

News From Home

September 2005

Volume 69



Time again for... Nancy's Picnic

Sunday, September 18th from 11am-3pm

At Sunset Park Lakeland Hills

Hot Dogs, Juice, Games, Fun

Meet and Visit with

*** Nathan Spencer, ND ***

Naturopathic Physician, now at

Lakeside Birth Center & Naturopathic Clinic



For directions call Auburn
Parks 253-931-3095

Nancy's Notes:

Another wonderful year has swiftly passed. When I see your sweet children in my office, and watch them growing up to be the precious boys and girls you pray for, I am amazed and grateful. "Like a child" - if we could all be like them, looking at the world with fresh eyes, open minds, loving hearts, and broad smiles. I especially treasure the kisses your children give your newborn baby, and the welcoming spirit that pervades the birth. What a joy to be there when your baby takes that first breath—it seems that angels sing, - stars shine brighter and music sounds sweeter—all the world is at rest with the grace your baby brings. Thank you all, again and again, for letting me be a very small part of this huge miracle.

HOORAY, for two marvelous recent events: our son, Dr. Nathan Spencer, ND, graduated from Bastyr Naturopathic University, and will establish his practice above the birth center. He is delightful to have around (his mother speaking), intelligent, caring, passionate about his life and work. How fortunate I am to have him and Beth in my life! His clinic will open later in October.

Our son Daniel Spencer married his sweetheart Anna, and their wedding was storybook perfect. We love Anna as our own, and are so happy to have her in our family. They are both at Tufts Dental School in Boston—hope we can encourage them to come this way when they're done...

I HOPE TO SEE YOU ALL AT THE PICNIC!!!

Love, Nancy





Greetings from the Naturopath's Corner!

All the construction that many of you are familiar with at Nancy's Birth Center includes preparations for my new clinic. I am Dr. Nathan Spencer ND, and I am excited to announce that we will soon be opening the Lakeside Naturopathic Clinic, conveniently located directly above the Birth Center. As a recent graduate of Bastyr University, I am trained as a Naturopathic Doctor. For those of you who are familiar with naturopathic medicine, you know this means that I have been educated in whole-person, preventative care with a focus on maintaining and improving health in all my patients. For those of you with the desire to learn more about Naturopathic Medicine, and how it can benefit you, I encourage you to visit me and I will be happy to help.

At Lakeside Naturopathic clinic, we are available to treat many types of patients. Our aim is to provide quality health care for the whole family. This means anything from back pain to nutrition, colds and flus to stress and anxiety. I am excited at the opportunity to form a health partnership with each and every new patient.

Many of you want to know when you will be able to come in. We expect that the clinic will be ready to open in late fall/early winter.

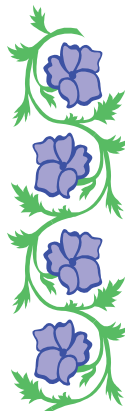
If you see me, my lovely wife Beth, or our dog Gunnar before then, please feel free to introduce yourself. We are always happy to meet new people and anyone is welcome in the clinic. Until then, the construction must go on!

In future newsletters, I plan to offer helpful and healthful tips often tailored for mothers and babies. Until the next time, Welcome to the Naturopath's Corner!

Sincerely,
Dr. Nathan Spencer ND



Raegan & Britt



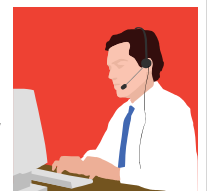
Pictured is Patrick Twohy. Patrick is Nancy's brother. He is the amazing man who has created the Lakeside Birth Center website and keeps it updated. Here he is with his two beautiful boys Ryan (top) and Jason (bottom).



Tired of Phone Solicitors???

Register yourself for the **Do Not Call** registry. Telemarketers will no longer be able to call your phone (this includes cellphones) for 5 years!

To register call 1-888-382-1222 or go to <https://www.donotcall.gov/> Once registered if you do receive a phone call from a solicitor you can call the above number or visit the website and file a complaint.



Daniel and Anna Spencer

Married August 20, 2005



If I had to describe our overall experience with Nancy in one word it would be unbelievable. From my routine appointments and all the way up through my delivery it was great. We looked forward to each appointment to find out what was going on with our son and to ask questions. Nancy was always able to answer our questions and make us feel at ease.

My delivery couldn't have gone smoother. You know how they say your second child is easier than your first, well I'm not sure how it could get much easier. Nancy's calm demeanor helped me remain calm and get through my contractions. She also had my husband help deliver our son. Going into it he would have said that he wouldn't have done anything like that, but now he is so glad that he did. My parents were impressed with Nancy, also. My mom said that if she could do it all over again, she would come to Nancy.



After my six week appointment with Nancy, I was saddened by the thought that I wouldn't be seeing her on a regular basis like I had been. We both look forward to going back to Nancy when we have our second child.

