



# Beeing A Natural Mother

A HOLISTIC RESOURCE GUIDE TO SUPPORT  
MOTHERS IN FEELING MORE EASE AND GRACE





## Dear Beloved Sister,

In reverence and awe, I extend my heartfelt greetings to you, the radiant embodiment of life's miraculous dance. You, dear Sister Mama Goddess, are orchestrating a miracle within, creating life itself — an act that invokes the deepest respect and admiration.

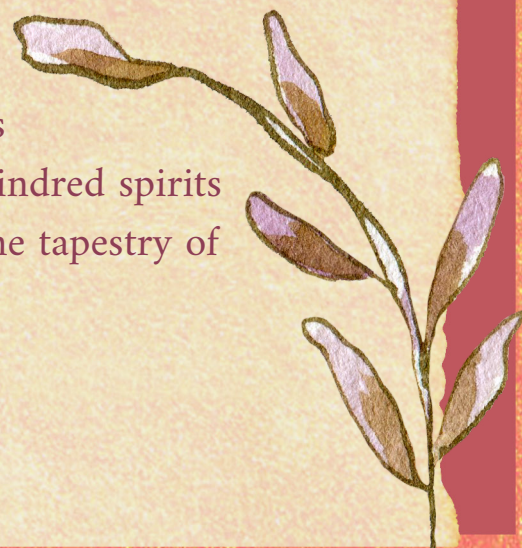


I bow to you with the utmost sincerity as you embark on this profound initiation into Motherhood. This journey, this sacred rite of passage, demands our deepest respect, and I honor you for traversing its sacred terrain.

As a sister-mama and devoted ally to conscious mothers, I am honored to present this Resource Guide — a compilation of

wisdom, supportive insights, and my cherished recommendations. This guide is

crafted with the intent of nurturing and empowering kindred spirits like yourself to not just survive but to thrive through the tapestry of Pregnancy, Postpartum, and Motherhood.





For me, the journey into Motherhood was nothing short of a cosmic ceremony, an ultimate psychedelic experience. Each prior ritual in my life seemed a mere prelude to the grandeur of giving birth—a surreal dance between the realms of Ether and Earth, a literal bridge between worlds.

Becoming a Mother marked the deepest rebirth of self, encompassing the entire spectrum of emotions, thoughts, and preparations — every color in the rainbow of existence. The integration of this profound shift is a journey unto itself, a season that demands recognition and support. It is during this time of monumental transition that you, dear sister, have the opportunity to forge an unparalleled bond with your precious one, a connection steeped in a profound knowing of **LOVE**.



From the moment of conception, you sensed that life's course would be forever altered. In this transformative season, know that you are not alone. You walk hand in hand with every woman who has embraced the path of Motherhood. I see you. I honor you. I thank you for bringing forth life onto this Earth and for embodying the essence of a Conscious Mama.

With boundless LOVE,  
Brandilyn B. Clay







# 3 Golden Codes

FOR THRIVING IN YOUR JOURNEY INTO MOTHERHOOD

## Golden Code #1

### SURRENDER TO WHAT IS

The journey of pregnancy often becomes a profound conduit for women to tap into their divine feminine energy, a force that manifests more potently than ever during this transformative period. It's an invitation to attune ourselves to the receptive, lunar, Yin energy of the sacred feminine and surrender, my darling. Trust the unfolding process, trust yourself, and extend that trust to the soul of your baby and their unique path. Allow trust to flow towards your partner and, most importantly, to your incredible body. Have faith triumph over fear. Surrender is not a one-time act; it's a continuous, evolving dance. Relax into the knowledge that you are part of something greater than yourself, a cosmic design written in the stars.





As we surrender to the present moment, we discover radical acceptance of our life's circumstances, enabling us to be fully present, savoring and cherishing the preciousness of each passing moment. Surrender is not a relinquishing of power, but a graceful yielding to the natural rhythms of life, a harmonious dance with the cosmic forces that shape our journey. In the realm of the divine feminine, surrender is a sacred act, a surrendering to the intuitive wisdom that resides within, guiding us towards authenticity and inner knowing. It is through surrender that we allow the unseen hands of the universe to weave the intricate tapestry of our lives.



## Golden Code #2

### EMBRACE YOUR GRIEF

In our culture, the art of grieving is often overlooked, leaving us ill-equipped to navigate the depths of our emotions in a healthy manner. The avoidance of grief within our societal framework not only contributes to major mental health challenges but also fosters stagnant emotional energy within our very beings. Sister, it is crucial to embrace the principle of ***“Feel it to heal it”***. The moment you discover your pregnancy and realize the impending changes to your life, a natural sense of grief may arise as you transition from one chapter to the next.

As an expert in Spiritual Psychology, I firmly believe that postpartum depression often stems from a woman's reluctance or inability to engage in a healthy grieving process. If emotions are avoided throughout the entire pregnancy, the stagnant energy may catch up with her postpartum.





Conversely, when a woman courageously confronts and grieves during pregnancy, acknowledging and expressing her true feelings, she emerges with a crystalline clarity. This clarity allows her to fully experience the profound joy and happiness when her baby arrives. Grief, when met with honesty and expression, becomes a transformative journey, paving the way for the genuine celebration of new joy in life.



