



## Case Study #3

### Conversation Transcript

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

#### MOM #1

First Zoom Session: 8/10/2022

Aug 10, 2022, 12:58 PM

**MOM #1:**

I just had the baby a couple hours ago. The midwife and doulas are just leaving now. We're going to nap so I'll have to catch the replay.

Aug 11, 2022, 1:56 PM

**MARANDA:**

I am so happy for you! No rush whatsoever. Enjoy your baby and your rest. We can catch up whenever you're ready. ❤️

Aug 17, 2022, 5:05 PM

**MOM #1:**

Hi maranda!

I wanted to pop on and give you a little week 1 update. I have been 'mostly' following the postpartum meal plan for the past week. With a few tweaks and add ins. My husband makes me a ham and veggie scramble each day which has been so yummy and needed each morning.

Before receiving the plan, i had prepped some turmeric and coconut milk congee with chicken which i added to the healing soup (and swapped potatoes for sweet potatoes, left out quinoa) this soup has given me life! I often had it multiple times a day and found myself craving it and all the nutritional goodness.



I've had warm oatmeal porridge and used the coconut milk rice pudding that i had prepped instead of the rice porridge.

I have been feeling pretty good throughout this week and getting some good stretches of sleep when i can. Today was my first day feeling a bit weepy which led me to want to turn to food and make comfort choices. I had some pringles but noticed my stomach not feeling very good so the comfort food didn't last long And i sipped on some golden milk instead.

I've also been consuming an herbal infusion of red raspberry leaf, nettle, oat straw, alfalfa and fennel for all of my pregnancy and continue to drink 40 ounces each day. I've been in my bedroom most of this first week and i feel so separate from my family which had me feeling very lonely today. I'll move to the main living space tomorrow and see if that helps. I just don't want to move too quickly...like i did with my last pregnancy which caused healing to take so much longer.

Aug 18, 2022, 9:24 AM

**MARANDA:**

----! It's so wonderful to hear from you! It sounds like you are doing an AMAZING job listening in to your body. You're eating the foods that feel good and paying attention to when you are ready for your next step in healing (moving to the living space). Your body knows exactly what it needs!

They often say to spend week 1 in bed. Week 2 goes between your bed and the living space. Week 3, you can venture outside in your yard for some nature time. Week 4 or even later for your first outing away from the house. So you are right on schedule. ♥

Let me know how things continue and if you have any questions or need some support. I'm here for you! ♥

Aug 24, 2022, 7:01 AM

**MARANDA:**

--, I am so sorry to have to do this but I must cancel our session today. I am so incredibly sick. I will connect to schedule soon. ♥

Aug 24, 2022, 7:26 AM

**MOM #1:**

Ok. I hope you feel better soon.



Aug 26, 2022, 4:31 PM

**MARANDA:**

Thank you so much for your understanding! I am still in recovery mode. That was a doozy.

I'd love to get us rescheduled asap. Would August 30th at either 1pm Central or 4pm Central work for you?

Aug 26, 2022, 5:18 PM

**MOM #1:**

1 pm on the 30th should work for me

**MARANDA:**

Perfect! I'm putting it on the schedule now for us ♥

Aug 30, 2022, 9:49 AM

**MOM #1**

Is there a link for the call today?

**MARANDA:**

It'll be at the same link ♥ [\[link\]](#)

Second Zoom Session: 8/30/2022

Third (Last) Zoom Session: 9/7/2022



## MOM #2

First Zoom Session: 8/10/2022

Aug 9, 2022, 8:29 AM

**MOM #2:**

Hi Maranda! So excited to start working with you tomorrow 😊

I was wondering if it was at all possible for me to get the nutritional plan today? My family usually does grocery shopping Tuesdays so I'll be going today and was hoping I would be able to get what I need for the plan now.

If not it's totally fine, just thought I would ask!

Aug 9, 2022, 9:58 AM

**MARANDA:**

Of course! I will get that to you now. You'll get an email from me here in a few moments!

**MOM #2:**

Thank you so much!! ❤️

Aug 10, 2022, 1:06 PM

**MOM #2:**

Hey Maranda! So I was able to find all those labs I got drawn. My ferritin level was 33.

Aug 10, 2022, 1:49 PM

**MARANDA:**

That's really good numbers! It's totally up to you and what you feel in your heart to do in terms of supplementing with iron. Let me know either way!



Aug 11, 2022, 8:41 AM

**MOM #2:**

Ok good! I wasn't sure because the range was like 15-100 something so I felt like 33 seemed on the lower end. Now looking at the range, I do remember being like 11 or 12 when I was pregnant with my first, when they told me I should start taking floradix. Maybe for now I won't focus on that and if after doing the nutrition plan for a few weeks and working on my sleep, I'm still exhausted we can dive more into that. I do know that I am not sleeping well or enough. My 19 month old still wakes up several times a night to breastfeed so I haven't gotten more than 3-4 hours at a time since before she was born. We are trying to night wean but she is more demanding than my older one and will just scream for hours. So my husband and I are trying to figure out a plan that will work that can get her nightweaned in the least traumatic way while also preserving our sleep as well haha

Aug 11, 2022, 1:55 PM

**MARANDA:**

I completely understand! Actually getting sleep will help tremendously for you. Keep me posted on how that goes for you!