Love,
Mandi Parrott

Amos Paul Johnson
7/04, 4# 9oz, 2nd child
Pauline & Michael Johnson

Willard Carl DeCory III
8/04 9# 2oz, 1st child
Rachel & Willard DeCory

Jaiden Osborne
9/04 7# 14oz, 2nd child
Athena Brick & Billy Osborne

Iliana Maria Gonzalez
9/04 8# 3oz, 2nd child
Ana & Fernando

Sidra Maret Reich
7/04 7#, 3rd child
Jessica & John Reich

Christian Adrian Burewell
8/04 7# 10oz, 1st child
Jill & Adrian Burewell

Collin Matthew Burwell
9/06/04 6# 12oz, 1st child
Corrie & Jared Burwell

Marin Noel Brittain
9/04 8#, 8th child
Kim & Nyer Brittain

Gabriel Isaiah
7/04 9#, 1st child
Krystine & Patrick Rzany

Lucy May Bragg
8/04 6# 7oz, 4th child
Kelly & Morgan Bragg

Oskar Leno Stockman
9/04 6# 15oz, 1st child
Rose & David Stockman

Hosanna Mae Noel Silva
10/04 9# 5oz, 4th child
Jesse & Michael Silva

Harrison Gottlieb Schulz
7/04 7# 12oz, 3rd child
Linda & John Schulz

Aden Grace Nevy
8/04 9# 6oz, 2nd child
Jennifer & David Nevy

Daniel Quinten Nelson
9/04 8# 7oz, 6th child
Mandy & Brett Nelson

Emma Elizabeth Brentson
10/04 8# 6oz, 3rd child
Amy & Shane Brentson

Ian Frederick Dizney
7/04 8# 6oz, 2nd child
Rachal & Richard Dizney

Paris Nya Lauren Kahl
8/04 7# 7oz, 2nd child
Jennifer & Adam Kahl

Hannah Wescott
9/04 4# 10oz, 2nd child
Krissy & Dean Wescott

Mariah Meeka Schauf
10/04 6# 10oz, 1st child
Leslie & Loren Schauf

Rosemary Margaret Richert
8/04 8# 2oz, 8th child
Michele & Todd Richert

Collin Michael Wilkins
8/04 8# 10oz, 3rd child
Aimee & Jeffrey Wilkins

Bethany Grace Maxwell
9/04 5# 10oz, 3rd child
Harmony & Derek Maxwell

Nikora-Haumairangi Brown
10/24/04 8# 13oz, 2nd child
Ho'o & Ray Brown

Ella Jeann Holmgren
8/04 8# 12oz, 3rd child
Frances & Jay Holmgren

Joshua Lee Carr
8/04 8# 1oz, 2nd child
Wendy Steiner & Rory Carr

Evan Anthony Craig Creelman
9/04 5# 14oz, 1st child
Kaleta Tony Creelman

William Henry Nyhof
11/04 8#, 2nd child
Amy & Brad Nyhof

Mia Josette Imber
8/04 7# 15oz, 3rd child
Melanie & George Imber

Cooper Tate Vaughter
9/04 7# 3oz, 3rd child
Bonnie & Travis Vaughter

Kaili Malia Nelson
11/04 6# 6oz, 3rd child
Jeannie & John Nelson



Dearest Nancy,

I thought it time to share with you how important my experiences delivering my children with you has become in my life. I wanted you to know that you will forever hold a special place in my heart.

It all started with our first phone conversation when I was 16 and desperately looking for someone who could deliver my child. I had called so many places and I was told over and over the doctor had too many patients with the same due date or they didn't take the state's health care. When I talked to you I was so overwhelmed with everything and you instantly made me calm and feel like I had choices to make and that you could help me. Indeed you did. As you already know I lost that child and it stuck me hard. I was devastated in my losses but not so far gone that I had forgotten about your kindness and they way you made me feel through the whole ordeal.

It was that kind and soft heart that I knew I wanted again when I became pregnant again. I knew the only choice for me was to deliver my child with you. I remember how I felt the first time I heard the small babies heart beat ringing in my ears and what a sigh of relief I felt knowing this one was going to make it, this one was going to be born. You never lost faith, for that I'm truly grateful. I remember the day I went into labor, man was I scared but there you were so calm and quite yet strong at the same time.



I remember saying I feel like I need to push now and my family was shocked, because I hadn't been in labor near long enough for them. I laugh now when I remember you saying well go ahead and push, you will feel better. Not much longer I had my little girl in my arms and tears in my eyes.

When baby number two was going to enter my life I had no question as to how I wanted things to go. I had talked to other mothers about their own experiences and how different it was to mine. They tell me about all the machines and different people in and out of their rooms and being transferred to another place to deliver their baby. I couldn't imagine a labor like that. I thought I got the better end of the deal. One person, steady as a rock and gentle at the same time, lights down low and soft music playing. This time my mother-in-law joined us to watch her first granddaughter be born into this world I will never

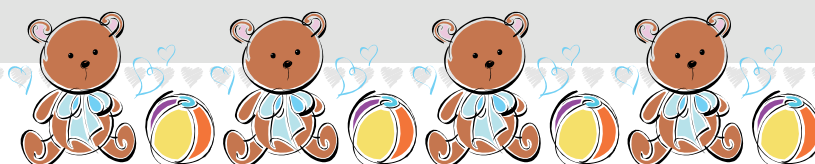
forget the amount of people there with me that night, including our own kids waiting in the room right next to me. I will also never forget what Devon said to me as he walked into the room, "EWE GROSS." What wonderful memories I have.