## Golden Code #3

### PRIORITIZE YOUR SELF-CARE

Elevate your self-care to a non-negotiable priority! Modern Motherhood, at times, can be an isolating journey, leaving mothers feeling detached from community and unseen in their experiences. That's why maintaining a connection to a sisterhood of like-minded mothers is not just beneficial — it's essential. Invest in your family, by hiring a Postpartum Doula or Birth Coach that will help guide you through the journey of becoming a mother. Consider joining a nurturing community like MILK & HONEY, where you can be held, seen, validated, affirmed, and witnessed in the profound journey of motherhood.



In this sacred space, prioritize moments for yourself—take naps, indulge in sleep-ins, savor lots of orgasms, treat yourself to massages, embrace the serenity of yoga, and nourish your body with wholesome foods. Remember, as you care for yourself, you are also nourishing your baby. Tune into your needs; make asking yourself, “*What do I need right now?*” a familiar practice. Clarity about your needs makes them more accessible to fulfill. In the dance of motherhood, your self-care is a radiant beacon, ensuring you thrive and, in turn, create a thriving environment for your precious little one.





# Reading List

## RECOMMENDED FOR PREGNANCY

“Sacred Birthing: Birthing a New Humanity” by Sunni Karll

“Reclaiming Childbirth as a Rite of Passage” by Rachel Reed

“Ina May’s Guide to Childbirth” by Ina May

“Real Food for Pregnancy” by Lily Nichols

“Spiritual Midwifery” by Ina May

“Nurture” by Erica Chidi Cohen

“Ancient Map for Modern Birth” by Pam England

“Birthing From Within” by Pam England

“The First 40 Days” by Heng Ou (Post-Partum Care)

“The Birth Partner” by Penny Simkin (for your partner to read)

“Nine Golden Months” by Heng Ou







# Reading List

## RECOMMENDED FOR PARENTING

"Simplicity Parenting" by Kim John Payne

"Beyond the Rainbow Bridge" by Barbara Patterson & Pamela Bradley

"Heaven on Earth" by Sharifa Oppenheimer

"Raising Children in the Goddess Traditions" by Starhawk

"The Conscious Parent" By Shefali Tsabary

"The Developing Mind" by Daniel Siegel

"The Whole Brained Child" by Daniel Siegel

"The Power of Showing Up" by Daniel Siegel

"No-Drama Discipline" by Daniel Siegel

"The New Human" by Mary Rodwell

"OH Crap Potty Training" by Jamie Glowacki

"Nourished Beginnings Baby Food" by Renee Kohley







# Best Belly Oils & Salves

MOISTURIZING & SOOTHING DURING PREGNANCY



Rebecca's Herbal  
Apothecary



Mother's  
Special Blend



Belli Skincare  
Elasticity Belly Oil



Motherlove Pregnant  
Belly Salve





# For Pregnancy

## MUST-HAVES FOR ALL THREE TRIMESTERS

Click on the products below to learn more or click the button to browse all recommended products:

[Shop All](#)



### PURE SYNERGY Prenatal Vitamins

My favorite Prenatal Vitamins sourced from superfoods. The Vitamin C powder is also great for your morning smoothies.



### NORDIC NATURALS Prenatal DHA

Prenatal DHA (fish oils) by Nordic Naturals. These support your babies brain growth.



### NEW CHAPTER Fermented Vitamin D3

Soak up the benefits of easily digestible organic Vitamin D3 for bones and teeth, immune function, and heart health.





## NATURAL VITALITY CALM Magnesium Powder

My midwife suggested 2 tsp. per day and this helped me a lot with body aches in late pregnancy.



## HOST DEFENSE MUSHROOM Immune Support Powder

Support your health with 17 powerful mushrooms formulated to support your immune system when you need it most.



## HUMAN Super Beets Powder

Remedy for headaches and tingly/ numb limbs. This will boost your circulation and send oxygen to your brain. Super helpful during 3rd trimester when circulation becomes compromised. Take first thing every morning before meals.





## MEGA SPOREBIOTIC

### Antioxidant-Producing Probiotic

This first all-spore antioxidant-producing probiotic is a high quality supplement to help promote a healthy urinary tract & good bacteria. It promotes microbial diversity and the maintenance of key health-promoting, commensal gut flora.



## CHLOROXYGEN

### Chlorophyll Concentrate

Chlorophyll regulates blood sugar levels and builds red blood cells which will minimize post birth bleeding. This can help regulate your blood sugar levels if you test positive for gestational diabetes.



## HEART&SOIL

### Beef Organs Supplement

Beef Liver capsules are high in folate, vitamin B12, iron and vitamin A which are all beneficial for pregnancy.







## AMERICAN HEALTH Chewable Papaya Enzyme

Take this Papaya enzyme with each meal to support healthy digestion.



## ANIMA MUNDI APOTHECARY Jungle Bitters Tonic

Add this pregnancy safe digestive bitters in your water during mealtimes to support metabolism & gut health.



