

Regional Midwifery Meeting

Yoneq: It is very significant that our midwives are here in the worker's meeting this morning while talking about the flag. (The flag represents the woman of Rev 12:1-2 giving birth to the Male Child.) At midwifery meetings there should be a prophetic thrust rather than just hearing things about techniques, etc. We have a part in bringing about the Twelve Tribes.

I know you weren't prepared to speak today when you were called on, but I guess it's good to be put on the spot. It was so good to hear what came out of each of you.

Ruth: Deshe shared with me 1 Tim 4:14,16 so that I could share it with you. He said that the confidence that we need to function is through the laying on of hands. Maybe when we talked about elite midwives some people drew back, not wanting to be like that. They lost confidence.

Ha-emeq: Yes, Haggai said that too. He said our confidence needs to come through seeing the great task before us, the great need. You see, it's like Zimra (Neriah's wife), she has this wide path before her. She feels she has everything she needs to go down it, but she doesn't realize what's ahead. That's like us. If we turned the clock back 20 years we would be here in a meeting saying, "OK, Billy (Shiphrah), what should we do? What does your nursing book say?"

So where is Ellen? Ellen is someone we wanted to be here — someone who is often seen as an "opposing force." But it may not be opposing if we could bring her in and hear what she says. She seems strong in her opinions and has knowledge she has learned in the world. But really she has a basic gut level concern for people and has some valuable knowledge that can be used. It's like Eshet Chayil — she was "scary" at first to us when we were young. She was strong and had knowledge, but there is no one more valuable now than her! Only a worthless person becomes threatened by someone with more knowledge than they have.

And Shiphrah, she is so needed. We never meant for your place in midwifery to be taken away from you. You were separated because you were in a place that you had a great burden but

couldn't pass on that burden. She felt like she wasn't needed. She as a disciple was leaving everything behind to fulfill her burden, but was seeing her family suffer, just like Berachah over in Germany. She has such a great burden to see this manual finished. That manual is so important. Huldah needs to get it done. It's buried in Oak Hill under books. We need to make a plan of how to get it done.

Also, today in this meeting we need to get out any hurts that we've been holding for many years. Let us know if any old hurt springs up. We'll just talk about it here and get it worked out.

Someone suggested maybe the additions to the manual could be like a newsletter and we could add to it a couple of times a year.

Shiphrah: My involvement in home births in the beginning was from seeing a need in my sisters and wanting to meet that need. I wasn't inclined to home births. But our Father spoke to our hearts. That's the only way we could have done it. John Isaac was the first birth. He had spinal meningitis and I was really tested. But we saw we wanted to be free from the system. With Chezekah's birth (Yadel), shoulders were stuck. I asked Darda what to do. When she told me what I should do, I remember I just looked at her and said, "Really?" We just had to hear our Father speak.

Darda: I remember getting involved in midwifery wasn't my choice. I think I was complaining about women taking vitamins. I was telling Yoneq that our food was good and they didn't need so many vitamins. He said, "Well, you'll just have to get involved to help bring these things in." There are just a few basic things, ten or twelve, that must go into people to lay a good foundation. And if you know these few things (of care) it will help women be able to get back into functioning normally after having a baby.

Ha-emeq: I'm so glad we're not having this meeting because something bad happened. We learned things in Sus like that because we hadn't known certain things. We felt regret that we hadn't done everything we could have. Like the little boy in Sus who has mental problems

— maybe we could have done something differently. The mother went through a spiritual crisis during her pregnancy.

Deborah Lamb: I'm learning that when you feel something it's better to over respond! It's better to speak out about what you feel and get counsel about it.

Ha-emeq: Here's another person who can take in knowledge and retain it. She's good about over responding. A gift you can depend on.

Deborah: Well, I've learned from bad mistakes.

Hadashah Havah: My reaction a lot of times was fear to get involved. I can see my faith is growing more and more.

Ha-emeq: Abigail told Hadashah she had realized they had had a lack of counsel in their births in Sus. She noticed in Boston when something would happen during a birth there was instantly four people together talking. That somehow had not been put into them over there. It is a lack in their tribe.

Ruth: That's a real insecure place to be in to not take counsel.

