



PREGGERS CAN BE
CHOOSERS

RESOURCES

People

- [Mary Aspinwall](#)
- [C. Sue Carter, PhD](#)
- [Anna Crowle](#)
- [Vaisesika Dasa](#)
- [Seth Godin](#)
- [Ellen Heed](#)
- [Candace Pert](#)
- [Stephen Porges, PhD](#)
- [Aviva Romm, MD](#)
- [Shannon Stellhorn](#)

What prompts scarring?

Physical Trauma

- [The Trauma of My Cervical Biopsy \(Glamour\)](#)
- [Post Roe terminations](#)

Chemicals

- [Plan B](#)
- [BE PROACTIVE: BV remedy link on PCBC](#)

Nutrition

- [CO2 Is Messing with Our Food](#)

Remediation

- [Ad Fontes Media](#) for media bias chart

Castor oil

- Herbal Academy - [How to Make Your Own Herbal Suppositories](#)

Castor oil pack

- [Rowan's DIY instructions](#)

EarSeeds

- [EarSeeds Instragram](#)
- [Buy some EarSeeds](#)
- [The Latest Chart of Auricular Points](#)

FasciaBlaster

- [FasciaBlaster and FaceBlaster \(smaller FasciaBlaster\)](#)
- [Round Ligament Rehab by Labor Whispering](#)

Fetal Positioning

- [Spinning Babies](#)

Homeopathy

- [Top 14 Remedies for Labour and Birth](#)
- [Herbals & Homeopathics in Women's & Infant Care Notebook](#) by Lisa Goldstein
- [Miranda Castro's scar cream](#)
- [Hahnemann Labs](#) (where to buy)
- [A Homeopathic Perspective on Pre- and Post-surgical Treatment](#)

Hydration

- [COLD1 50oz Tumbler Mug](#) by Reduce

Lubrication

- [Hallelubeyah](#)
- [Überlube](#)
- [#LubeLife](#)



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Massage

- [Arvigo Maya Abdominal Massage](#)
- [Abdominal Therapy Collective](#)
- [Barral Institute - Visceral Manipulation](#)
- [Erik Dalton - Coccyx Controversy](#)
- [Pelvic Floor DIY video with Hannah Goodwin](#)
- [Free the Belly course by Barbara Horsley](#)
- [STREAM Practitioners](#)

Movement

- [Daily Essentials video by Spinning Babies](#)
- [Forward Leaning Inversion by Spinning Babies](#)
- [MommaStrong](#)

Nutrition

- [Prebiotic Porridge recipe by PCBC](#)

Ozonated Oil

- [Ozonation Machine from David Hayes "the \\$3,000 one"](#)

Self-Regulate/Polyvagal

- [Polyvagal Theory with Dr. Stephen Porges](#)
- [Ten Percent Happier](#)
- [Secure Village — Polyvagal Theory with Amir Levine](#)

Acknowledgments

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- [Fabeku Fantamise](#)
- [Jess G](#)
- [Ellen Heed](#)

- [Annie Kuntz](#)
- [Lisa Sacaris](#)
- [Tiny Book Course](#)
- [TLC Group doulas](#)
- [Blythe TwoSisters](#)
- [Eli Wild and "Crying is my Hobby" Hanky](#)
- [Courtney Wykoff](#)

About the author

Contact

- [Preggers Can Be Choosers](#)
- [PCBC Newsletter](#)
- [PCBC Instagram](#)
- [Choosers Mighty Network & scar remediation course](#)
- [Rowan on Tiktok](#)
- [Schedule a consult!](#)

Certifications

- [Arvigo Maya Abdominal Massage therapist](#)
- [Certified Professional Midwife](#)
- [Spinning Babies Aware Practitioner](#)
- [STREAM Certification](#)