## WISH GARDEN HERBS Sleepy Nights

It can be hard to get comfortable during your third trimester, this tincture really helped me to get a good nights rest!





## FLORECITA Luminescent Hydrating Serum

I highly recommend floricitafarms skincare products. This luminescent skin serum is my favorite and it's 100% pregnancy safe.

Use code **BRANDILYN10** for **10% off** your purchase!



## LIVING LIBATIONS Acne Spot Treatment

This natural and organic essential oil blend is designed for treating stubborn blemishes + acne and is pregnancy safe!



## EMINENCE CLEAR SKIN Probiotic Cleanser

Hormonal acne is very common during pregnancy and most acne cleansers are not pregnancy safe. So here is an all natural cleanser that is great for treating acne and pregnancy safe!







## ROSITA Cod Liver Oil

Support your babies cognitive development while they are in the womb by taking this cod liver oil which provides DHA your body will absorb).



## GINGER ROOT SUPPLEMENT Digestive & Nausea Support

Ginger Root capsules help to ease morning sickness and nausea during the first trimester.



## MOTHERLOVE Morning Sickness Blend

Conquer your morning sickness with this vegan concentrated extract.





## MOUNTAIN ROSE HERBS Raspberry Loose Leaf Tea

Raspberry leaves have been used for over 2,000 years to tone the uterus and prepare the womb for childbirth.



## TRADITIONAL MEDICINALS Morning Ease Lozenges

Relieve nausea and normal morning sickness associated with pregnancy with these all organic high quality lemon ginger lozenges.



## TRADITIONAL MEDICINALS Pregnancy Tea Bags

For all of pregnancy, great tea bags for toning the uterus to prepare for labor.





## ALIVE WATER

### Spring Water in its Finest Form

Consider what kind of water you are drinking during pregnancy and throughout breastfeeding! I highly recommend switching to spring water so that you can receive that natural minerals in spring water, you will notice yourself feeling so much better from this shift and this can also help greatly with breastmilk production. Alive waters offers

fresh spring water from your closest nearby spring, delivered to your door, with the most beautiful display too.



## KAKAO

### Drinking Chocolate

For your daily morning beverage that is WAY better for you and your baby than coffee, I highly recommend drinking Cacao. Cacao is high in magnesium & amazing for opening your hearts connection to your babe. This company makes the best cacao out there and is committed to restoring the native cacao plants in the amazon. Receive 10% off your order with my link.







# For Postpartum

## POSTPARTUM SELF-LOVE & RECOVERY

Click on the products below to learn more or click the button to browse all recommended products:

[Shop All](#)



### MILK MOON

#### Postpartum Restorative Tonic

Their tonic was essential for postpartum recovery. I love their tinctures too!

Use code **BRANDILYN** for **10% off** your purchase.



### TAPROOT MEDICINE

#### Strong Woman Syrup

If you run low in iron, this is great to take daily! This herbal iron tonic supports building blood and assimilating crucial minerals, including iron, into the body.



### THE FULLEST

#### Kinder Thoughts

Saffron is a natural happiness booster great for both pregnancy & postpartum. This supplement provides a therapeutic dose of curcumin for the most potent, anti-inflammatory, and mood-boosting effect. Get \$15 off.





## **FAT AND THE MOON** **Perineal Mama Mist**

This is my favorite herbal perineal mist, you spray it every time after you go to the bathroom and it helps to heal your yoni tissues during postpartum.



## **PINKSTORK** **Labor + Recovery Support**

The star ingredient of our tincture is Red Raspberry Leaf Tea Extract, combined with eight natural third-trimester pregnancy must-haves -- Blessed Thistle, Chamomile, Partridgeberry, Blue Cohosh, Ginger, Skullcap, Motherwort, and Wild Yam.



## **WISH GARDEN HERBS** **Post-Birth Herbal Tincture**

Relax your spasming uterus and calm your body so you can enjoy those first moments of warm snuggles and baby bliss.





## LEGENDARY MILK

### Liquid Gold Breastmilk Booster

Boost your breastmilk supply and nutrition with this amazing supplement. It has high quality ingredients and helped me boost my milk supply whenever I felt mine was running low.



## LEGENDARY MILK

### Sunflower Lecithin

I highly recommend having this sunflower lecithin on hand in case you get any clogged milk ducts, this will help it to clear naturally.



## LEGENDARY MILK

### Cash Cow Breastmilk Enhancer

This potent breast milk supplement is formulated to optimize healthy lactation and be used for prenatal nourishment in the final weeks of pregnancy (after 36 weeks).





## NATURAL FOODS

### Organic Alfalfa Juice Powder

This organic alfalfa juice powder is a potent source of vitamins, minerals, and antioxidants. It offers a concentrated dose of essential nutrients, making it an excellent addition to your daily diet.



## BANYAN BOTANICALS

### Dashamula Powder

This traditional Ayurvedic formula is for pacifying vata and supporting proper function of the nervous system to help calm your nerves, support healthy function of the lungs, and promote natural detoxification.