But it's with this last birth that has meant so much to me. I remember struggling with the decision as to whether or not to have and keep this child since Matt and I already had 4 children. We decided to have this child and that we had better come and see you since I was now 5 months pregnant. I will never forget the way you made me feel when I told you this news. You right away stood up and gave me a big hug and said we were doing the right thing and that my sweet baby would bring many joys into my life. I think I have one of the most interesting birth stories of all. You had gotten stuck out of town due to bad weather and the day of my appointment you arrived home. I knew that day I was going to go into labor.

Well, Austin had his own plans he waited to start our labor at 10pm, he wanted to born on a special day. He wanted to remind me what a special little boy he is. It turned out that he was not the only one with his idea of when to be born. There were two other mothers in labor too. As it turns out this little man was born on the anniversary of my grandpa's death. A man I loved very much as a child, a man Austin got half his name from. Earlier that year I had also lost my only Aunt on my mother's side, Austin was also born on her birthday. In so many ways this little man has become an important person in my life. He is a constant reminder of what I almost lost.

I will never forget the caring and tenderness you brought into the birth of each of my children. You are a one of a kind and you make a special moment in peoples lives even more so with the care you provide. Thank you for all that you do and may God bless you as he has us.

Love, Rachel Hood





The Katwyks in 2000



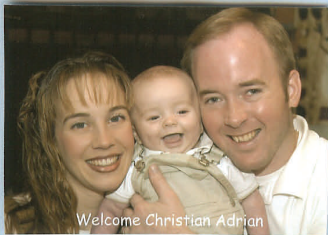
Meet Our
New Little Girl



Hosanna Mae Noel Silva

October 08, 2004

9 lbs 5 oz & 20 inches



Rejoicing in the arrival of our
son—God's perfect gift to us...

**Christian Adrian
Burwell**

August 17, 2004
5:20 a.m.
7 lbs 10 oz
22 inches

Name Meaning:

Christian: "Follower of Christ"

Adrian: "Creative Heart"

Psalm 18:19

Grateful parents: Adrian & Jill Burwell

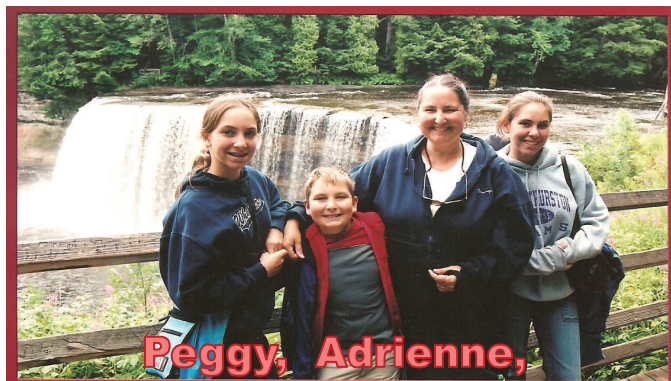


The Cole Family

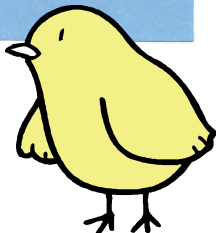
The Bradfords



Daniel Bradford



**Peggy, Adrienne,
Rachelle & Tristan Olson**





Micah Asher Bach
11/04 8# 2nd child
Sarah & Joseph Bach

Tayten Elena Cole
11/04 7# 12oz, 4th child
Denise & Dale Cole

Isaiah Amir Bagby
11/04 9# 9oz, 2nd child
Brienne Bagby

Hattie Kay Dean
11/04 6lb 14oz, 5th child
Keliann & Aaron Dean

Ella Rae Henschell
11/04 6lb 14oz, 1st child
Andrea & Martin Henschell

Lauren Finn Cayo
11/04 7# 5oz, 2nd child
Jami Geyer & Peter Cayo

Colby Benjamin Cantrell
11/04 6# 2oz, 3rd child
Natalie & Michael Cantrell
Hanna Marie Kralik
11/04 7# 12oz, 2nd child
Krista & Gavin Kralik

Gillian Marie Price
11/04 7# 11oz, 2nd child
Kristina Emerson & Jess Price

Keanu Owin Doebke
11/04 8# 8oz, 5th child
Melodi Fry & Lee Doebke

Grace Lynn Janda
11/04 7# 12oz, 6th child
Candy & Tony Janda

Raegan Kendall Browning
11/04 8# 4oz, 1st child
Michele & Chris Browning

Candace Gayla-Felicia Nhye
11/04 6# 7oz, 2nd child
Lacy Jolin & Michael Nhye

Jamie Noel Hannah
12/04 7# 12oz, 3rd baby
Corina & Tim Hannah
Grace Noelle Jenott
12/04 10# 3oz, 4th child
Carrie & Eric Jenott