Ha-emeq: So Hadashah is going to take this back to Reuben, to Mithkah, Miriam, and Huyadah. Oh, yes, another woman that we were scared of. Not in the medical realm, but in herbs and mysticism. But she is now our most precious "wise woman" in Reuben.

About Poriah's Birth in Providence

Yadel: I got a call (she lives in Gorham, Maine) at 1:00 AM that Poriah was in labor and that I needed to come right away. When I got there Rebecca said she was totally effaced and totally dilated since 1:30 AM. This was 5:00 AM. But the head wasn't down. Rebecca was the only one that had checked her. I didn't check her because I had never checked her before. Poriah said she didn't want to have the baby till I got there. Her water was bulging. Being her first child I thought she wouldn't know the urge to push when it came.

Then Poriah felt the baby move down and felt a need for a bowel movement. Her water leaked a little. It was a green color, not dark. We prayed. Didn't want to break water because of

the size of Mevaser's head (large) and the size of her body (small). I told her to slowly push. When the bag broke it looked like mate without milk. Checked heartbeat every 20 minutes. The baby's head came out to its forehead and stopped. Once the head was out it rotated right away. The head was big enough and the shoulders small enough that it came right out — no stopping it. No one suctioned the baby. I guess they didn't have confidence. Mevaser delivered with Rebecca assisting. Khasidah did compresses.

Before the placenta came out a big blood clot came out almost a foot in diameter, to 3/4 inch thick. After the placenta was born she was trickling blood, but totally lost color. When Elisheva arrived from Bridgeport some of her color had come back, but she was pale. Her fundus was boggy the whole time. It would firm up but get soft right away. Bleeding was still not excessive, about one pad an hour. I had the baby nurse; she was a strong nurser.

Elisheva: When I got there it was a very difficult situation. It's hard coming into a situation at the end like that. By the time I tried figuring it all out people were leaving. The elder that was covering the birth was leaving and taking Rebecca. And Timshal was there wanting to leave as soon as possible with Yadel. So I expressed my concern to them. Here was a woman in a life-threatening situation and they were going to leave me there with her. I had just gotten there. So they didn't leave.

I would have checked her vital signs more often for someone in her condition. I gave her *Arnica Montana*, a homeopathic medicine recommended in "Wise Woman Herbal," five little tablets under the tongue for shock. Seemed like it helped her. She started stabilizing. After the birth her pulse was 94 and went up to 104 and stayed for a long time. They didn't take the pulse before so while she was white it could have been higher. They hadn't been taking BP before. No one knew how to use the blood pressure cuff.

Ha-emeq: Do we usually train midwives to take blood pressure during prenatsals?

Huldah: We usually say we don't have to take blood pressure every prenatal, but pulse yes. But we should definitely know what the woman's normal blood pressure is going into a birth in case of a situation like this. Were there any prenatal records?

Elisheva: When I got there I don't know if she was going into shock. But no one there was familiar with being a nurse. Nothing had been planned or no one had been trained.

Yadel: Khasidah, Ellen, Rebecca, and Emunah were women that had been there for prenatals. But Ellen had moved before the birth. I had never been to any of the prenatals. I just want to say I'm really sorry, I want to take responsibility for not taking her pulse. And also for not getting the prenatal records.

We all forgave Yadel and reassured her that there was definitely a lack at this birth that was not all her fault. Questions were raised as to why the women in Providence had not been trained. Deborah Lamb attested that Ma'aminah had been sent to Providence weekly, every Tuesday, from Boston for quite a long period of time to train the women there for more than one birth even before Poriah's birth.

Ha-emeq: Some people can be trained to deliver in emergency situations but don't necessarily have it as a midwife. It's a gift. You can see it after someone is trained for a little while they just take it on.

Darda: When Yadel called me she was very submissive but she just didn't know. About the pulse, like Shiphrah told me when we talked about this, that it's the indicator of how much blood she has. The less blood you have the harder the heart works to fulfill the need.

Grace: Yadel, don't feel bad. It was our fault as older midwives for letting this happen, not yours. You're the instrument our Father used to show us our lack.

Whenever the head is high you know the woman cannot be fully dilated and effaced. You should have questioned, was she really fully dilated like Rebekah had reported to you? And you should have gone ahead and checked her yourself.

