

PITCH SCRIPT

Subject: ✦ The TRUTH about postpartum: podcast guest recommendation

Hey —,

At the risk of sounding like a blubbing fool, I am one of your biggest fans. Your podcast has shifted my life and really helped me get into the world of advocacy for new parents. You're literally one of the very reasons why I work in postpartum care. Thank you for all the hard work you are doing. It has certainly not gone unnoticed!

I'm introducing you to Maranda Bower, the CEO and Founder of Postpartum University®, providing real education and support to both women and their providers in the years postpartum. **She's all about busting myths, calling out the healthcare system, and bringing honest practical solutions and care to an area that's in desperate need of change.**

Maranda is a biology student turned scientist and researcher who has spoken at women's health and midwifery conferences and university classrooms across the country. She's been featured on Boss-Moms, Byrdie, NBC, Mother.ly, First Time Parent Magazine, and more. Her recent book hit bestseller and sold out in a matter of hours during release (the publisher couldn't keep up!)

She's done talks and interviews for a variety of topics including:

- The postpartum period is not the first 6 weeks but upwards of 6 years, and how you heal during this time will shape your menopause.
- How postpartum depletion is contributing to common symptoms of postpartum depression, anxiety, and autoimmune issues.
- Understanding the 5 key principles necessary for healing after birth so that you can reclaim your postpartum wellness and feel good in motherhood again.

During this interview, she can also offer access to her free library of resources, including videos, downloads, the only whole-body quiz that gives your mamas a personalized view into what's really happening within their body, mind, and soul.

If you feel this would be a great fit for you and your audience, let's connect!

Website: <http://www.postpartumu.com>

Instagram: <http://www.instagram.com/PostpartumMaranda>

Much Appreciation,
Alicia A.
PPU Team

PITCH SCRIPT FOLLOWUP

Subject: RE: ✦ The TRUTH about postpartum: podcast guest recommendation

Hey X,

Taking a moment to bring this back to your purview! I know you are likely very busy, and I want to make everything easier for you.

I sent this email about better postpartum care... is this something that you are interested in for the New Mom Podcast? Maranda can also share more on her journey out of depression, severe anxiety, postpartum bi-polar, and postpartum autoimmune diagnosis. And even more, I've used that journey to fuel an entire company dedicated to helping postpartum women and the professionals serving them.

Here's a curated Spotify of recent podcast shows and talks Maranda has been on:

<https://open.spotify.com/playlist/6G8JCpKQblyQC4b8dSpAJ6?si=1e74f8de211744fe>

Thanks for your time and connect soon!

Alicia A.

PPU Team



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