Hunter Tyrel Barnard
12/04 6# 12oz, 1st child
Selena & Winston Barnard

Noelle Joy Suko
12/04 9# , 3rd child
Christina & Caleb Suko

Jael Christine Gilstad
12/04 6# 5oz, 3rd child
Wendy & Duane Gilstad

Amelia Satori Hardesty
12/04 8# 8oz, 2nd child
Amanda & Tony Hardesty

Cameron Elizabeth Morse
12/04 7# 9oz, 1st child
Jennifer & Robert Morse

Lily Joy Searles
12/04 7# 4oz, 7th child
Suzanne & Gordon Searles

Charlee Danielle Douvia
12/04 7# , 5th child
Kim & Chuck Douvia

Jett Teancum Pine
12/04 6# 11oz, 1st child
Karen & Derek Pine

Dakota Noelle Watts
12/04 6# 12oz, 4th child
Dori & Mike Watts

Gabriel Aaron Casselberry
12/04 7# 9oz, 5th child
Monica & Thomas Casselberry

Hannah's Birth Story

When I found out I was pregnant with my son I secretly wanted to deliver him with a midwife somewhere other than in a hospital. However, my fear of the unknown came over me and we decided on the traditional OB/hospital route. I think we were more exhausted from the 24 hours following the birth than we were from the actual labor and delivery! When we found out we were expecting #2 we started heading down the same path. I knew what I really wanted was to have a peaceful, natural delivery. So at 28 weeks I went to visit Nancy.

I was expecting a similar labor as I had gone through with my son. I was looking for the obvious signs; the painful contractions that were consistent and close together. What I didn't expect was to walk into Nancy's and hear her say, "Well, you are ready to have this baby whenever you want!" I was apparently further along the labor path than expected. So we came back later that evening. When she checked me I was 4-5 centimeters dilated, with my permission she broke my water and two and 1/2 hours later sweet little Hannah was born!

During labor I decided to take advantage of the lovely spa tub at Nancy's while enjoying the candlelight, music and warmth of the water between contractions. Now that I have gone through it, I can't imagine not having the tub. It was so relaxing to have the warm water between contractions. Just as the contractions were getting fairly intense, and just at the point I felt like I couldn't go much longer, I asked Nancy how much longer until I would reach a 10. At that point I remember hearing the best words imaginable, "Oh Honey, you are already at a 10. You can push whenever you want." Only a few minutes later she arrived.

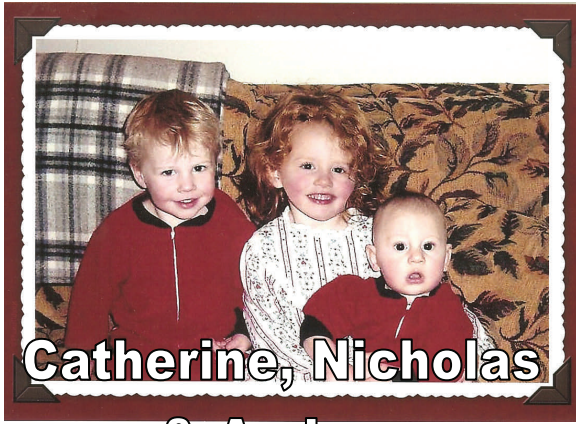
When she was delivered she had the umbilical cord wrapped around her neck 4 times. I was in shock from the delivery and I don't think I realized at the point how serious of a situation it could have been. Nancy handled it like a pro, and had it unwrapped and Hannah was breathing within seconds. I think the reason I didn't realize the magnitude of the situation because Nancy was so calm and in control the whole time. I Never felt like she didn't have total control of every situation. She is truly blessed by God. It was apparent to me that He never leaves her side for a moment. She bundled Hannah up and we spent the next 5 hours sleeping! What a beautiful thing to have right after delivery. I got my wonderful, peaceful delivery. We all felt blessed to have had the opportunity to deliver Hannah with Nancy.

Thank you!
Gavin, Krista, Job & Hannah Kralik



Baby Hannah





Catherine, Nicholas

& Andrew



**Chad, Heather,
Jax & Xylan Rinker**



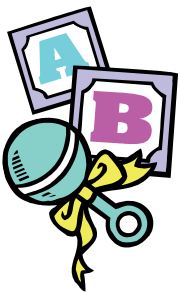
Nancy, Kaleta

& Evan Creelman

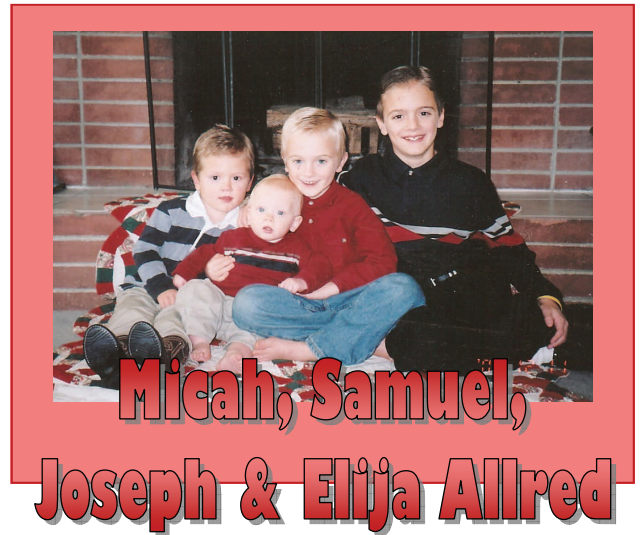


Dan, Tawny

& Natalie



**Bill, D'Lyn &
Trinity Forrester**



**Micah, Samuel,
Joseph & Elija Allred**



ANNOUNCING:



[The No-Cry Sleep Solution: Gentle Ways to Help Your Baby Sleep Through the Night](#) By Elizabeth Pantley

(Contemporary Books, A Division of the McGraw-Hill Companies / March 2002)

"At long last, I've found a book that I can hand to weary parents with the confidence that they can learn to help their baby sleep through the night-without the baby crying it out." —**Dr. William Sears**

For more information and other helpful information visit: <http://www.nocrysleepsolution.com>



2005 BABIES

- | | | |
|---|--|--|
| Seraphina Marie Hamilton
1/05 8#3 9 th child
Kristina & Brian Hamilton | Aaron Daniel Rogers
2/05 8#6 2 nd child
Jennifer Rogers | Emily Elizabeth Carstens
3/05 7#3 3 rd child
Missy Lowe
& Rick Carstens |
| Rocky Lee Sir
1/05 5#10 2 nd child
Tinneca Jones & Karel Sir | Kaitlyn Nicole Green
2/05 9#15 2 nd child
Amber & Garrett Green | Jackson John Eyford
1/05 9#3 1 st child
Shannon & Brad Eyford |
| Jude Graham Petersen
1/05 9# 2 nd child
Kari & Wai Tim Petersen | Aiden Maxwell Carlton
1/05 6#2 1 st child
Shanna & Max Carlton | Hannah Grace Vick
2/05 7#14 4 th child
Lesley & Robert Vick |
| Caelin John Burks
1/05 3 rd child
Crystal and John Burks | Bryce Gregory Bouyer
2/05 7#13 3 rd child
Sabrina & Bruce Bouyer | David Zane Christian
2/05 8#9 3 rd child
Shannon Sprague
& David Christian |
| Tirzah Noelle Waldock
1/05 7#8 1 st child
Hannah & Kenneth Wal-
dock | Lydia Morrison Mock
2/05 8#13 5 th child
Linda & Brent Mock | Gwenivere Kia Bates
2/05 7#2 1 st child
Rachel Arlin & Guy Bates |
| Cameron James Tindall
1/05 6#2 1 st child
Chelsea Barton & James
Tindall | Veronica Rae Cramer
2/05 8#10 2 nd child
Stacey Cramer | Heather Abigail Peterson
3/05 6#13 5 th child
Michelle & Brett Peterson |
| Jude Roman Asbury
1/05 8#6 3 rd child
Teresa and Aaron Asbury | Hope Rohana Owen
1/05 9#5 12 child
Allie & Doug Owen | Aeden Anthony Leonard
3/05 6#8 3 rd child
Jennifer & Adam Leonard |
| Kaylee Marie Hamilton
1/05 7#13 1 st child
Cassie Hamilton & Adam
Lindsay | Daryn Everett Hamilton
1/05 7#14 2 nd child
Elizabeth & Hardy Hamil-
ton | Camille Jean Roach
3/05 6#15, 3 rd child
Melanie & Dan Roach |
| Jared Jarvis Austin
1/05 7#9 5 th child
Mary Jane & Dan Austin | Noah Hinckley Wright
2/05 7#7 2 nd child
Maya & Jeff Wright | Jett Joseph Bialek
3/05 9#8, 2 nd child
Heather & Jason Bialek |
| Helena Joy McKay
2/05 7# 5 th child
Robin & Chuck McKay | Ethan James Larsen
2/05 8#12 3 rd child
Karen & James Larsen | Fayth Tia Marie Evans-Webber
3/05 8# 1 st child
Terri Peterson |
| Daphne Mia Cantellay
2/05 8#3 3 rd child
Deirdre & Dion Cantellay | James Daniel Kangiser
2/05 6#12 2 nd child
Stephanie & Joseph Kangiser | |



Jackson Eyford's Peaceful Entrance

My husband Brad and I were so excited when we found out the news.... We were pregnant! I had wanted to start a family for quite a while and now the timing was just right. Our New Years Resolution was to run a marathon and make babies.... Well, we found out we were pregnant the night before we ran the race!

We decided on a home birth and were so happy to find Nancy, our wonderful midwife. There was just something about her that we both instantly loved, the absolute comfort she gave us with our decision to have a natural home birth.

