
YOU HAVE THE DEW OF YOUR YOUTH.

ISAIAH 44:24

24 THUS SAYS THE LORD, YOUR REDEEMER,
AND HE WHO FORMED YOU FROM THE WOMB:
“I AM THE LORD, WHO MAKES ALL THINGS,
WHO STRETCHES OUT THE HEAVENS [A]ALL ALONE,
WHO SPREADS ABROAD THE EARTH BY MYSELF;

ISAIAH 49:1

49 “LISTEN, O COASTLANDS, TO ME,
AND TAKE HEED, YOU PEOPLES FROM AFAR!
THE LORD HAS CALLED ME FROM THE WOMB;
FROM THE [A]MATRIX OF MY MOTHER HE HAS MADE
MENTION OF MY NAME.

ECCLESIASTES 11:5

5 AS YOU DO NOT KNOW WHAT IS THE WAY OF THE
[A]WIND,
OR HOW THE BONES GROW IN THE WOMB OF HER WHO IS
WITH CHILD,
SO YOU DO NOT KNOW THE WORKS OF GOD WHO MAKES
EVERYTHING.

BIBLE SCRIPTURES

JEREMIAH 1:5

5 “BEFORE I FORMED YOU IN THE WOMB I KNEW YOU;
BEFORE YOU WERE BORN I SANCTIFIED[A] YOU;
I [B]ORDAINED YOU A PROPHET TO THE NATIONS.”

LUKE 1:31

31 AND BEHOLD, YOU WILL CONCEIVE IN YOUR WOMB AND
BRING FORTH A SON, AND SHALL CALL HIS NAME JESUS.

PROVERBS 30:16

16 THE[A] GRAVE,
THE BARREN WOMB,
THE EARTH THAT IS NOT SATISFIED WITH WATER—
AND THE FIRE NEVER SAYS, “ENOUGH!”

PSALM 127:3

3 BEHOLD, CHILDREN ARE A HERITAGE FROM THE LORD,
THE FRUIT OF THE WOMB IS A REWARD.

LUKE 1:41

41 AND IT HAPPENED, WHEN ELIZABETH HEARD THE
GREETING OF MARY, THAT THE BABE LEAPED IN HER WOMB;
AND ELIZABETH WAS FILLED WITH THE HOLY SPIRIT.

LUKE 1:42

42 THEN SHE SPOKE OUT WITH A LOUD VOICE AND SAID,
“BLESSED ARE YOU AMONG WOMEN, AND BLESSED IS THE
FRUIT OF YOUR WOMB!”

GALATIANS 1:15

15 BUT WHEN IT PLEASSED GOD, WHO SEPARATED ME FROM
MY MOTHER’S WOMB AND CALLED ME THROUGH HIS GRACE,

PERSONAL PRIVATE WELLNESS
SUPPORT SESSIONS ARE MY
SPECIALTY

REACH OUT TO ME FOR
YOUR OWN GRIEF LOSS
DOULA SUPPORT

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I OFFER MY
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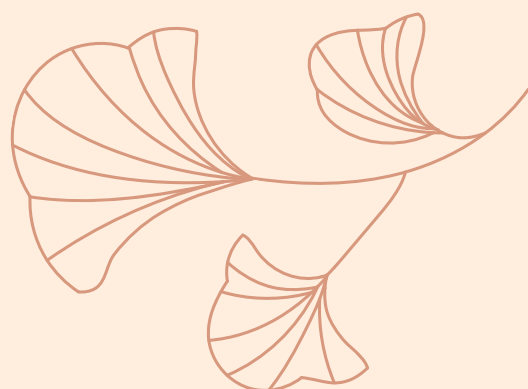
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