



## Case Study #3

### Conversation Transcript

Voice message and text have not been edited for grammar or spelling.

First Zoom Session: 8/11/2022

Aug 13, 2022, 1:32 AM

**MOM:**

Hi Maranda I need to reschedule my next appt with you due to another commitment that's come up that day. I wonder whether I am able to extend the time btw my sessions from fortnightly to three or four weekly? I feel like this will be a long journey for me and lifetime commitment as you say. Or is it best to try and stick to close to fortnightly as possible?

Aug 13, 2022, 5:14 PM

**MARANDA:**

Yes, that would be absolutely fine. <3

Aug 26, 2022, 5:56 PM

**EMAIL TO MOM:**

Hey ---!

I haven't heard from you in some time and wanted to take a minute to connect with you. Let me know how I can support you!

Maranda



Aug 28, 2022, 1:03 PM

**MOM:**

VOICE MESSAGE: Hi Maranda, it's ----- . Thank you so much for your email the last couple of days to see how I'm doing. I do apologize. I have been, yeah, just completely MIA really the last few weeks I've had my parents over from Sydney. So they've been visiting us here in New Zealand from Australia and they just left yesterday, so there's a lot going on emotionally, <laugh>. I've also had some work things to different, yeah, some deeper kind soul work that's happening. And yeah, the eating with the, with the post nutrition plan, I've been trying to follow that. And that was going really well. But I must admit, having my parents there, especially with grief coming up in the week or so up to yesterday, I definitely was finding that I was just wanting to connect like socially and emotionally. There was a special time together as a family and there were no other options. So I asked, you know, and I looked at other options and then I was like, Well, you know what, I'm just going rubbish.

So I'm quite yeah, it's really hard congested and great foggy and kind of really stuffy as well. But anyway, it feels like a fresh start today. I've got lots of things that we have talked about so thank you. Here's my daughter wanting milk, Milk. So yes, thanks. Bye

Aug 29, 2022, 10:27 AM

**MARANDA:**

VOICE MESSAGE: Hey, it is so good to hear your voice. I'm so glad that things are moving and transitioning. You know, it's sometimes very hard to go through those transitions, but in the end, they teach us so many valuable lessons and it sounds like you are listening in and you are being consciously aware of your body's needs and tuning into that. Don't spend a lot of time beating you up yourself up for those little moments. Especially when you're, you know out and about and you're enjoying the last hours of spending with your family. Of course you have to eat as well. And so sometimes that means you know, eating the foods that are available to you, what we should really focus on in those moments is what really, really feels good for you. Now, it also sounds like maybe that gluten, and I'm just going on a whim here because of our previous conversations and and what I know about fish and chips is that that might have really spur things off for you. So when you're in those moments and you find yourself, you know, wanting that comfort and needing some food, let's find a couple of other alternatives that do not have gluten. If you can just find something that doesn't have gluten, that even is tasty and amazing, I don't care if it's gluten free cake what something that feels good for you on a sole level and an emotional level, but that won't hurt you physically. And I think that's the key balance to always be looking for what could I get to nourish my body on these other levels, because that's, that's food. Food is emotional food is a way of connecting with people and we have to honor that. It'll never go away. You know, I, I hear all the time food coaches talk about, about those co those components as if they were bad, as if we are ruled by them and we, we are, and it's okay. And we can, we can use that to our advantage. So anyway, I'm so glad that things are well. Use me. I want you to connect and with me, let me know how things are going, let me know how I can support you. That's the key component. I am



here for you. You have paid for my services. Let me help you wherever it is that you can help. And if you feel that you have it from here, that's beautiful and perfect too. Just know that I am,

