

Mother and Newborn Care with Ayurveda
2011

Student Resources and Internship Packet

Contents

Certificate training - curriculum overview	3
Sanskrit mantras for learning and care	4
Recommended reading.....	8
Internship packet for certification	11
Requirements and Documentation	11
Practice Proficiencies	12
Tracking check-sheet	15
Supplies, sources and ordering for learning and your practice	17
References	19

Ysha Oakes, LMT New Mexico #6965, PPAD, D.Ayur.
© 2011 Sacred Window Ayurveda for Mothers and Children

Curriculum Overview

Ayurvedic Mother and Newborn Care Certificate Training

1. **MATERNAL NEWBORN CARE WITH AYURVEDA I** - Theory, Care Perspectives, Nutrition, Cooking and Herbal Food Preparations
AFPPCCH 30 Hours/2 credits
2. **MATERNAL NEWBORN CARE WITH AYURVEDA II** - Mother's Massage and Home Spa Care, Mama Marma, Belly Wrapping and "Exercise"
PPM 30 Hours/2 credits (2 of these hours are Ethics CEUs)
Ethics 2 CEU Hours additional for those not taking Unit I
3. **MATERNAL NEWBORN CARE WITH AYURVEDA IIIa** – Client Management part 1 - Daily Basics, Red Flags, Scope of Practice and Common Special Concerns
PPC 15 Hours/1 credit
4. **MATERNAL NEWBORN CARE WITH AYURVEDA IIIb** – Client Management part 2 – Ayurvedic Infant Massage, Mother/Newborn Essential Oils, Protocols of Business and Promoting your Practice.
AIM, EO, PPP 15 hours/1 credit
5. **MATERNAL NEWBORN WELLNESS CARE WITH AYURVEDA IV – Internship**
Requirements, Practice Proficiencies, Documentation
Approximately 5 live, 1-on-1, webinar, or telephone student-preceptor Contact Hours discussing all your practice clients and as needed to complete all requirements
ID 70 Hours estimated, including 5 direct contact hours.

Required study in addition to Ayurvedic Maternal Newborn Studies I - IV

Ayur Foundations	30 hours + - Document passing grade or transcript of equivalent study.
Postpartum Doula	15 – 24 hours - Minimum 2 day basic training or approved other training with proof of attendance; certificate is not required due to scope of practice restrictions.
Ayur Nutrition I	15 hours minimum - Document passing grades
Ayur Herbs	15 hours minimum – includes properties of culinary herbs. Document passing grades in intro to culinary and Ayurvedic herbology

These units may be ordered in the AyurDoula training units as package or individually for home study but it is not NAMA recognized being correspondence study.

Sanskrit Mantras for Healing, Teaching & Learning

Sanskrit is the ancient language which, it is explained, offers the quality of the meaning within the sound of the word. So speaking or singing these prayers, whether or not we know the meaning, gives good effect. Maharishi explains that what vedic tradition calls the devas or gods, are manifestations of specific powerful laws of nature. This is not required material, only shared from the joy of using them ourselves, and some are used to open or end a class session. Thanks to the Vedic tradition and many teachers for these.

Prayer to Ganesha

Om gananam tva ganapatim havamahe kavim kavinam upamasravastamam,
Jyestha rajam brahmanam brahmanas pata a nah srnvannutibhih sida sadanam.
Vakratunda mahakaya surya koti smaprabha
Nirvignam kuru me deva sarva karyesu sarvada
Siddhi buddhi sakti sahita sriman mahaganadipataye namo namah
Nirvignam kuru

We offer oblations to you, Ganesa, ruler of all Gods, you who are the most renowned of all wise ones, the most elder among high gods.

Oh, divine father of all wise ones, the leader of all gods. Listening to our humble praise, may you come with your divine protective energies and sit among us to protect us and fulfill our sacrifice of learning.

With curved tusk, big body, and effulgence equal to a thousand suns, make me free of all obstructions, Oh deva, in all my duties and in every way.

Accomplished, intelligent, powerful friend, the lord of hosts, we bow to you. Make me free of all obstructions!