## GHEE | 4TH & HEART

### Grass-Fed Clarified Butter

This lactose-free ghee comes from grass-fed, pasture-raised, antibiotic and hormone free New Zealand cows. Made the old-fashioned way, this spreadable (at room temperature) requires no refrigeration.





## FLORADIX Iron & Herbs Liquid Supplement

Support healthy iron levels to maintain energy throughout the day with this easy to digest and absorbable liquid herbal supplement.



## RESCUE REMEDY Stress Relief Dropper

This alcohol-free formula in the iconic yellow dropper to help relieve feelings of stress and a positive state of mind when everyday situations become overwhelming.



## ARNICA MONTANA 30C Muscle Pain Relief

This homeopathic medicine helps temporarily relieve muscle pain & stiffness due to minor injuries, overexertion & falls. Also great for pain, swelling, & discoloration from bruises.





## ORGANIC INDIA

### Shatavari Hormonal Balance

Shatavari has long been used to support overall reproductive health. Women in India commonly take Shatavari throughout their lives to support healthy hormone production and reproductive function



## ORGANIC INDIA

### Moringa Green Superfood

Enjoy the benefits from one of the most complete, nutrient-dense superfood plants on earth. Moringa is nutrient dense with pure plant protein, Vitamins A, E, K, Iron, Calcium and Fiber.



## FRIDA MOM

### Upside Down Peri Bottle

The MomWasher for postpartum care down there is great for perineal recovery and cleansing after birth.





### Sitz Bath for Postpartum Care

Sitz baths are great for postpartum recovery as they can help soothe and relieve discomfort in the perineal area, promoting healing and providing much-needed relief after childbirth.



### Bengkung Belly Wrap

Belly wraps provide support to the abdominal muscles, helping to shrink the uterus back to its pre-pregnancy size and offering support to the lower back, which can aid in recovery and provide comfort during the postpartum period.



### Haakaa Breast Pump

This breast pump is wonderful for new mothers as it offers a gentle and efficient way to collect breast milk while nursing on the opposite side. It's a convenient tool for relieving engorgement and enhancing the breastfeeding journey with ease.





# Maternity Clothing Brands

FEEL GOOD IN YOUR GROWING BODY



**Hatchgal**



**Bumpsuit**



**Beyond Yoga  
Maternity Pants**

# Baby Clothing Brands

ECO-CONSCIOUS, ORGANIC & NATURAL

[Milk](#)

[Milk Barn](#)

[Wildwawashop](#)

[Rylee and Cru](#)

[Spearment Love](#)

[Kyte Baby](#)

[Kate Quinn Organics](#)

[Magnetic Me](#)

[Pink chicken](#)

[Quincy Mae](#)

[Maisonette](#)

[Artipoppe](#)







# Your Placenta

## A NOTE ABOUT PLACENTA ENCAPSULATION

Placenta encapsulation was my saving grace postpartum. The pills worked wonders, alleviating blues and fatigue with just one capsule. Nature's medicine at its finest. I endorse placenta encapsulation wholeheartedly for its profound benefits. Explore other placenta-based products like creams and tinctures for your daughters' Menarche. Seek a local service or consult your midwife. In Austin, TX, I recommend Hill Country Place.

## FACTS ABOUT PLACENTA ENCAPSULATION

- 80% of mothers experience some sort of baby blues symptoms.
- Hormone levels drop rapidly to pre-pregnancy levels within 4-5 days after birth, often causing a crashing feeling.
- 97% of women who encapsulated their placenta reported positive benefits.
- 98% would encapsulate their placenta again.

## BENEFITS OF INGESTING ENCAPSULATED PLACENTA

- Replenishing your iron
- Increasing your energy
- Lessen postnatal bleeding
- Increase milk production
- Balance your hormones
- Speeds up uterine recovery





# Set Up A Meal Train

IT TAKES A VILLAGE

Consider reaching out to your doula or a close friend and kindly request their assistance in organizing a meal train for you! Having your community come together to provide nourishing meals for your family is an invaluable support during those initial precious months with your little one.



Your community likely desires a tangible way to support, congratulate or send their love to you, and a meal train is perfect way for them to support you during this sacred time of transition. Embracing the care and support of your community not only eases the practical aspects of postpartum life but also creates a beautiful web of love and connection around you and your growing family.







# Miracle of Life

A GLIMPSE INTO THE WORLD WITHIN YOUR WOMB

## FIRST TRIMESTER

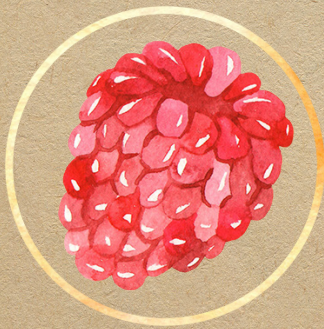
(WEEK 1 - WEEK 12)



**WEEK 4:** As the tiny embryo implants itself delicately into the nurturing walls of the mother's womb, the miracle of life begins. Simultaneously, the neural tube unfurls, laying the foundation for the magnificent complexity of the brain and spinal cord.



