



Case Study #1

Conversation Transcript

First Zoom Session: 8/17/2022

Aug 21, 2022, 8:43 PM

MOM:

Good news! I got some bones and I have the cup containers to freeze it.

I'm having some blocks to start the cooking of the bone broth.

Aug 22, 2022, 10:19 AM

MARANDA:

I am so so excited that you got everything! Take a moment to tap into your heart space. Do you remember this exercise? Take a deep breath, place your hand on your heart, and really focus on your heart. It's like dropping your brain into your heart. All your focus and breath comes here in these moments. And when you feel really connected, ask yourself one question at a time "what is this block?" Wait until you get a response. Here's the other question "What do I need to do to move forward?" Let me know what comes up for you, if anything. And then we can move from there! ❤️

Aug 22, 2022, 11:40 AM

MOM:

Even before this exercise, I did it! Making it an at home day helped. And I had to get rid of the feeling it has to be perfect. I decided not to roast the bones to make forward progress faster. And I didn't put in all the veggies. But I made it and it tastes pretty good. Day one of bone broth is complete. ✓



Aug 22, 2022, 12:27 PM

MARANDA:

WOOOOHOOOOOOO!!!!

I am so so happy for you!

Aug 23, 2022, 1:45 PM

MOM:

Curious what you think about collagen peptides (vital proteins brand). Am I getting natural collagen peptides in my bone broth?

Aug 23, 2022, 7:39 PM

MOM:

Also, I need help finding that link to book our next session.

Aug 24, 2022, 7:06 AM

MOM:

I've been starting my day with a table spoon of lemon juice and room temp water. Is that something that works well along side the PP nutrition plan?

Aug 25, 2022, 7:08 AM

MARANDA:

My family and I got really sick these last few days. I apologize for the delay in getting back with you! I will respond here asap as I can. 🙏❤️

Aug 26, 2022, 3:15 PM

MARANDA:

Thank you for your patience with me! You are getting soooooo much natural collagen peptides with the bone broth you are drinking. There wouldn't be any need to supplement it at this point. Link to



schedule with me: [PRIVATE LINK](#). lemon juice and warm water! It's such a great healer. Let your body lead you in what is right. How have the last few days been for you?

Aug 26, 2022, 6:23 PM

MOM:

You are so welcome. Thank you for your reply.

As I used a very fragrant soap I wondered how you feel about fragrance ... I thought I heard and can mess with hormones.

I love that my kids enjoy sipping on bone broth now too!

It feels deeply nourishing, like breast milk.

Aug 27, 2022, 3:39 AM

MOM:

Should I be focusing on the early PP snacks in the first week? (Even though I am currently in very late postpartum)

Aug 27, 2022, 7:36 AM

MOM:

Also, I'm curious if you've heard of the pro/pre biotic supplement Seed?

Aug 27, 2022, 8:10 AM

MOM:

Just bought some Ox tail to try out making into bone broth!

Aug 29, 2022, 10:36 AM

MARANDA:

If the fragrance is labeled "fragrance", it is highly toxic. If the fragrance is from essential oils, you are perfectly fine.



Yes, stay with the early PP snacks. Treat your body like it's fresh postpartum. Lots of nourishment, rest, grace, and love!

I haven't heard of the supplement! But I will tell you there are so so many new brands on the market. It's really hard to keep up.

AND YES OX TAIL!!!!!!!!!! ❤️

Aug 29, 2022, 11:23 AM

MOM:

I'm a little nervous about using Oxtail. Do I need to roast it beforehand? Do I need to soak it for an hour in water beforehand?

I am noticing after drinking bone broth for a week that I'm really seeing a difference. My skin is seeing a difference the most. I just feel healthier. I just so excited!

Aug 30, 2022, 1:46 PM

MARANDA:

HOW AMAZING!!!

I'm not surprised 😊 You are doing big work and you should be so proud! No need to do anything different with the oxtail. Treat it like you do all your other bones and you'll be golden. ❤️

Aug 30, 2022, 2:29 PM

MOM:

Recovery soup with completely homemade oxtail broth 😊

I was really happy with how the soup turned out. Unfortunately, my kids were not into it. More for me 😊

A long time ago you recommended a probiotic (w/probiotic) and I really liked it for a month or two. I'm trying to remember the name of it. What probiotics do you recommend?



Sep 1, 2022, 11:44 AM

MARANDA:

That's such a good question! Prescript-Assist Broad Spectrum Probiotic Prebiotic Complex is what I recommended. ❤️

MOM:

Thank you!

Oh! Somehow that helped me remember, Terra Flora was amazing a year ago.

MARANDA:

oh yesss!! That's a really good one too!

Sep 2, 2022, 12:43 PM

MOM:

Looking into the gut/brain connection... As I have been about to start my cycle, my mood has been low. It's like there is a microscope on all the big things that feel broken in my life currently. I wonder if that feeling is helping to make my small intestine feel "angry"/ uncomfortable/sometimes painful/bloated/burping.

Sep 4, 2022, 6:22 PM

MOM:

Was doing so well with not eating dairy or gluten....and then I finished my kids plates who were eating those things 🙄

Sep 5, 2022, 7:03 PM

MOM:

When it comes to eating nuts, is there an easier option to prepare them besides warming them up in a pan with some oil?