Prayer to Sarasvati

Ya kundendu tusara hara dhavala ya subhra vastravrtta
Ya vina varadanda mandita kara ya sveta padmasana
Ya brahmacyta sankara prabhrtibhir devaih sada vandita
Sa mam patu sarasvati bhagavati nih sesa jadyapaha

*Oh, the white, delicate one,
who is like a garland of dew drops on the moon;
who wears a white garment,
Who plays a vina with ornamented hands,
Bestowing blessings with her gestures while sitting on a white lotus;
Who is always worshiped by Brahma, Visnu and Siva.*

*May that great goddess protect me and completely remove the ignorance and dullness
from my consciousness.*

Prayer to the Guru

Gurur brahma gurur visnur gurur devo mahesvarah,
Guruh saksat para brahma tasmai sri gurave namah.

*Salutations to the guru who is Brahma, Visnu, and Siva,
Who is the manifestation of the Supreme Absolute itself.
Salutations to that glorious guru.*

Prayer for Peace and Plants

Om. May there be peace in heaven and peace in the broad space in between.

May there be peace on earth and peace in the running water.

May there be peace in plants and herbs.

May there be peace in the signs of the future.

May there be peace in what is done and undone.

May there be peace in what is and what will be.

May there be peace in all.

May that peace, real peace, be ours.

Om. Peace. Peace. Peace.

Student – Teacher Mantra

Om saha navavatu saha nau bhunaktu,
Saha viryam karavavahai
Tejasvi navadhitam astu ma vidvisavahai
Om santih santih santih.

*"Om, may we, teacher and student, be protected together
May we enjoy the bliss of liberation;
May we enjoy the fruits of our actions together;
May we achieve strength together;
May our knowledge be full of light;
May we never have enmity for one another.
Om, peace, peace, peace."*

SWASTA!

Health! Also means, Established in the higher, spiritual Self

Ammachi's Prayer for Peace

Om Lokah, samastah, sukhino, bhavantu

*May all beings
In all Worlds
Be Peaceful and Happy*

Prayer to Ganga

Devi suresvari bhagavati gange tribhuvana tarini tarala tarange,
Sankara mauli viharini vimale mama matirastam tava pada kamala.
Bhagirathi sukadayini matas tava jala mahima nigame hyatah,
Naham jane tava mahimanam pahi krpamayi mama ajnanam.

O, Goddess, stream of pure consciousness, flowing with inspiration; great Ganga, whose shining wave of pure consciousness quickly flows over the three worlds; O, pure one who plays at the crown of Siva's head, My mind is at home at your lotus feet.

She is the one who gives happiness; the mother; The greatness of her waters is famous in the Vedas. Bound in the snare of birth, I do not have the power to comprehend your greatness. Give me protection from my ignorance, O you, whose nature is compassion.

Recommended reading

Students who have or will be taking an introductory course in Ayurveda will find the following reading options valuable for their reference library. Students without studies in postpartum needs or care will appreciate the resources below. The list is recommended, not required.

Depending upon your background, the following resources may be valuable to you.

Postpartum Care Basics and Special Needs

Please note there are many excellent books available and which are missing the Ayurvedic and specifically postpartum Ayurvedic wisdom around recipes, food combining, rapid lifestyle and even herbal recommendations for managing colic, rejuvenation, depression, et al.

Lim, Robin: **After the Baby's Birth...A Woman's Way to Wellness**, Celestial Arts 2001. Please do not use her postpartum recipes, otherwise excellent reference.

Romm, Aviva Jill: **Natural Health after Birth, The Complete Guide to Postpartum Wellness**. Healing Arts Press 2002. Similarly as Lim's book, excellent but please carry an Ayurvedic umbrella when reading to adjust as needed. You will learn more of that in the AyurDoula training.

Sears and Sears: **The Baby Book**. Baby to age 2, 1993. 689 pages excellent resource, looks really mainstream but that's just to get attention. Family bed, slings, breastfeeding, much!