**WEEK 6:** Amidst the gentle rhythm of the maternal heartbeat, the first flicker of life emerges as the baby's heart begins to pulse, a beacon of vitality. Limb buds emerge, promising the eventual embrace of tiny hands and feet, while facial features form a unique visage waiting to greet the world.

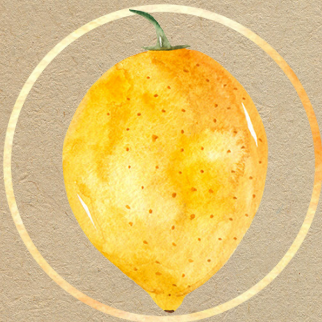


**WEEK 8:** With each passing moment, the miracle within grows more profound. Organs develop with astonishing speed, weaving together the intricate tapestry of life. Within the tiny vessel of the fetus, the symphony of existence begins to play, heralding the dawn of a new soul.





**WEEK 10:** The miraculous journey continues as the fetus, now resembling a miniature human, embarks on its wondrous path. Organs such as the liver, kidneys, and intestines awaken to their purpose, harmonizing with the rhythm of life.



**WEEK 12:** With each passing day, the miracle unfolds further. The once-embryonic form now blossoms into a fully recognizable baby, a testament to the awe-inspiring power of creation.

## SECOND TRIMESTER

(WEEK 13 - WEEK 26)



**WEEK 14:** Within the sacred sanctuary of the womb, the baby's features become more defined, each contour a testament to the miracle of existence. Its budding consciousness begins to stir, manifesting in delicate movements that herald the emergence of life.





**WEEK 16:** As the bones harden and the limbs grow stronger, the miracle of movement becomes apparent. Within the protective cocoon of the womb, the baby dances to the silent melody of life, a silent yet profound testament to the miracle of existence.



**WEEK 20:** With each passing day, the miracle deepens. Soft downy hair, known as lanugo, blankets the baby's skin, a gentle reminder of its connection to the womb. Meanwhile, the flutter of tiny eyelashes and eyebrows hints at the soul's luminous spark awaiting its earthly debut.



**WEEK 24:** In the quiet sanctuary of the womb, the miracle of life continues to unfold. With each breath, the baby's lungs mature, preparing for the sacred act of breathing. Its delicate senses awaken, attuning to the whispers of the world beyond.



**WEEK 26:** As the baby's eyes flutter open for the first time, the miracle of creation reaches its crescendo. Within the depths of the womb, the spark of life ignites, illuminating the darkness with the promise of new beginnings.



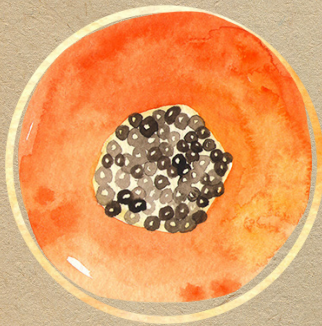


## THIRD TRIMESTER

(WEEK 27 - BIRTH)



**WEEK 28:** In the final stretch of the miraculous journey, the baby's eyes, now capable of discerning light, gaze out into the world with wonder and curiosity. Within the sanctuary of the womb, the miracle of life unfolds with each passing moment, a testament to the boundless power of creation.



**WEEK 32:** As the baby's bones solidify and its form grows more distinct, the miracle of existence reaches its zenith. Within the nurturing embrace of the womb, the precious soul prepares for its earthly debut, a radiant beacon of hope and possibility.



**WEEK 36:** With each passing day, the miracle deepens. The baby settles into position, readying itself for the sacred journey of birth. Its lungs, nearly fully developed, await the first breath of life, a testament to the miracle of existence.





**WEEK 38:** In the quiet moments before birth, the miracle of creation reaches its climax. Within the womb, the baby, fully formed and bursting with vitality, awaits the moment of its arrival, a testament to the enduring power of life.



**WEEK 40+:** As the miracle of pregnancy draws to a close, the stage is set for the grand finale. With each passing moment, the anticipation grows, a palpable reminder of the miracle unfolding within. And then, in a moment of pure magic, the miracle of life emerges, a testament to the infinite power of creation.







# Boundaries & Discernment

## CREATING SACRED SPACE FOR YOU & YOUR FAMILY

Motherhood has been a transformative journey that has cultivated a heightened sense of boundaries and discernment within me. The maternal instinct, akin to the fierce wisdom of a protective wolf, guides my actions with a profound understanding of safety and security. As a guardian of new life, your energy has become an invaluable asset. It is imperative to recognize and embrace the power in saying "NO." By exercising discernment and maintaining clear boundaries, you empower yourself to curate a lifestyle that is genuinely resourceful, nourishing, uplifting, and supportive. Prioritize situations that contribute positively to your well-being and steer clear of those that may deplete your valuable energy. Upholding these boundaries will not only fortify your personal resilience but also create a harmonious environment for both you and your growing family.







# Massages & Acupuncture

## SELF CARE PRACTICES FOR PREGNANCY

Massages will support you in feeling nourished and relaxed while giving your body the relief it needs from carrying your baby.

Meditation will be your best practice for communicating with your baby spirit. Talk to your baby, pray with them, and listen to them for the answers about your birth.