Sep 6, 2022, 3:53 PM

MARANDA:

Voice Message Transcript: Hey, you are so right in that oftentimes during that time of the month that things can be kind of like a microscope in terms of things that don't feel very good for us. They become magnified in a way. I remember reading one time many, many years ago about how this was an actual protective mechanism that our bodies use to support us in understanding what works for us and what doesn't. And so it's not that these things are not necessarily are annoyances or frustrations throughout the entire month. It just becomes more a part of our awareness during this particular time. And this is why a lot of women would do, you know, the red tents, right? We historically speaking, would leave during the menstrual cycle so that we can go recover and recoup and look at our light and determine what is working and what's not working. And so there's an inward introspective aspect of it that requires our fullest attention. And oftentimes, we don't abide by those ebbs and flows. We are not abiding by that, those cycles in today's world. We live in a very masculine world where there's not much of a cycle. It's just go, go, go. And as a woman with a cycle whose body follows these very cyclical periods require this the ebb and flow. There is a period of go, but there's also a period of stop and rest and reflect. And then an emergence that comes again. It's like a constant rebirth, and we have to honor that. And oftentimes we just don't get to, and it becomes very frustrating, and it becomes very noticeable. And so it's a good thing that you're noticing these things and hopefully you'll be able to use that. You found knowledge as a tool to support you in making positive changes in your life. I truly believe that that is the entire aspect. I mean, there's, there's more aspects to PMS and things like that, but that's a huge component to it that we often neglect and don't speak of and, and say, you know, it's just our hormones when really it's our body letting us know that, hey, this isn't okay. This isn't working in your favor, and it's time to make some changes.

And I'm so sorry you had gluten with your kids and dairy, but I totally get it. Sometimes it, we like finish off their plates, right? And it's like, Oh, wait a second. What did I just do? And so don't beat yourself up over it. It happens. And the important thing is we recognize those moments and then we are able to release them that much more. The more you dwell on it or beat yourself up over it or anything like that, the more negative it is, then it has to be right. Especially for your body, physically, emotionally, and inflammatory responses, all of that. So don't beat yourself up over it. In terms of eating nuts, I don't know if there is necessarily an easier way to eating them. We want them warm. I mean, the easiest way would be to microwave it. But I don't believe that's very beneficial and it kills up so much of the key nutrients that you need. It's just not a really beneficial heat source. You can try eating nuts and see how it feels. You're past the postpartum period for some time. We're here because we are nourishing your body as much as possible. So see what it would feel like if you did have some where it wasn't like necessarily soaked or warmed in oil on the stove top. And see if, you know, eating them wrong feels good for you. And if it does, awesome, and if it doesn't, then we know that that's probably not a thing that you want to do.



Second Zoom Session: 9/8/2022

Sep 8, 2022, 1:40 PM

MARANDA:

<https://postpartumu.com/holistic-family-health-protocol/>

Sep 8, 2022, 4:26 PM

MOM:

I'm so thankful for you! I feel so nourished after our conversations. ❤️

Sep 10, 2022, 9:38 AM

MARANDA:

I am so so grateful for you and your kinds words! This made my day. 🎉❤️

Sep 11, 2022, 12:52 PM

MOM:

Help! Just when I thought I was getting better, I've been getting a crazy amount of tickles in my throat that lead to "cough" attacks.

It's like I need to have hot tea on a drip system!

Sep 12, 2022, 3:03 PM

MARANDA:

Voice Message Transcript: I am so sorry you are still sick. Whatever it is, it is definitely going around. I highly recommend following what it is that your body needs. So if you need hot tea all the time, go for it. Spicy foods, whatever it is that's going to get your body to process all of that yuck is going to be really, really beneficial and helpful for you. Draw a steaming hot bath with oil or peppermint oil. And just alternate. By alternate, like with the steaming hot. You don't even have to jump into a shower. You can just turn on your sink and put a little towel over the back of your head and dip your head close to the steam and breathe in that steam. So whatever you can do to just kind of allow that to continually move



through your body. Lymphatics, massage, heat techniques, lots and lots and lots and lots and lots of liquids. The hotter the better, right? As much as you can tolerate the heat; of course don't burn yourself. Lemon and honey can be really helpful to lemon and honey in soothing the throat too. Let me know if that's helpful for you and I hope you're feeling better.

Sep 12, 2022, 4:10 PM

MOM:

I am feeling better! Less cough attacks today 👍

Sep 13, 2022, 11:19 AM

MARANDA:

oh so happy to hear this! ❤️

MOM:

Watched the bone broth video and it answered some questions but now I'm wondering what was meant about skimming something off the top? And does that apply when using the instant pot?

And then I watched the SIBO video and it makes me wonder if I may have that. Curious if you hear people getting it after having a C-section.

Sep 14, 2022, 2:43 PM

MARANDA:

I don't ever recommend skimming the top of bone broth. That's where so much nutrients lie!

It's not really cesarean related. And based on what I know from you, I don't believe this would be a concern for you. The plan already helps you so much. You in particular just need some nutrient and nervous system balance. 😊

Sep 16, 2022, 7:21 PM

MOM:

Assuming I have the MTHFR gene, what's a good B vitamin supplement?



Sep 19, 2022, 10:04 AM

MARANDA:

It's been so long since I've looked! I do know that there are a few supplements out there specific to the MTHFR gene. I would do a search on MTHFR supplements and see what you find!

Sep 20, 2022, 12:34 PM

MOM:

Eek I just listened to your podcast with Valerie Lynn! Love it so!! You know I was 3 months old when my family moved to Malaysia and we lived there 7 years. Their way of pp is what my body was craving but couldn't figure out how to make happen in my American suburb. Bring on the beautiful Malaysian pp way!! Sooner rather than later, please.

Sep 21, 2022, 12:01 PM

MARANDA:

I remember you telling me this! It's part of who you are and it's calling your name! ❤️

Third (Last) Zoom Session: 9/21/2022

Sep 21, 2022, 1:32 PM

MARANDA:

(Attachment to Monthly Cycle Tracker)