Mendelsohn, Robert, MD. **How to Raise a Healthy Child in Spite of Your Doctor**. 7.99 ppbk a classic that fills in where we aren't sure if this is a "Medical Situation" or not, how to tell, what to do/not do and when to believe it. Fills the gap between natural medicine and allopathic, with decades of pediatric common sense.

Bonaro and Arnold: **Natural Beginnings** (author is cofounder of DONA)

Simpkin and Klaus: **When Survivors Give Birth**

Ruggeri and Costa: **Safer for Your Baby**

CAPPA.org and DONA.org are among many associations which give current reading lists and what I call basic postpartum doula trainings.

Ayurvedic Basics: At least one of these or equivalent, and including the vocabulary below. Some books are more or less appropriate for practitioner use.

- Lad, Vasant: **The Science of Self Healing**. Lotus Press, 1984 or **Textbook of Ayurveda 1**, The Ayurvedic Press, 2002, is a deep delicious foundation for health practitioners.
- Lonsdorf, Butler & Brown: **A Woman's Best Medicine**. Tarcher/Putnam, 1995. (These are ayurvedic practitioners; incl 2 MD's and a psychologist.) At least -
 - Chapters 3 and 4
 - Pages 140 – 153, 158 – 159, 165 – 177
 - Opt Ch 7, 191 – 197, 208 – 216, 236 – 239
 - * 248 – 247, * 254 – 257
 - Opt Ch 9 and 313 - 318
- Miller, Bryan DC & Light, ND; **Ayurveda & Aromatherapy**. Lotus Press, 1995
- New and advanced Ayurvedic students appreciate the well spoken, free video clips by experienced Ayurvedic physician, Dr. John Douillard at http://www.lifespa.com/signup_newsletter.aspx

Please also read or review:

- DONA.org position paper Postpartum **Doulas Role and Research Findings**. Cost is 40cents.
- Lad, Vasant: **The Yoga of Herbs, pp 23 – 48 - Herbal & Taste Energetics** section.
- At least one ayurvedic nutrition or cook book by such as Douillard, **Three Season Diet**, Lad, **Ayurvedic Cooking for Self-Healing** (review back section), Morningstar's **Ayurvedic Cooking for**

Westerners, Tiwari's A Life of Balance, **Workman's Stop Your Cravings, A Balanced Approach to Burning Fat, Incr Energy, Reduc Stress.

- Pages 1 – 78 of Sally Fallon's **Nourishing Traditions**, covering best reports I've seen collected together in western terms, in depth, on Fats, Carbs, Proteins, minerals, vitamins, enzymes etc. This is not an Ayurvedic cookbook and although this chapter's education is quite valuable and well documented, note that the recipes often do not reflect Ayurvedic principles, a vegetarian diet, or good food combining.

These concepts will be covered in the introduction to Ayurveda material offered in the in RMIYA LEVEL I classes and students will need beginning familiarity with this vocabulary and concept for learning and class coherence.

Five Elements, their qualities	Rasa, Virya, Vipak	Agni
Vata, Pitta, Kapha	Maha gunas – sattva, rajas, tamas	what are 7 Dhatus
20 gunas (English)	Dosha, sub dosha	Ama
Ojas, Tejas, Prana	Prakruti, Vikruti	what is Nasya
Shrota	Mala	what is Basti

Beginning familiarity with the following culinary foods and spices and their ayurvedic and some medicinal properties. (Ayurvedic Nutrition and Cooking)

Cardamon	Coriander	Cilantro
Fennel	gingers	Hing (asfoetida)
Turmeric	Garlic	Cumin
Peppers (differences)	Salts	Cinnamon
Nutmeg	Lime	Lemon
Foods that heat/cool	Foods that dry/lubricate	Heavy/light foods

Ayurv I equivalancy and correspondence students are expected to gain beginning familiarity with the following herbs as part of their studies for your certification. (This material and much more will be given in RMIYA's Ayurv 1).