Ruth: One thing we need more training in is how to support the perineum. They may have been able to prevent such a terrible tear in Poriah. You should cover the whole vaginal opening and there is pressure there, quite a bit of pressure. And with the palm too, not just an outline with the fingers like some think. We could draw a picture in the manual but we need a

practical showing also, person to person. We can learn from someone putting their hands on top of yours with the right amount of pressure.

Shiphrah: More often than not you could put more pressure. I don't think you could hold a baby's head back. A baby comes out with 100 pounds of pressure.

Ha-emeq: Do people teach while a birth is going on?

Someone answered that we should be. Shiphrah and Huldah answered that they do.

There is always the question of whether there are too many people at a birth. But we want to be able to train people.

Ha-emeq: You (Huldah) are going to have your birth in a really big room so we can have about 20 people there. We'll have Shiphrah there with a rod pointing and teaching.

Darda: It would be nice to have teaching aids that we could make to teach people with a birth since we don't have so many births in a community like we did years ago in Island Pond. In the manual we could have suggestions of teaching aids.

Shiphrah: I was telling Darda that in the beginning I saw how we needed each other. We had teams, four of us on a team. We would all complement each other. We all had different strong points where we helped each other. Like me, I have a tendency to go off in my fears. There may be someone on your team who is older who has more experience in certain areas. Like Grace Stanzione, she took care of me after one of my births. She pushed me to nurse my baby when the baby had been sleeping for 24 hours and the baby didn't want to nurse either. But she knew it was important. She is practical. We need those people.

Shomerit: That's the way it is with Tohorah Ariel. Details that would pass over my head in different situations in midwifery, she would sense things and express it. She wouldn't always know how to put it into words but she would speak. She was right. I started seeing that I needed her. She sensed things.

Elizabeth: Our greatest enemy is lack of confidence.

Darda: In our unity and our cleanness (of conscience) we gain confidence.

Huldah: Not only at births do we need that but also at prenats. That's where we've failed. In Boston people were in the cafe. It was hard to get them together for prenats. We'll miss it if we don't have that unity beforehand and work out a time to train younger women.

Elizabeth: Also it's important to train our younger women, our youth.

Khemdah: Are we going to talk here about how to organize teaching midwifery to the women and the youth?

Grace: It seems like we should really focus on young women before they are married and have children. Then when they start having a lot of children they will have experience and wisdom to pass on to others.

Ha-emeq: When they are young they can retain things easier than older women. Then we can encourage the older women to be nurses. They have the wisdom and experience with babies and births.

Grace: When someone is pregnant we can have Basic Midwifery teachings for all the women in the household. Young girls can be the hands-on people at the birth. Then after the birth we could have a meeting and call all the women back together to talk about what you did at the birth and what you learned.

Shiphrah: This could even be part of our curriculum for our girls.

Ha-emeq: Don't use it as an excuse that we don't have any pregnant women. We could get a new disciple that would move into the body who was due in two months. We can tell her that there's a place prepared for her — people who already care, who are ready.

Grace: It would be good to have a regular meeting set up for the midwives. (What is the Hebrew word for midwifery?) Basic midwifery includes midwives, handmaidens, and nurses.

Shiphrah: No midwives ever do breast examinations. But we should be talking about nipple preparation. We should find out (ask) if they have inverted nipples. Jan Blankenship with her first baby (our third baby delivered in the community) had inverted nipples. In women with fair skin it is especially important.

Shomerit: When we show first time mothers at prenats how to do perineal massage, we could also show them how to prepare their nipples at the same time.

Ha-emeq: For the manual we could come together for a few days, a whole pack of you and finish this off. In Palenville there's three of you there. Huldah's a half hour away. Let's do it before Hadashah leaves next week! Then she could take it back to Europe.

Ruth: Ruhamah told me that soy is good for estrogen so I told Grace and it really helps her.

Ha-emeq: We used to eat soy everything in Island Pond. We were such healthy poor people.

Then different people made suggestions: Soy flour is too refined. We should use the beans. We can make tofu milk. Just add carob or sesame seeds for calcium. We should emphasize the basics — vinney, red raspberry, exercise, water. Exercise is so important, but it's so hard to get people to take brisk walks! It's so *important!!*

Shiphrah: I have such a burden we would emphasize care between pregnancies. That's so important! Take Yahshepheh. She's so young, in her 20's with five children, and she has a prolapsed uterus.