On January 27th, I was one week past my due date and Nancy reassured me that most 1st babies are late, however, I was getting quite ready to have this baby. I saw Nancy at my regular checkup on a Wednesday morning and after checking me she told me to be patient because it may be a few days but I would definitely have a baby before the weekend was over. That night I awoke at midnight and felt something a little different, a tightness in my lower abdomen which happened to come every five minutes! I awoke my husband after about an hour and told him that this was it! At about 2a.m. we began filling the birth tub and tried to get a little more sleep but this was difficult to do with contractions five minutes apart! We watched some T.V. and by 6 a.m. I was ready to get into the tub, my back was quite sore. We called Nancy at about 8 and she said to come on in to get checked. We did so and she told us to be patient, I had progressed a little bit but it might still be a while since this was my first baby. She said to stay busy and do whatever to take my mind off of the contractions. So we went to the Tacoma Home Show! I definitely got some looks when I had to stop to lean on my husband and breathe but it did kill some time! On the way home at about 2p.m. we bought Monopoly and came home to just relax (or try to!).

By about 5p.m. my mom came over and we took a nice long walk around the neighborhood. Contractions had really intensified at this point and were about 3 minutes apart lasting about 40 seconds. I called my doula at 9p.m. and she came to our house. I had a great support group which gave me great confidence. My husband and I had taken the Bradley Technique birth classes which really helped to prepare us also. I was never scared and always felt in control. I moved around my house trying to get comfortable and focused on staying in control and breathing through the contractions. I tried lying on my side, walking, standing up, sitting in our massage chair, leaning over the birth ball, etc.... My husband being a chiropractor adjusted me every few hours to help reduce any restrictions in my pelvis. I spent about 75% of my labor in the birth tub, it was amazing, the water decreased the pain during contractions by about 50%.

Nancy arrived at about 11p.m. (after just delivering another baby) and I was so happy that she was here! It gave me great confidence knowing that this woman with such a soothing aura about her and so much experience was here and would make sure everything went smoothly. Nancy broke my water about midnight explaining to me that it would intensify contractions but would really speed the process up, I opted for speeding the process up!!! That is exactly what happened but I was getting ready to be done with all of this so it was okay. By 2a.m. I was dilated to 8cm and felt ready to push. Nancy told me that this was alright and so it began! It felt better to push just like everyone had told me but my back pain had really intensified. Someone suggested ice and it felt great between contractions to roll onto my side and hold ice to my low back. I pushed for about 45 minutes with every bit of strength that I had, I knew that now it was up to me to get this baby out. During each contraction I would look straight ahead and see Nancy right there in control of the situation, this gave me so much strength. I would get a bit nervous for some reason if she wasn't right there. She told me I was doing a great job and I knew I could do it!

Finally I began to hear the excitement in the room and knew that they could see the head! I pushed with all that I had and out came our beautiful baby boy! With Nancy's assistance my husband "caught" him and brought him right up to my chest.... I couldn't believe it. This beautiful healthy baby boy was born in the comfort of my own home with the most amazing birth team of all. Jackson John Eyford was born at 3:06a.m. on 1-28-05, weighing 9lbs. 3oz. and 21 inches in length.

I give sincere Thanks to my amazing team.... My husband, my mother, my "other mom", my sister, my doula and especially my fabulous midwife, Nancy Spencer! You gave both my husband and I the confidence and reassurance that we needed to make our dream a reality, to have our child at home drug-free! I look forward to birthing my next child with you also! We cannot begin to express the extreme gratitude that we have for you!



We love you! -Shannon, Brad and Jackson Eyford

Boost Your Child's Immune System During the Back to School Weeks
Courtesy of Dr. William Sears ~ <http://www.askdrsears.com>

Kids aren't the only things that go back to school. Illnesses run rampant during the back to school weeks. Here are some ways you can boost their immune system and keep them in school. Take as many of these supplements as you feel is appropriate every day:

- ☺ **Echinacea** - this natural herb will enhance your own immune system. Many research studies have proven its effectiveness. [Click here for dosing information for you and your kids.](#)
- ☺ **Vitamin C** - this simple vitamin can fight off invading germs. Younger kids up to age 6 will benefit from around 250 mg per day. Older kids and adults can take 500 mg per day. Available as a powder, chewable, or capsule.
- ☺ **Fruits and vegetable supplement** - the immune-boosting properties of nature's food is remarkable. If your kids won't eat enough fruits and vegetables, I recommend Juice Plus fruit and veggie supplements. [Click here to learn more.](#)
- ☺ **Zinc** - this mineral is a safe and effective way to boost the immune system. Children up to age 6 years can take 10 to 20 mg per day. Older kids and adults can take 20 to 40 mg per day.
- ☺ **Probiotics** - the common name used for this is Acidophilus. These are healthy bacteria that live in our intestines and help with our immune system. The best species of probiotics are lactobacillus and bifidobacteria. Available as liquid, powder, and capsules, children and adults can take as directed.
- ☺ **Avoid weakening your own immune system** - [Click the following link to read what habits can weaken your own immune system.](#) ~

<https://www.askdrsears.com/html/4/t042500.asp#T042504>



Somebody said....

Somebody said that a child is carried in its mother's womb or nine months.

Somebody does not know that a child is carried in its mother's heart forever.

Somebody said it takes about six weeks to get back to normal after you've had a baby.

Somebody doesn't know that once you're a mother, normal is history.



Somebody said you learn how to be a mother by instinct.

Somebody never took a three-year-old shopping.

Somebody said being a mother is boring.

Somebody never rode in a car driven by a teenager with a driver's permit.