Amlaki	Ashwaghandha (Winter Cherry)	Dashamoola
Brahmi (incl. Castor oil Gotu Kola)	Jatamamsi Licorice	Mahasudarshan
Shatavari (Wild Asparagus root)	Sitopoladi	shankapushpi
Tagara (Valerian)	Trikatu	Triphala
Wild Yam	Pippali	Guduchi

Book review: For a Blissful Baby: Healthy and Happy Pregnancy with Maharishi Vedic Medicine by Kummuda Reddy, MD and Ayurvedic Physician, Linda Egenes, MA and Margaret Mulleins, RN. Lantern, 2001.

This is a good investment for those wanting an intro book for their clients and themselves to Ayurveda in terms of perinatal Ayurveda care from preconception through weaning. It very sweetly addresses important benefits that we need to be able to speak of for prospective clients. It is overview with some details here and there, very nicely written though student/practitioner's desire for theoretical depth and practice detail requires more than covered here.

Internship Packet for Certification

Internship Homework and documenting your work

These internship requirements should help you know how to best serve yourself, your friends, and your community of clients. Please review this section from this perspective and enjoy the time tested map and the tools for keeping track of your learning process.

Internship from a distance and local preceptor-ship options

Internships are directed by Ysha Oakes or Sonya Bastow unless other arrangements are available. Non-local and local interns will work with us for these case study and practice proficiency direct contact hours. Generally this involves about 5 hours on the phone plus internet sharing. Teacher observation, tests, student participation and this internship are included for certification. Correspondence students usually require more of the preceptor phone/email contact hours.

Those desiring a certification of NAMA¹ recognizable study may take the intensive training (10 days) or enquire for in-residency client service teamwork which may substitute for many of the classroom hours. The homework for each unit, found at the back of class notes with your assessment exams, is designed to generate both knowledge and practice proficiency. At the same, it helps fulfill your internship requirements for completion. Summarizing,

- Approximately 5 direct Preceptor one on one contact hours with and/or about your experience with practice clients for students after the intensive workshop study format. 2 hours of optional case study during class time will count as part of the 7 hours.

Documentation of Practice and Proficiencies

Begin using the check-sheet below right away, and enclose a completed copy with your documentation detail. You will want to begin keeping records right away as you share what you are learning with practice clients. Send your tests separately for certificates and a grades for attendance. That grade is part of your certification as an Ayurvedic postpartum care practitioner.

You must document all of their requirements, though discussed over the phone. Please send in requirements *by either a unit or all units in a Level completed* when possible. Do not send in partial unit requirements separately, to avoid our confusion. Use the following information to document your requirements properly and check list below for completions. Keep yourself a copy of these materials, and do let us know how you are proceeding or if you have clients coming up we will be talking about in case I will be traveling or teaching etc.

Tests are available in .doc versions at the www.groups.yahoo.com/group/ayurdoulamitras forum to make it easy for you and for grading and return with our comments. Send to current snail or e-mail address for your preceptor. For Ysha it is AyurDoulas@gmail.com. Include:

Your full contact info incl. name, address, email, phone and date of submission.

Please include any training payment due including internship fee

Full identification of your practice experience

¹ NAMA - National Ayurvedic Medical Association -

1. Requirement level, course or abbreviation and specific requirement/s met
2. Practice client first name and contact, dates, location (the town, her place or)
3. Clients' (brief) feedback including questions, needs, and briefly your responses.
4. Any key experience/learned, challenges, what needs further practice
5. Supervising AyurDoula, or phone time with preceptor (include time on/off/ date)

Support network resources

- The private forum, groups.yahoo.com/group/ayurdoulamitras is for students and ayurdoula practitioners networking, learning, group study, planning, and for document updates. Please explore the files section also.
- Please join groups.yahoo.com/group/perinatalayurveda and participate in the service of answering questions for new to Ayurvedic members and feel free to ask questions of the active vaidyas, midwives, nurses, Ayurvedic herbalists and other members.
- Remember you can refer your practice clients for more information to www.sacredwindow.com; the website is designed to support you and your work.

Internship practice proficiencies

The following requirements are our best effort at identifying study and skills practice required for proficiencies. They are spelled out here and listed in more condensed form on the Tracking Checksheet following to use as a coversheet for your documentation.