Aug 15, 2022, 4:09 PM

**MOM #2:**

Hi! Things are going well! I'm on day 5 of the plan. The first day or two was a little bit of a struggle, I just felt really irritable and stressed. I realized I can't do the sweet potato as a snack without protein! So I've been mixing it with either eggs or bacon as a snack and I've been feeling so much better emotionally! I honestly have really loved the meal plan so far, all the recipes are very easy to make and make so much I haven't had to really make anything new the last day or so haha I did have a question about the snacks. I've just been kind of picking and choosing from the list whenever I was feeling hungry between meals, are there any guidelines to how best to use them? Like is it ok if I do all of them some days? Or are there times of day you recommend some would be better?



Aug 15, 2022, 4:29 PM

**MARANDA:**

So exciting! Snacks are amazing and you only need your body as a guide. If you want to eat some snacks in the list, definitely dig in. You'll also notice that as the weeks go by, you'll be getting heartier meals that will fill you up more and require less snacks. So excited for you!!

Aug 20, 2022, 10:59 AM

**MOM #2:**

Hey Maranda! I hope you're doing well. I just wanted to touch base, I know you had said for me to reach out when things are happening instead of waiting for the calls. So I've felt like my postpartum rage has really intensified the last 3-4 days, like it's harder and harder for me to control. I got so overwhelmed with my girls on Thursday that I screamed at them multiple times that day, like full on rage screaming. That's never happened to me before and of course I've been feeling absolutely terrible about it. I'm not sure what to do about it. But I guess my question is, is it possible for these type of symptoms to intensify on the program before getting better?

Aug 22, 2022, 10:15 AM

**MARANDA:**

I am so sorry that happened for you! Let's review some things to see what may be triggering. If there are negative effects, they aren't part of the program.

How are your physical symptoms? Do you have any tummy issues, headaches, sleep disturbances, or anything of the sort? Where are you in your cycle? Where are you in the Postpartum Nutrition Plan and how closely have you been following it (any chance you accidentally had gluten)?

Aug 22, 2022, 11:21 AM

**MOM #2:**

Hi! So my physical symptoms have pretty much gone away. I've noticed a lot less bloating since starting which was probably my biggest physical sign from before. Cycle wise at the time, I was



about 6 days out from my period according to my tracking app haha, it's fairly consistent at this point so should be starting in the next few days.

I was on day one of week 2. I've been feeling way better over the weekend, able to tolerate a lot more than I was Thursday. Now that I'm thinking about it, I do think I had a little gluten, my husband and I went to a coffee shop and he had a breakfast sandwich I took a bite of.

I've been feeling way better over the weekend. My youngest just turned 20 months last week and she has been a little more difficult to say the least! I've been able to tolerate more the last few days and not let it bother me.

**MARANDA:**

It sounds like you are doing amazing! I would be REALLY watchful of gluten for you. Often, I witness is causing a lot of aggression and anger. It's exactly what happens to me personally and I see it over and over again. Let's keep a good watch of this and if anything happens again, let me know. You are doing amazing! ♥

**MOM #2:**

Thank you so much!! I honestly had never thought gluten effected me poorly, occasionally I would get like a stomach ache, but honestly I've been mostly avoiding it for 10 years now. Just not like extremely strict. So now that I know that was probably what caused that, I will definitely be avoiding completely!

**MARANDA:**

The hardest part is that when you really really avoid it, any small bit can throw you for a loop, even more than it did before. BUT... being off it will help you clear up soooo many other symptoms that you probably didn't even see related. And it eliminates inflammation, which causes a host of mental and physical issues, including the inability to absorb nutrients. Once you get rid of inflammation and refill those nutrient stores (which is what you're doing right now), you can start healing the body deeper. You are on the right path. ♥

Aug 24, 2022, 7:01 AM

**MARANDA:**

Hey --, I am so sorry to have to do this but I must cancel our session today. I am so incredibly sick. I will connect to schedule soon. ♥



**MOM #2:**

Aw thats ok! I totally understand! Get some rest and I hope you're feeling better soon!! ❤️

Aug 26, 2022, 4:31 PM

**MARANDA:**

Thank you so much for your understanding! I am still in recovery mode. That was a doozy.

I'd love to get us rescheduled asap. Would August 30th at either 1pm Central or 4pm Central work for you?

Aug 26, 2022, 5:22 PM

**MOM #2:**

4 pm would work best but I can make 1pm too if needed!

Aug 29, 2022, 10:28 AM

**MARANDA:**

---- can't make the 4pm so 1pm will have to do! ❤️

**MOM #2:**

Ok!

Second Zoom Session: 8/30/2022

Aug 30, 2022, 10:01 AM

**MARANDA:**

Same link for today! <link>





Aug 30, 2022, 12:05 PM

**MOM #2:**

Omg I thought the meeting was at 1pm pacific 😞😞😞😞

I am so sorry I missed the call!!!! Time differences really confuse me, I am so sorry! I actually wasn't available at that time

Aug 30, 2022, 4:59 PM

**MARANDA:**

Oh no!!! I am so so sorry! But I'm glad you are okay! I will send you the recording soon. How are you doing? We can work here in messenger and catch up.

Aug 30, 2022, 5:20 PM

**MOM #2:**

That would be great! I feel so silly for getting the times mixed up! I think since I had converted the first meeting time in my head to my time, I thought it would be around the same time. 😞 anyways yes I'm ok! I'm doing much better! I have been feeling more level mood wise and things aren't getting to me nearly as easily. I've been really enjoying the meals, and so have my family!

Sep 1, 2022, 11:35 AM

**MARANDA:**

WONDERFUL!!!!

If you need anything, I'm here for you!

Third (Last) Zoom Session: 9/7/2022