Somebody said if you're a "good" mother, your child will "turn out good."

Somebody thinks a child comes with directions and a guarantee.

Somebody said "good" mothers never raise their voices.

Somebody never came out the back door just in time to see her child hit a golf ball through a neighbor's window.

Somebody said you don't need an education to be a mother.

Somebody never helped a fourth grader with his math.

Somebody said you can't love the fifth child as much as you love the first.

Somebody doesn't have five children.

Somebody said a mother can find all the answers to her child-rearing questions in books.

Somebody never had a child stuff beans up his nose.

Somebody said the hardest part of being a mother is labor and delivery.

Somebody never watched her "baby" get on the bus for the first day of kindergarten.

Somebody said a mother can do her job with her eyes closed and one hand tied behind her back.

Somebody never organized seven giggling Brownies to sell cookies.

Somebody said a mother can stop worrying after her child gets married.

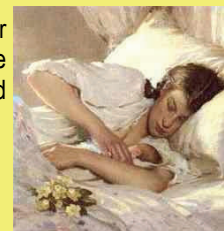
Somebody doesn't know that marriage adds a new son or daughter to a mother's heartstrings.

Somebody said a mother's job is done when her last child leaves home.

Somebody never had grandchildren.

Somebody said your mother knows you love her, so you don't need to tell her.

Somebody isn't a mother.