Grace: Yes, there's only two remedies for a prolapsed uterus — surgery or Kegels, in the knee chest position. Hold for ten seconds. You can't do too many of them. Do at least 100 one time a day or 30 three times a day.

Achsah: Edah is in her 8th pregnancy and at 16 weeks she has a prolapsed uterus. When we checked her internally her cervix was right there in sight.

Deborah Lamb: Be careful of infection — no baths.

Shiphrah: She should be careful of stress of gravity. Not much standing. She should exercise laying down, and don't squat. That happened to me after Zebinah was born. I carried heavy things. I strained muscles but didn't get into shape between babies. Pelvic muscles and abdominal muscles have to be the same. Some women do abdominal exercises but no Kegels. Yemima Ishmael didn't have that balance. When her third baby was born she had a lot of

trouble. Ruth had a book with some good exercises to do for this problem. Tikvah has a copy of it with her.

Elizabeth: I really feel like this is important to be kneaded into us. We really don't want to be a liability in the body in several years. "Oh, no, Elizabeth is going to live with us! She'll have a closet full of supplements."

It's also very important to get wisdom about varicose veins.

Ha-emeq: Are these women getting exercise? If you get exercise you won't have varicose veins.

D'rorah: Here is an exercise for varicose veins. Three or four times a day lay on your back and hold your leg, one at a time, up in the air and shake it back and forth for 10 minutes, each leg. It really relieves.

Yadel: There are certain foods to eat for that that are high in Vitamin C — currants, cranberries, etc.

About Shua in Levi

Ha-emeq: Now, there is a very urgent thing we need to consider about Shua in Levi. She is 30 weeks pregnant, leaking water. It stops when she rests. When she over exerts herself she starts leaking again. She looks ashen. In the past she had a fallopian tube that adhered to her intestine wall.

Huldah read a letter about her problem, and then asked if there was any wisdom.

Shiphrah: Are they able to check her hemoglobin?

Huldah: I don't think they have a meter.

Darda: Just eating those things for iron won't do anything if your blood is really low. You need fresh yellow dock or something really strong.

Shiphrah: I wonder if the pain is her fallopian tube pulling away and she may have some internal bleeding. That could be why she is so ashen.

Deborah: It is usually very painful if you're bleeding internally.

Darda: Ishah Yair had worse pains inside because she had scar tissue. As you grow things are pulling and it becomes very painful. That's also like Grace when she's pregnant.

Tikvah: What about her water leaking? That sounds like something else.

Well, if she's not healthy it could have happened. It leaks because there is an opening or a weakness in it. Not uncommon at the end, but 10-20 weeks before is not good. Bed rest could help her heal up.

Darda: The white part under the orange peel and Brazil nuts are good for this placenta tissue. It has selenium in it.

They should take her pulse and blood pressure.

Huldah: We haven't heard from them about her vital signs.

Hadashah: When you get sharp pains inside it could be the placenta detaching because of internal bleeding. We have to make sure there is no internal bleeding.

Elizabeth: They should be keeping records to check into what kind of things bring on her pain.

Deborah: It could be adhesions. My first pregnancy, any movement was very painful.

Darda: If you ever lose a lot of blood, you may not realize that your iron stores are low and then when you have a demand on your body, you can't handle it.

Huldah: She looked very healthy in the beginning of her pregnancy. Seven weeks ago, at 23 weeks, her water started leaking. She was 28 cm.

Deborah: As far as giving her a natural herb supplement in addition to yellow dock at this late date...

Shiphrah: It wouldn't hurt to take shepherd's purse, the white part of the orange and Brazil nuts, and possibly the Arnica.

Tikvah: Have they tried bed rest on and off?

Hadashah: You should have lots of fluids if you are leaking water.

Ha-emeq: Did we get Shiphkah's iron back up before she had her baby?

Huldah: We gave her organic red meat every day, and other things. She got a lot of extra iron.

Ha-emeq: Let's pray for Shua right now. It's so hard in Europe. There are no friendly doctors. If you go to one, you really lay your life their hands.

Shiphrah: She may have adhesions around the intestines. Does she have normal bowel movements? Could there be constrictions around her intestines? Where is the pain? Is it when she has bowel movements?