Part 1 Maternal Newborn Care I

AFPPCC 2 Ayurvedic self massages in one week; 2 client self-massage instructions; 3 intro talks or brief consulting one on one; cook 5 postpartum meals (give menu plan/recipes - some are as sequential care - include follow-up;

BPPH 2 times preparing basic 4 herbal formulas, 2 Client weeks follow up on use Report on alternatives used and other basic herbal supports provided with client results or not, as discussed with them.

Part 2 Maternal Newborn Care II – Bodywork-Home Spa Care-Ethics

PPM 7 Practice client massages (6 on postpartum mothers), 2 client Basti coachings (for their own evening use) with followup. 2 on self.

Part 3 a Maternal Newborn Care III – Client Mngmt - Consulting

PPC At least 4 Daily Results interview/consults with new mothers, incl 3 in a row. Includes timely phone conversation with Preceptor. Complete/submit 5 topic or issues' protocol notes per your advanced study. 2 PMD client supports X 3 days min each.

Part 3 b Maternal Newborn Care III – Client Mngmt – Infant Mssg, Ess oils, Business

AIM 2 hands on baby massage experiences out of class, 2 Instruct mothers with

Ayurvedic infant massage out of class, Test
PTEO 3 Use essential oils on self, family; 3 postpartum client applications; report on how you plan to use essential oils in your business
PPP Report on how you are developing a local team effort for practice; 2 Public Intro talks (ok in team) ; Who do you want to serve? Work with? Poll your projected market – what are their greatest concerns, fears, needs, obstacles, ideal desires for postpartum experience? Publicity plan/effort/results (naturally, no expected right answer); 2 Intake/Orientations

Charging for your Services

Tips or donations for your first efforts are ok, but bear in mind that many massage schools require students to give 50 free massages as part of their certification (for, comparatively, a 500 – 600 hour training). As you will be working often in women's homes, a basic doula wage will quickly become acceptable even as you are refining your skills (\$12 – 25 or even more in big cities). Payment-ready for AyurDoula counseling should be at the discretion of your preceptor.

A normal beginning rate will depend upon your confidence, proficiency, other related professional skills, and the local economic structure. If at all possible, rates in a particular territory should remain consistent for best relations with your AyurDoula peers and customers. This will help you charge what you are worth, and facilitate working in a team. Consider agreeing with your team or yourself on a maximum policy for sliding scale and free work, and perhaps with a publicized free day monthly or quarterly when later postpartum mothers can come to you.

Graduation!

Please submit documentation summary with attachments as needed 3 – 4 weeks before semester's end to give time for grading and information flow. Check with your institution for each year's exact semester ending dates in December and June. Certifications of Completion are awarded with optional graduation ceremonies upon satisfactory completion of requirements and payment of class and internship fees.

Internship is arranged with the preceptor, depending upon extent of personal attention needed and location of both women, and should be paid up front. A payment of \$185 American is requested for the 5 hour personal contact hours plus paperwork. Additional rate is \$25/hour.

Continuing Education

We do not have formal CEU tracking at this time except for just beginning to offer LMT Ethics CEUS in 2011. Please take a bare minimum of 15 hours annually in related topics, as well as personal research study. In addition take your own retreat, panchakarma and inner development time regularly if you can. Keep a file of these things to simplify the future, bound to happen, grand-mothering) future credit for it.

National Certification

We are pioneers in this country in this work. Generating respect for your status includes recognition of our credit hours with NAMA, the National Ayurvedic Medical Association. *NAMA does not however recognize correspondence study in Ayurveda.* Direct contact hour study in person, in class, by phone or webinar are usually cumulative towards NAMA's practitioner level recognitions. Do complete the exams for any coursework you take in any Ayurvedic topics, and keep records/transcripts of your advanced study.

Many will be blessed by your work; keep yourself open, healthy and rested to best receive the many blessings you deserve and to give well those you want to offer!