Prenatal Yoga will get you into your body and support you in preparing physically and mentally for birth.

Breathwork will help you to prepare for giving birth as well. Make your exhalations longer than your inhalations to calm your nervous system.

Acupuncture is so helpful for so many things!

See a Chiropractor to get your body into alignment and to alleviate any physical discomfort.

Drink Bone Broth and tea every day.







# Rituals

LIFE IS SACRED

Rituals act as potent anchors, grounding us in the present moment by imbuing significant experiences with ceremonial sacredness.

Through ritual, we establish connections with our inner selves, affirming our autonomy, determination, and individuality. However, modern society often overlooks the importance of recognizing and celebrating significant rites of passage.

Becoming a mother is inherently a profound rite of passage — one that can be honored through deliberate rituals, acknowledging not only your own initiation but also the profound journeys of your baby and partner.





Integrating rituals into your daily life becomes a means to stay attuned to the sacredness of life, fostering a continuous connection to the profound significance of the motherhood journey.

Walk in nature every day and connect with the tree and plant spirits. Leave a gift for mother nature and receive one back from her. Such as singing her a song and then choosing a rock or seashell to infuse your prayers into for your birth.

Communicate with your unborn child both out loud and in silence. They are a fully conscious being! Babies love when mama sings them songs.

At about 18 weeks pregnant, your baby can hear your voice and music! Play your baby music you love, your instruments, sound healing frequencies and notice how he/she responds to the vibration! Sing her/ him a special song that you will play to her/him after shes born.

Tuning into your intuition to feel the energy of who this spirit is that has chosen you as their mom, and ask them questions. Listen deeply for the revelation of their answers. Let them guide you between the realms.





# A RITUAL FOR YOUR PARTNERSHIP

Your relationship is evolving from a duo to a trio. Transitioning from beloved partners to a family of three (Mama, Dada, and Baby) marks the beginning of a whole new chapter in your relational journey.

Creating a ritual with your husband to honor this transition will undoubtedly provide significant support to your marriage.

Rituals hold the most power when infused with your own creative energy, so I offer our story as inspiration for you to customize and make your own. Take what resonates and add your unique touch to make it truly magical!



We ignited a sacred flame and nestled before it, trading cherished memories of our life together.

For hours, laughter and tears mingled as we journeyed through our past, honoring each moment that shaped us as partners, lovers, and friends.

We offered a prayer to our unborn child, affirming our readiness to embrace her and become a family of three. Then, in celebration, we expressed our love through passionate union and savored a sumptuous feast.







# Recipes & Home Remedies

NOURISHING RECIPES AND SOOTHING REMEDIES  
FOR PREGNANCY & POSTPARTUM

## Postpartum • Padcycles

### INGREDIENTS

Witch hazel  
Lavender  
Comfrey  
Calendula  
Arnica flower  
Rose  
Plantain

### INSTRUCTIONS

Simmer 1 tbsp of each herb in hot water for 30 minutes. Strain and place topical tea in a bowl. Soak maxi pads in the topical tea blend and then wrap in parchment paper and freeze. These feel amazing on the yoni tissues right after giving birth and for the first week until the inflammation and swelling goes down.

## Postpartum • Herbal Tea

### INGREDIENTS

1 tsp Nettles  
1 tsp Oatstraw  
1 tsp Raspberry Leaf  
1 tsp Chamomile

### INSTRUCTIONS

Combine all herbs together and soak in hot water for 5 minutes. Sip & enjoy.





## Pregnancy • High Protein Bean Soup Puree

### INGREDIENTS

1 green bell pepper  
½ onion  
1 clove garlic  
1 tsp olive oil  
2 cups pinto beans  
2 cups bone broth  
Pinch of oregano  
Salt and pepper

### INSTRUCTIONS

1. Heat olive oil in a pot with garlic, onion & bell pepper. Saute until onion is translucent. About 10 minutes on low-med heat.
2. Place mixture into vitamix or high-speed blender with cooked or canned pinto beans, bone broth and salt and pepper.
3. Pour into a jar and enjoy, take with you throughout the day to keep up with your needs for protein and nutritional benefits of bone broth throughout pregnancy.

## Pregnancy • Protein Bliss Balls

### INGREDIENTS

1 cup peanut butter  
¼ cup honey  
2 tsp vanilla extract  
1½ cups rolled oats  
½ cup shredded coconut  
1 pinch of salt  
1/3 cup mini chocolate chips  
2-4 tsps water

### INSTRUCTIONS

1. Preheat oven to 350°F. In a medium mixing bowl, stir together the peanut butter, honey and vanilla extract.
2. Stir in the oats, coconut and salt until well combined and then add the chocolate chips. If the mixture doesn't hold together well when pinched together, add some additional water or vanilla a little at a time until the mixture holds together.
3. Form 1" balls by pressing about 1 tablespoon of the mixture together. Place balls on a baking sheet lined with parchment paper. Place in oven and bake for 15 minutes. Store at room temperature for up to 3 days or refrigerate for 1 week.