**MOM:**

VOICE MESSAGE: Thank you. I got this Maranda, and I've actually <criing> just I'm quite emotional to be honest. It's just, it makes me quite emotional because I'm not used to asking for help and support and this is the first time I've ever had one on one support to do this stuff. So I just realized that how much that means and, and maybe how much I've been known for that and missing that over the years, you know, journey. So yeah, I'm just curious as to whether given where I'm at right now and I feel like I'm starting again in many ways, you know? Because you know, it wasn't just fish and chips. It was coffee and other stuff too. Not with dairy, of course, just lots of things, lots of social crutches I guess. So I don't know if those necessarily hurt as much as the gluten dairy though, I say. What I'm curious about is I've got my second session with you tomorrow morning my time and yeah, I guess I just wonder whether it's worth postponing that until I kind of a bit further on in the plan because I am, I am mentally having to start on scratch again. That's what it feels like. Thanks Maranda. I really, really appreciate your help. I did wanna ask about ghee. That was another thing. Cause I've been really, really mindful in the dairy. Yeah, so I guess I'm just curious. I haven't tried ghee before. I've just been staying off all dairy altogether. Maybe it's best just to continue that now that I say that at least for a while. Alright, I'll talk to you soon Maranda. Bye.

**MARANDA:**

Let's definitely have our session today! It sounds like we could use a wonderful time to connect in. <3

Second Zoom Session: 8/30/2022

Sept 03, 2022, 2:58 AM

**MOM:**

Hi Maranda I'm falling in love with food again <3

**MARANDA:**

Of course you are!!! YASSSSS!!!! <3 <3 <3 <3 <3

Sept 19, 2022, 8:08 AM

**MARANDA:**

Hey ---! I haven't heard from you in a bit. Let's check in. How are things going?



Sept 19, 2022, 1:23 PM

**MOM:**

VOICE MESSAGE: Hi Maranda. Thank you for your message. I haven't checked in with you for a little while now. It's so hard to, hard to break that cycle. I dunno why. I dunno why I haven't been reaching out. But yeah, I've definitely been working on my relationship with food so that's been my number one focus since our last chat, which has been really great. I have found that hormonally my cycle is definitely impacted emotionally and just overall my hunger levels and like, you know, I get quite tired leading up to having my period. So yeah, just get, get quite tired, quite exhausted. And some anxiety as well. Like there's definitely some anxiety, that kind of feeling of buildup or pressure and then that feeling of release when I do actually start to bleed. So yesterday was day one on my bleed. Today's day two, which is quite heavy. That's been quite normal thing for me as well to have quite heavy bleed but lost a few days. And my son has been really consistent since I had yeah my last child two years ago. So yeah, so I've just been really noticing all of that and yeah, how I feel I think it impacts my life in general. And I'm curious as to the relationship with food cuz I know I've heard you speak about good fat and protein and decrease premenstrual pain and food has really helped me with that. Overall food and in general. So I am really keen to yeah I guess like focus on that and that improved that aspect. And any tips or that we've got around that would be amazing. Yeah, and then the other thing I've noticed too is that I've definitely been so much better overall and yeah, just one thing that I've kind of been curious about is that I'm not actually losing any weight. So I would say overall my nutrition has improved. Yeah, a lot, quite significantly. And usually in the past when I've kind of done this and just stopped thinking all the rub and inflammatory foods, I do tend to kind of reduce that overall inflammatory load, if that makes sense. So that kind of puffiness and using my face or hands. And just overall as well, like I'll just like naturally lose some weight without even trying. But yeah, that's not actually happening at the moment for me so fast. So I'm just curious about that. Anyway, I will leave you with this. My daughter's here now. Thanks Miranda. Bye.