Warm Regards from Ysha

505-259-1801 cell

AyurDoulas@sacredwindow.com

www.groups.yahoo.com/group/ayurdoulamitras

UNIT/SKILL Total Practices minimums	<u>CHECKLIST</u> LIVE TRAINING SESSIONS (guided and supervised) PRACTICUM intern requirements (your private "clients", or may be directly supervised)	<u>TIME LOG</u> Non-intensive training format/hours INTERN TIME hours or minutes intern supervision or consult re practicum	<u>DATES LOG</u> non-intensive training and/or internship consults dates
AFPPCC 3x self massage 2x self-massage instruct 3+ intro talk - brief, 1on 1 8x cook pp meals including sequentials & follow-up	1X dry <input type="checkbox"/> , 2X full,report <input type="checkbox"/> 2X <input type="checkbox"/> 3X <input type="checkbox"/> 3x meals cook/taste <input type="checkbox"/> 5X client meals, incl sequenced, with follow up <input type="checkbox"/>		
BPPH 3x Prepare basic 4 formulae Follow up on client use	1x incl. tasting <input type="checkbox"/> 2x on your own <input type="checkbox"/> 2 client weeks <input type="checkbox"/>		
PPC daily results interview, Issue protocols (includes APPH) PPMD client supports (optional/advanced)	4X observe <input type="checkbox"/> 4X (3 same client) <input type="checkbox"/> study many or in study group submit 5 writeups <input type="checkbox"/> 1X+ consult observe <input type="checkbox"/> 2 clients 2 days min ea <input type="checkbox"/>		
PPM	<i>Home purvakarma</i> during intensive opt. <input type="checkbox"/> Or 1X self <input type="checkbox"/> <i>Basti, oil</i> self @ home 1-2X <input type="checkbox"/> 2X Follow up with "clients" <input type="checkbox"/> <i>Home spa; tx, -</i> Give 3; 2 on student & 1 "client" <input type="checkbox"/> <i>Receive this abhyanga-</i> 2X student to student, guided <input type="checkbox"/> GIVE 7X total, 6 ppmoms <input type="checkbox"/> <i>Belly wrapping</i> 1X observe <input type="checkbox"/> 2X on "clients" report <input type="checkbox"/>		
AIM 2x Hands on infant massage 2x Instruct infant massage	2X <input type="checkbox"/> 2X <input type="checkbox"/>		
PTEO 10x Use essential oils	5 x class apps, self <input type="checkbox"/> 3 X on self; family <input type="checkbox"/> 2 x class apps, clients <input type="checkbox"/>		
PPP Local teamwork; Public intro talks Publicity Intake and orientations	Make plan <input type="checkbox"/> report on development <input type="checkbox"/> 2X (ok in team) <input type="checkbox"/> Discuss options; focus <input type="checkbox"/> Tell plan/effort/result <input type="checkbox"/> 1X observe <input type="checkbox"/> 2X clients with your forms <input type="checkbox"/>		
TOTAL # HOURS	Noting hours is mostly to track any exchange agreements on time. This checklist and the intern supervision about your practicum is to support needed proficiencies.	Intensive or Special Training____ Practicum _____ Intern consults _____	

Supplies, Sources, & Ordering for Your Study and Practice

Gathering supplies for the Home Spa Care

As an Ayurvedic doula, we find ourselves needing to efficiently organize and carry the right supplies to and from work. Similarly, we will all be using quite a few things for this class! Depending upon your training site and if you are local to it, you may be asked to bring your collection. In any case, you may want to begin collecting a few things. A few other supplies will be discussed in class and you may want to budget for more culinary herbs and some essential oils when you can. **Put your initials on everything!**

This is enough for 2 client treatments in a day. (many supplies will be provided in class, check for what you may be expected to bring).