# Postpartum • Lactation Cookies

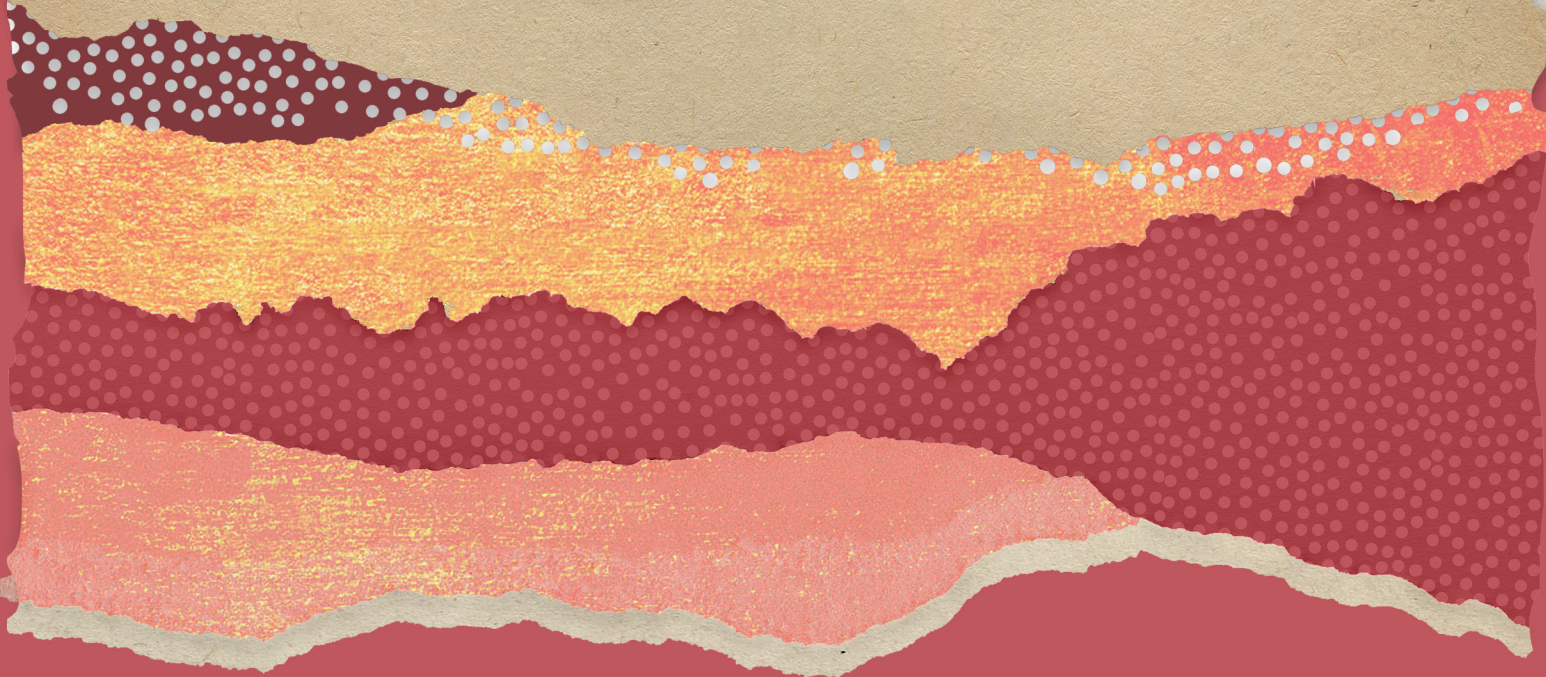
## INGREDIENTS

3 cups old-fashioned rolled oats	½ tsp fine sea salt
1½ cup all purpose flour	1 cup grass fed butter
4 tbsp brewers yeast	1¼ cup coconut sugar
3 tbsp ground flaxseeds	½ cup maple syrup
½ tsp baking powder	1 tbsp vanilla
½ tsp baking soda	1 cup chocolate chips
½ tsp cinnamon	1 cup shredded coconut



## INSTRUCTIONS

1. Preheat oven to 350°F and line two baking sheets with parchment paper. Combine oats, flour, brewers yeast, flaxseeds, baking powder, baking soda, cinnamon, and salt in a bowl. Mix well.
2. In a large bowl, cream butter and coconut sugar with a hand mixer. Add maple syrup and vanilla, mix until combined.
3. Gradually add dry ingredients to the wet mixture, then fold in chocolate chips and shredded coconut. Roll dough into golf ball-sized balls and place on baking sheets. Flatten slightly with fingers. Chill dough if too sticky.
4. Bake cookies for 10-12 minutes until golden. Cool on a rack before serving. Enjoy!







# Bone Broth

## NOURISHING YOUR BODY THROUGH PREGNANCY AND POSTPARTUM

I highly recommend incorporating Bone Broth into your daily diet, particularly during pregnancy and postpartum. This nutrient-rich elixir is packed with essential minerals, vitamins, and collagen, all of which promote gut health, restful sleep, and joint well-being.

We need a healthy gut to be able to access our intuition since the gut brain and intuitive centers are so deeply interconnected through the vagus nerve.