Achsah: Starting another subject, what is our mind about PAP Smears? Ruhamah is scheduled for one next month and we have a doctor that is open to teaching us how to do it. He'emin said I could go with her and learn about it.

Ha-emeq: Why would we do that? So we could warn someone if she was about to die?

Achsah: Or that we could catch something to treat it before it got bad.

Deborah: Or if your family has a history you may want to check.

Ha-emeq: So does that mean we would start doing PAP Smears regularly to women? Would that open the door to fears?

Everyone agreed that it would and that we wouldn't want to do them regularly. We could just send someone to a doctor for a PAP smear if there is suspicion.

Simchah Phinehas: *(She explained to us a condition that she had called Dysplasia that can lead to cancer. The doctor explained that there is a virus that women who are promiscuous in their early years can get and this can lead to Dysplasia. So she has been getting regular PAP smears to keep a check on it. She also mentioned that she had been having beet juice regularly until she moved to Bellows Falls where they felt they had to quit making the juices because there were so many who had a family history of cancer that they couldn't meet the demand.)* I don't have a family history of cancer. I'd like to hear faith about it. I don't want to live in fear.

Ha-emeq: We've never made any laws about whether we should or shouldn't have PAP smears done. But if we get into doing our own it would need to be a governmental decision.

It's amazing, we do have a promise if we are faithful He will protect us from the diseases of the world. To be faithful we should really adhere to what we've been taught about eating raw foods and pray before we eat it because we can't yet get organic food. I'm sorry Bellows Falls stopped making juices for people there because there were so many who needed it. We need to be growing these organic vegetables and getting good juicers. Don't we grow sprouts!?

Where do we get the seeds for sprouting? (*From Basin Farm Products, the old A-to-Z*). Do they even have broccoli seeds? That's the best!

Tell everyone.

Sabra's Situation

Sabra has a lump in a lymph node. The doctor said that there is not much hope that it's not cancer. Her faith was to have the elders pray for her and she started a diet, all live food, flax seed oil, yogurt, Essiac formula. And exercise.

Elizabeth: Since we've talked about live food, I wanted to mention that we are going to build a greenhouse to grow all our own organic live food all year round. It's a way of apprenticing our children to learn how to grow things. Hopefully, we can grow enough to share with our friends who can't do this.

And also we are raising fertile eggs. Chickens can be free-range even in the winter if you keep them in the barn and feed them your scraps.

What Happened to Shifkah?

She did not take care of herself. She wanted to stay slim while she was pregnant. It started when she was young. She got a virus and lost weight. It's an evil spirit. In her pregnancy she was starving herself in some way. She had toxemia. Bleeding in pregnancy.

Our youth don't realize how important nutrition is. They are robbing themselves and their children yet to be born. Nutrition is very important. It may be that the mentally-retarded child may have resulted from the mother not eating right in pregnancy.

Shomerit: It would be good to incorporate things in our children's training about nutrition and health. They must hear it and believe it — as part of their national identity and culture — they'll live by it.

Ha-emeq: And then when they come to test us and check on us we are vindicated because our sons are bright, intelligent and healthy. When they came to us in Sus they couldn't crush us because we were healthy. One sect in France was all put in jail. We must pass this into our children so they can continue it. Like we said, in Island Pond we were poorer, but we had a higher standard in us — like the way we once decided to use tamari instead of soy sauce because it was better for us. Then we just slipped back into buying soy sauce again because it was less expensive.

We can make crackers or sesame sticks or bread sticks instead of having corn chips. It's easy and quick. Somehow we've gotten lazier with having more money to buy prepared things. The problems we'll have to face will be less if we keep to standards, even though it's harder. In the ITN we should include recipes and ideas for things to keep up the standards.

Tikvah: We need to be having community cook's meetings to remind each other of standards.

Ha-emeq: Yes, a lot would come forth from it. Then you could write it in the ITN.

Ruth: There's a certain thinking that we have to have protein in every meal. We have had trouble getting tofu so we've been eating a lot of cheese and eggs.

Deborah: A lot of plants we eat have protein in them: seeds, beans, and grains. The woman that made that plan for complete proteins has said that you don't have to have complete (all seven amino acids) at each meal, but in general have a healthy diet.