- 4 medium size large bath towels (NOT bath sheets or beach size)
- 2+ hand towels
- 2 aprons (1 per client) or 2 more hand towels to hang from belted waist
- 6 Single size (or larger) sheets. (1 for massage table, 2 for resting bed)
- 2 pillows (client usually provides; not too fat, not king size)
- A laundry Bag or basket for each client's linens
- 2 kitchen size garbage bags or zip on vinyl pillow protection (inexpensive) per client
- 1 floor protection sheet or large vinyl table cloth/flannel backed for quiet per client
- 2 hot water bottles (better quality for same price can be ordered through Cascade medical supplies at 800 443-9942; consider a group order). Optionally 1 Fomantek large size and one cascade normal
- 4 washcloths or two more hand towels, for furniture protection, and leaky breasts
- 2 shampoo size flip top bottles, empty and clean (1 per client, one extra in case of oil preference change (coconut or sunflower).
- Massage table (optional one to keep at each of 2 client's homes when they are doing many days' care) and small spray bottle with diluted Murphy's oil soap or similar
- Small crock pot, heated massage oil pad, or heated hip holster for massage oil
- Suitable laundry soap – Fresh Again (Biotone) works best, others discussed in class
- 2 supplies bags and a file folder for each client
- optional books, herbs etc for sale
- therapeutic grade essential oils per collections discussed in class, safety info, sample bottles and ordering information, mini reference

Hot Water Bottles

Standard and Variations - With or without enema/douche bag attachment option (2 styles) Cascade Medical Supply or Moonflower Birthing Supply sell products, your cost will be less there. \$12 ea, theirs are hospital quality, better than in the drug or discount stores. 2/\$22.

Favorite: Super Size Hot Water Bottle by Fomantek. Great for infant massage - Babies love it! Lay on in bed or massage table, gets neck, shoulders, and most of back. Retail at \$24 (plus shipping). Joanne Poole (641) 472-4194 sells below retail, \$20. plus shipping. Or case order; annual extra discounts from Fomantek in springtime. Opt 4 medium or small ones also (2/box, similar to regular HWB size but stores more simply and costs less, good guarantee.

Organic sesame, sunflower, coconut massage oils.

Also **organic herbs – single, bulk or pills.** Banyan Trading, 800 953-6424. Banyanbotanicals.com; wholesale accounts for practitioners; minimum wholesale order \$40.

Basic Postpartum herbal food preparations for your clients

Prepare or call Sharon Thomas at (719) 630-3199 to order three of the basics. Sometimes Sonya Bastow or Rebecca Van fill orders also (contacts at www.sacredwindow.com). **Dashmool:** Contact Louise Sanchez louise@earthnet.net (303) 546-0952; dose is 2 Teaspoon/daily (write instructions), or for larger amounts order from Banyan or your favorite supplier.

Essential Oils

Purchase as new distributor or customer from Young Living Oils and save time, money, and doubts about quality. I offer a free personal use consult and support for your clients in 3 way calls Referring member #25031. Request simple ordering options guide.

At www.abundanthealth4u.com: Quick Reference Guide for Essential Oils, Connie Higley; \$9, or the Essential Oils Desk Reference in mini or full reference, and other new perinatal and oils related resources. **NEW – Gentle Babies, Essential Oils and Natural Remedies for Pregnancy, Childbirth and Infant Care;** Debra Raybern, ND; Healthy Homes LLC, 2008. A simple to use guide loaded with practical uses. Let Ayurveda be your guide re her nutritional and oils advice; the oils detail is wonderful. Clients with strong Christian affiliation will enjoy her spiritual approach.

Biotone laundry soap

For oily massage linens – go to local massage supply store. Or use extra and strong detergent, 2 good squeezes of Dawn dishwashing detergent, and a cup of baking soda per load. Agitate and soak 10-20 minutes in HOT, switching to warm/warm setting for long wash and an extra warm rinse cycle.

Ayurvedic Doulas and referrals

www.sacredwindow.com click on the Find a Doula page

Education for your clients

Please use Reddy's **For a Blissful Baby** or Lonsdorf's **A Woman's Best Medicine** to introduce your work. 55 page version of my **Recipes** is available by download at <http://sacredwindow.com> for \$12.

Review/assist the Ayurvedic Doula Trainings

Most current listings will be at www.sacredwindow.com.