With an impressive 9 grams of protein per cup, it's an excellent choice for meeting the increased protein requirements during Pregnancy — recommended at 80 grams per day and even more so if you're exercising, with a suggested intake of 100 - 120 grams of protein.







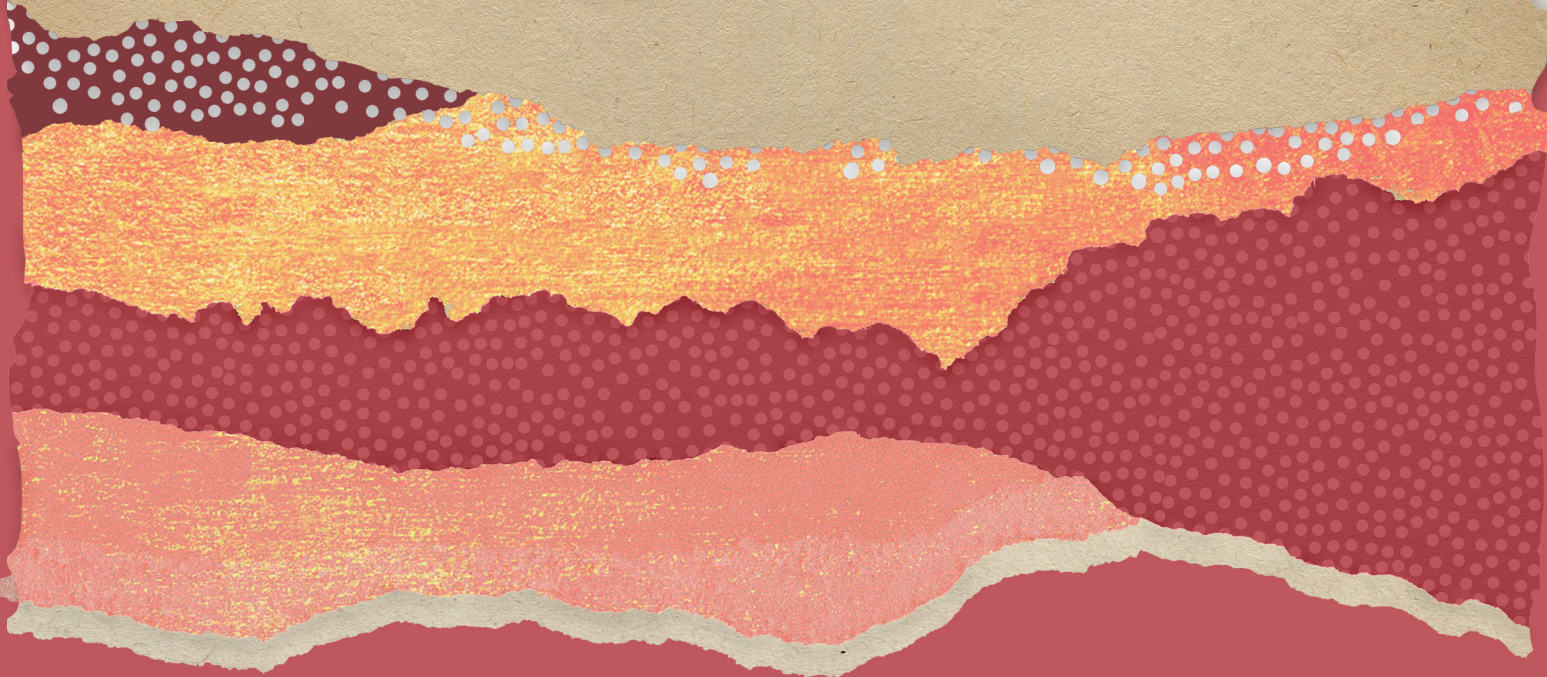
Including a comforting mug of bone broth with each meal not only contributes to your overall well-being, but also helps you meet your protein needs effortlessly.

Moreover, in the postpartum period, many mothers experience mineral depletion due to blood loss and breastfeeding, which can lead to feelings of fatigue and even symptoms akin to depression.

Therefore, replenishing these vital minerals is crucial for your overall health and vitality and connecting you more deeply to your intuition.

For a convenient source of high-quality bone broth, try Liquid Gold Bone Broth Elixirs. Crafted with organic and grass-fed ingredients and full of flavor, they offer a nourishing option directly available from me.

Here's to your health and wellness journey!





Dear Mama,

**You've got this!** Your body, a marvel of creation, is tailor-made for this journey. Trust your instincts, embrace those peculiar food cravings – your body is eloquently communicating its needs to you.

Listen to your intuition, and take pride in the rapid learning, growth, and transformation you're experiencing. As you step into the sacred role of becoming a Mother, may infinite blessings surround you.

Stay connected with fellow Moms, for in the camaraderie of motherhood, you'll find strength and understanding. Reach out to me if you're looking for one-on-one support during pregnancy, postpartum, or if you're navigating the realignment of business and partnership as a seasoned mama. Motherhood, with its beautiful moments, can also feel isolating. That's why the Mothers Temple awaits, a consistent community of sisters ready to share, hold, and uplift.

I see you and I honor you.

Love Always,  
Brandilyn Clay