Ruth: Bad oils are something that is really important not to eat. There are a lot of ways you can avoid oily, greasy meals.

Yadel: One of our specials in our cafe is stir fries. But we steam the vegies and then toss with raw sesame or safflower oil.

Ha-emeq: So good!

Khemdah: Something really important we need to continue to fight is aluminum cookware. In Boston we use our cafe aluminum baking sheets for almost all the baking we do. We have encouraged the cooks to use those waxed papers on the bottom but people don't always do it.

One answer: could make or buy stainless. It's very expensive but we would have it forever.

Ha-emeq: Back to the midwifery manual. Look at how nice this manual is! Pictures, drawings by Shamah in Bridgeport. If we could have a little push for this to get accomplished it would be so good!

Deborah: It would be good to bind this so we can add to it. I have a burden to write about childhood diseases that our babies get.

Ha-emeq: We could make another health manual that would include healing remedies for many things. We could compile things that many people have discovered.

Darda: This manual will be so good because if a person has a gift in midwifery, and you have a situation, with the information they have they can handle it with grace.

There was a situation I was in at a birth in Sus. The baby was dead and stuck and I was just watching and the mother's life was threatened. Yochanan Abraham turned to me and said, "You go and get that baby out right now. I had a little understanding (like squatting and going in the back near the rectum instead of the pubic bone because it's softer) and so I was able to do it.

Tikvah: What about the men. Isn't it important that they'd have a basic understanding to be able to give commands?

Shiphrah: I think it's like the fathers; we as midwives are supposed to have a good understanding of what's going on so that we can explain to them the situation and they can make the decision based on our knowledge and understanding. They can make a good decision, can discern anxiety, and be objective in their decision.

Ha-emeq: Do you still have childbirth classes for both parents?

Tikvah: Yes, we did for Shebet and Lavah Shameah.

Shiphrah: We did that for John Imperial's last baby. He delivered it. We informed him of many things he was so thankful for. It helped him understand to relieve anxiety.

Ha-emeq: We should put that in our manual to reaffirm the importance of doing this with parents. You could have tea with them and talk. Do we have something about that in our manual? How do people know what to do at one of those classes?

In the past we've done breathing exercises and gone over general delivery.

[Then Ellen Zerubbabel came in.]

ha-Emeq: Good! It wasn't our intention that you wouldn't be here. We had to just trust that all things work together for good.

Darda: *(Back to the topic of getting the information we need as midwives to have wisdom to function)* The elders of our communities should know that if people aren't informed it could bring reproach on our community if someone gets hurt or a baby dies.

Huldah: Lebanah's twins should be written up. We could learn a lot from that birth.

Darda: Women should understand about nursing our babies a long time and also about natural birth control methods to help space babies.

Ha-emeq: Do you think women don't know that? They probably need instruction on natural birth control. At that natural childbirth class you could educate both parents about this so that the husband can help his wife relax and take time to nurse her baby. Also they need to know that it's good that a baby would nurse through the night. A woman could easily start her period from a baby not nursing for that length of time.

Deborah: I have a book someone gave Yasha at a Dead Show about how to check yourself before you get your periods so you'll know if you are fertile. It is the most simple, clear little book I have ever seen. It has really nice, clear drawings we might be able to use.

Ellen: Rakefet was a very anxious mother. She started using a pacifier when her baby would cry. We talked to her a lot about it. She finally threw it away.

Ha-emeq: We need to be careful because some women will use pacifiers and then their baby's sucking need will be satisfied by the pacifier. Then she could start her period early. We

need to let our babies nurse as much as they want to and not be selfish. Sometimes they use pacifiers to prevent thumb sucking. But there are other ways to prevent thumb sucking: a sock on the hand, nursing more often, and also swaddling.

Back to eating healthy, someone noted that it has been discovered that eating chicken or drinking cow's milk may have hormones in it that make young girls develop too young, at about 8 or 9 years old.

Shiphrah: We should make sure we have six-weeks check-ups, or we could call it 40-day check-ups to help people with some of these things. Women should keep real regular nursing schedules — don't go on long trips where nursing would be interrupted, or don't put off nursing because you are too busy, or try to get your baby to sleep through the night so you can get more sleep, etc.