References

1. **After the Baby's Birth, A Woman's Way to Wellness**, Robin Lim, Celestial Arts, 2001.
2. **A Life of Balance**, Swamini Mayatitananda (Bri Maya Tiwari)
3. **A Mother's Blessing**, Aparna Khanolkar, Century Publications, 2004.
4. **A Woman's Best Medicine**, Nancy Lonsdorf, MD, Veronica Butler, MD, Melanie Brown, PhD. Putnam, 1995. 59-197, 243-264.
5. **Ayurveda & Aromatherapy**, Light Miller, ND and Brian Miller, DC, Lotus Press, 1995.
6. **Ayurveda for Women A guide to vitality and Health**, Dr. Robert Svoboda, David & Charles, 1999.
7. **Ayurvedic Cooking for Self-Healing** (so valuable for the back section alone!), Vasant and Usha Lad.
8. **Ayurvedic Cooking for Westerners**, Amadea Morningstar
9. **Ayurvedic Healing**, David Frawley
10. **The Complete Book of Ayurvedic Home Remedies**, Vasant Lad, BAMS. Three Rivers Press, 1999. 156, 157, 160, 161.
11. "Dietary Fats and Essential Fatty Acids". Dr. Michael Janson, MD. www.healthy.net
12. **Encyclopedia of Natural Medicine**, Michael Murray, ND and Joseph Pizzorno, ND, Prima Publishing, 1998. 380 – 388.
13. **Essential Oils Desk Reference**, Compiled by Essential Science Publishing (ESP). 2001; multiple references. 800 336-6308.
14. **For a Blissful Baby**, Kumuda Reddy, MD, Linda Egenes, MA & Margaret Mullins, RN. Samhita Publications, 1999. 115 – 171, 173.
15. **Healing Oils of the Bible**. David Stewart, PhD, CARE, Inc, 2002.
16. **Heaven's Banquet**, Meriam Kasin Hospidar
17. "Essential Oils, A Better Choice", audio tape with Dr. Ann Blake Tracy, ESP, 2002. 800 336-6308.
18. "Help, I can't get off my antidepressants!" audio tape by Dr. Ann Blake Tracy, ESP, 2002.
19. **Infant Massage A Handbook for Loving Parents** by Vimala McClure. Bantam Books, 2000. Paperback.
20. **Journal of the American Academy of Child & Adolescent Psychiatry**, Susman, Dhronsos, et al., "Corticotropin-releasing hormone & cortisol associated with depression & antisocial behaviour in pregnant adolescents". April 1999.
21. **Mother the Mothers, 42 Days After Childbirth for 42 Years**, by Martha Oakes, draft self publications 1998 – present.
22. **Natural Health after Birth – the Complete Guide to Postpartum Wellness**, Aviva Jill Romm, Healing Arts Press, 2002.
23. **Nourishing Traditions**, Pages 1 – 78, Sally Fallon, for best reports I've seen, in depth, on Fats, Carbs, Proteins, minerals, vitamins, enzymes etc. This is not an Ayurvedic cookbook and although the education is specially valuable and well documented, note that recipes do not particularly reflect Ayurvedic principles or food combining.
24. **Perfect Health**, Deepak Chopra, Harmony Books, 1991
25. **The Science of Self Healing**, Vasant Lad, Lotus Press, 1984.
26. **Sushurata Samhita**; in translation by Sarita Shrestha, BAMS, MD, Faculty Mt. Madonna Center and Rocky Mountain Institute of Yoga and Ayurveda, Advanced Ayurvedic Perinatal and Women's Health classes, 1999, 2000 and others.
27. **Syndrome X**, Jack Challem, Burton Berkson, MD, & Melissa Diane Smith, Wiley & Sons, 2000. 20, 21, 70 – 72, 213 – 216.
28. **Women's Bodies, Women's Wisdom** by Christianne Northrup, MD, 1998. 502, 503, et al.
29. www.mapi.com, 2003 and www.Saffronsoul.com, 2002, Ayurvedic online sites.
30. www.mercola.com; Dr. Mercola's online medical newsletters, July and August, 2001, et al.
31. **The Yoga of Herbs**, Dr. David Frawley, & Dr. Vasant Lad, Lotus Press, Twin Lakes, Wisconsin. 1996. On tastes, rasayans, rejuvenation, anapunas. pp 23 – 4