Sept 20, 2022, 8:01 AM

**MARANDA:**

VOICE MESSAGE: Hey, ----- It's so good to hear from you. I am so appreciative of your message and sharing all of those things with me. So first off, in terms of your period, I think it's really normal and natural for us to want to go inward, to need to go inward during our menstrual cycle or right before our menstrual cycle. And so that brings in for a lot of people this level of I'm tired, I need to honor my body, I need to go inward and to just, you know, the exterior world seems to really get into our skin or, you know, underneath our skin, we get irritated, we get agitated, we get frustrated. When we are able to really hone in and listen in and give our bodies some time to rest and our, our mind some time to reflect all of a sudden that is no longer an issue for many people. And if it still is, obviously we have some more work to do. I'm not sure if this is your first cycle after starting the postpartum nutrition plan, but if it is, we definitely want to give it a little bit of time especially because your body has been in this high inflammatory state for so long, there's been a lot going on for you. So, you know I would definitely look



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into that and see if, if honoring that your progress is going to be very helpful for you. Yes, high protein, yes, high fat, that's all going to be really helpful for you. Another component with heavy bleeding is often a deficiency in iron or ferritin. So make sure that you're getting that iron supplement and know that if you're really low, it can take, or even just mildly low, it can take upwards of three to six months for your body to recover. It takes a lot of time to recover from certain deficiencies. Iron being one of them. Magnesium is another one that takes a really long time to recover from. It takes a while for your body to get into a state of regulation. So hopefully you're taking an iron supplement that's liquid like we had talked about.

I don't know if you were able to get the iron fish. I don't have my notes in front of me, so I, I have to look. But even with that, it takes time. And that time, you know, maybe next menstrual cycle, you'll notice a slight decrease, right? And every month have a cycle, you'll notice that there's a little bit of decrease that can also add significantly to your exhaustion levels during this time. So with that aside, let's keep giving it time. And also I'm wondering if there's like bloating well water retention because you've mentioned, you know, this feeling of holding onto and, and then when your period comes, there's that, that feeling of release. And so maybe you're, you were in, you know, may I say like, you know, an inflammatory state that was a lot more than you had originally thought that you were in and then you started your period. And so I'm wondering if losing weight might just be a little bit further out for you. The body doesn't necessarily lose weight right away when it's in a state of, of stress, right? And if it's been in a state of stress and deficiency and inflammation for a long period of time, it's going to take a little bit longer for you to get into a state where it feels comfortable losing weight. So, we'll, we'll keep playing with it. We have a little bit more time. I noticed that you also moved your appointment, which is totally fine. And we can kind of investigate a little bit more. Obviously stay in touch with me. Let me know how the next week or two goes, and then we'll be able to kind of proponent and, and make slight adjustments to see, you know, if you are eating something that is, is not allowing you to lose weight or is it just a little bit longer of a process for you.

Sept 30, 2022, 1:14 AM

**MOM:**

Hi Maranda. I'd love to ask you about allergies. It's Spring here in New Zealand and my system has well and truly flared up. Very sore eyes, rhinitis, and eczema flares. Is there anything else I can do apart from the PNP and other supplements we've discussed?

Oct 03, 2022, 11:12 AM

**MARANDA:**

VOICE MESSAGE: ---, I am so sorry that you are having such a huge flare when it comes to allergens. That's a really big deal and I couldn't imagine the discomfort that you're probably feeling with this. So



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when we have an excess amount of rhinitis and eczema flares and the sore eyes and you are doing all of the nutrition things, okay, so let's just make sure that we, we backtrack First and foremost, you are following the postpartum nutrition plan as best as you can and getting all the nutrients that you need within your body. The second component is always making sure you are getting enough sleep. Okay? If you're not getting enough sleep, it's going to cause some imbalances within your body. The third component, and this is going to going to be really big for you, it sounds like it's detoxing. So go back into the postpartum nutrition plan and there is a section and a video and even a PDF download that talks about detoxing what you can do for your body. So when, when these kinds of things occur, especially you know, the seasonal allergies, that is a huge indicator that there is a lot of toxic buildup within you. So my advice would be to start looking at what you can do to support your body in its natural detoxes. So go listen to that video, download that thing, and then come back to me and let me know how that feels for you. And then we can go from there and, and make even a more personal plan for your specific needs.

Oct 05, 2022, 11:02 AM

**MARANDA:**

Let me know if you have trouble logging in for our session today!

Third (Last) Zoom Session: 10/5/2022