Deborah: Also we should warn people when they become a wet nurse for someone else and then you stop abruptly nursing the other baby it will cause you to ovulate.

Ha-emeq: This is our responsibility to pass this on to our sisters. Why is it that it used to be different?

Tikvah: Our life was more simple. We stayed in Island Pond for years without going anywhere. Now we travel all around because we have so many communities. We had fresh air, exercise.

Take Sarah Whitten — her baby is eight months old and she is five months pregnant. She started her periods before her 40 days were up. She started having trouble with her milk so she fed her baby goat's milk.

Shomerit: She is a somewhat intense person; she may have needed a lighter load.

Shiphrah: It's not clear to me what happened that caused her milk to change or her to get pregnant. She had been through that terrible accident. There was a lot of stress on her. It shows that we need more care and brooding over these young women especially when they've gone through intense things.

Ruth: We've started learning about Evening Primrose, it has a source of magnesium. Celtic salt also has it. We were curious if because we are getting it in salt now whether we will still need it.

Huldah: About 40 days for boys and 80 days for girls. Maybe there is something about waiting 80 days for girls (because of Amara, who has had 3 girls in about 3 years.)

Grace: Zaviyth thought that it takes more hormones to produce a girl. It would take longer to recuperate. David Yonah said years ago that he thought the reason you would wait longer after a girl would be because of that.

Darda: All of us older women usually didn't start our periods early like women do now. I think it has to do with how you nurse you baby, being relaxed, how often, etc.

Ha-emeq: So we should write a good chapter about nursing: don't encourage immas to have their babies sleep through the night.

Grace: Should we give a recommendation, that it's good to space them a couple of years? "Yes."

Simchah: When Shomerit was talking about younger women trying to do too much, I remember I was the kind of imma that always felt guilty if I took a nap. We should help people with that kind of thing and not give them jobs like covering the kitchen at the end of their 40 days. I think that is what happened to Sarah — she was covering the kitchen in Hyannis and she is an up-tight person.

Ruth: I wonder, too, if it could have something to do with the kind of baby it is, how long it wants to nurse and whether it is a thumb sucker. Maybe swaddling would help it have more peace and want to nurse more.

Ha-emeq: We should really pass this on to immas; swaddling should be tight. The baby should be like a log. Perachah wrapped her baby like a log. They fight against it, like isometric exercises.

Khemdah: Angelica is a good example. She was raised in Ecuador where it is the custom to swaddle your babies. All her relatives were very happy when they found out she was swaddling her baby. She does it nice and tight too.

Ha-emeq: Invite her to the next midwifery meeting and she can show us how to do it. We had something in us, maybe from our grandmothers, about wrapping them up in a blanket tight — it makes them secure. But then we got these luxurious baby carriages where they can sprawl out.

Huldah: We also started rubbing the new baby with salt and washing it off. It says something about it in the Word. Maybe you could rub the vernix in first. Salt is antiseptic.

Ha-emeq: When the baby first comes out, we should put the baby on the imma. Instead of taking baby away from imma right away to dress and clean it up, you could give the baby to imma to hold, nurse, etc. Leave the baby all slimy. Don't take it away right away. Sometimes we focus on getting the placenta out so we cut the cord and take the baby away so we can deal with the imma. Also we think the baby needs to be real clean and dry before you give it to imma.

Grace: I've done it myself. Get the baby out of the way so you don't have so much to focus on.

Ha-emeq: Like a kangaroo mother, don't take the baby right away.

Shiphrah: For first-time mothers we need to prepare them for this slimy, messy baby. Let her know that that's good — desirable. There's no hurry for placenta to come out if there's no heavy bleeding. Hopefully each first time imma has seen a birth and knows how the baby is going to look.

Hadashah: I have a question about whether a lack of iron affects your cycle. When you nurse it takes as much out of your body as bleeding.

Elizabeth: I wonder if being iron deficient is creating a cycle of continuing to bleed. Maybe that's what is wrong with these young mothers. They are not getting enough iron already then they start to bleed early.

Ruth: I like the herb tonic I used.

Grace: I have a recipe by Rosemary Gladstone.

Deborah: (When asked why women were going beyond their 40 days she said...) I think it's because they were anemic and also need extra calcium.

Ha-emeq: So we need to make an iron tonic and make the eggshell tincture (with lemon juice).