Elijah Charles Neuert
4/05 7#14 2nd child
Gretchen & Greg Neuert

Caeli Rose Marie Dornay
4/05 7#5 6th child
Elizabeth & Gellert Dornay

Ethan Caleb Futch
4/05 7#13 2nd child
Angie & Joe Futch

Victoria Florence Drake
4/05 7#3 1st child
Kandi LaHue & Danny
Drake

Shane Alexander Kemp
4/05 5#10 , 2nd child
Trish & Dwayne Kemp

Matthew Dennis Gore
4/05 7#15 5th child
Kaya & Dennis Gore

Jane Marie McLaughlin
5/05 7#8 3rd child
Lena & Tim McLaughlin

Luke Aaron Richmond
5/05 7#12 4th child
Susan & Phillip Richmond

Nina Dian Robbs
5/05 8#7 2nd child
Nickie & David Robbs

Lily Mae Horine
5/05 7#7th child
Loralyn & Tim Horine

Logan Zander Luce
5/05 8#3 2nd child
Jennifer & David Luce

Karen Mariah Salas
5/05 7#6 2nd child
Carmi & Marco Salas

Rylee Louise Smith
5/05 9#3 4th child
Amy & Eric Smith

Talia Christine Irvine
5/05 9#2 2nd child
Angela & Jacob Irvine

Payton Olivia Johnson
5/05 9#2 4th child
Nikki & Trevor Johnson

Brighton Tate Palmer
5/05 7#5 3rd child
Kristi & Matt Palmer

Hannah Grace Bosteder
5/05 8# 2nd child
Summer & Mike Bosteder

Daniel Rafferty Bradford
5/05 8#13 2nd child
Tanya McCreevy
& Wes Bradford

Anika Liv Melver
5/05 9#2 1st child
Heather & Eric Melver

Hannah Ruth Meeks
6/05 8#3 2nd child
Nichelle & Joshua Meeks

Asher Jacob Crawford
6/05 7#6 2nd child
Mariah Jones
& Michael Crawford

Kaden Andrew Kocherhans
7/05 8#2 1st child
Renee & Larry Kocherhans

Jacob Justin Herr
8/05 8#11 3rd child
Michelle & Steve Herr

Katelyn Grace Martin
8/05 7#5 1st child
Rebecca & Aaron Martin

Lucas Antonio Roehl
8/05 6#3 2nd child
Teena & Tony Roehl

Jeremiah James Schliesman, Jr
8/05 5#6 1st child
Jennifer
& Jeremiah Schliesman

Nathan Levi Griffith
8/05 8#12 2nd child
Michelle & Andrew Griffith



Mordakai Robert Heming
6/05 7#12 1st child
Alexandria Morrison &
Mark Heming

LeighAnn Marie Myers
6/05 6#13 2nd child
Tina Myers

Lauren Grace Sherrod
6/05 9#7 3rd child
Amber & Rob Sherrod

Aaron Blake Rubadue
7/05 8#8 1st child
Rhiannon Merritt
& Jason Rubadue

John Robert Naff
8/05 8#3 1st child
Sarah & Ted Naff

Abigail Rose Wallace
6/05 7#7 2nd child
Julie & Merrill Wallace

David Merice Schryver
6/05 6#15 2nd child
Sylvia Anderson
& Ira Schryver

Grayson Carter Quinn Robin-
son
7/05 7#12 3rd child
Melody & Matt Robinson



Ashley Hope Gramann
7/05 6#13 2nd child
Tisha & David Gramann

Ariel Leah Tudela
5/05 7# 2nd child
Chelies Rhyder
& Luis Tudela

Logan James Meredith
5/05 8#8 2nd child
Heather & Jim Meredith

George Clayton Larkin
5/05 8#4 2nd child
Katie & Andrew Larkin

Emma Joy Swagerty
5/05 7# 3rd child
Melanie & Bryan Swagerty

Caleb Strickland
5/05 7#11 4th child
Lesley & John Strickland

Mirabel Rebecca Smay
6/05 9#1 3rd child
Melissa & Bryan Smay

Logan Oscar Strom
6/05 8# 2nd child
Lynae & Brian Strom

Eric Charles DeCosta
6/05 8#12 3rd child
Linda & Mark DeCosta

Kyler Snell-Greer
6/05 9#8 3rd child
Leslie Snell & Eric Greer

Cierra Lynn Holland
6/05 7#6 3rd child
Brook Bogert
& Justin Holland

Isabella Sage Griffin
6/05 7#1 1st child
Kim & Jeremy Griffin

Dane Michael Parrott
6/05 8#9 1st child
Mandy & Drew Parrott

Kamalu Kahealani Brooks
7/05 6#6 2nd child
Alisha Mahone
& Michael Brooks

Jadon Elijah Michael
Schemm
7/05 7#9 3rd child
Michelle & Steve Schemm

Saige Karina Johnson
7/05 8#13 3rd child
Elaine & Rick Johnson

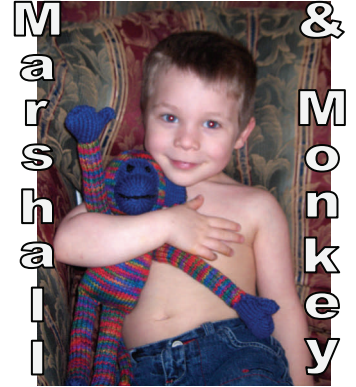
David Joshua Mesler
7/05 7#10 2nd child
Lisa & Stephen Mesler

Levi Eric Swann
7/05 6#8 3rd child
Tricia & Billy Swann

Makayla Mae Ann Pinnell
8/05 8#8 3rd child
Christina Crownhart
& Gerry Pinnell

Daniel Jens LaCrosse
8/05 7#2 1st child
Cathy & Grant LaCrosse

Tiare Feagaiga Fou Malu
9/05 8#8 2nd child
Cherish Kaikala
& Siota Malu



Ponderous.....

Why do we press harder on a remote control when we know the batteries are getting weak?

Why do banks charge a fee on "insufficient funds" when they know there is not enough money to cover it?

Why does someone believe you when you say there are four billion stars but check when you say the paint is wet?

Why doesn't glue stick to the bottle?

Why doesn't Tarzan have a beard?

Why does Superman stop bullets with his chest, but ducks when you throw a revolver at him?

Who's idea was it to put an "S" in the word "lisp"?

Why is it that no matter what color bubble bath you use the bubbles are always white?

Is there ever a day that the mattresses are NOT on sale?

Why do people constantly return to the refrigerator with hopes that something new materialized?

Why is it that no plastic bag will open from the end you first try?

Why is it that whenever you attempt to catch something that's falling off the table you always manage to knock something else over?

In winter why do we try to keep the house as warm as it was in summer when we complained about the heat?

Why don't you ever hear father-in-law jokes?

If at first you don't succeed, shouldn't you try doing it like how your wife told you to?

Nancy Spencer
Licensed Midwife



Lakeside
Birth Center

2722 214th Avenue East
Lake Tapps, WA 98591-6245
800/862-6555 ☎ 253/862-6553
Pager: 253/552-3967 Fax: 253/862-1840

Return Service Requested

BULK RATE
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Auburn, WA



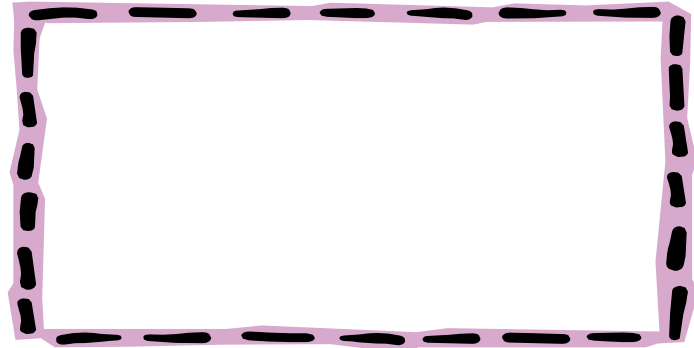
**Lakeside Birth Center &
Naturopathic Clinic**

- Nancy Spencer LM -

- * Free consultation * Free Pregnancy Test *
- * Complete Maternity Care * Newborn Care *
- * Insurance and DSHS *
- * Licensed Birth Center/Home Births *

- Nathan Spencer ND -

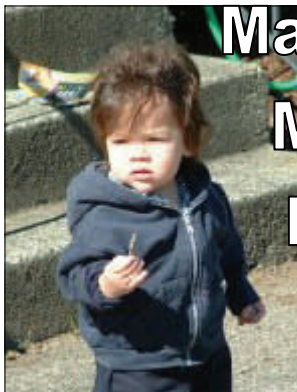
- * Natural Medicine * Family Care *
- * Pain Treatment * Wellness *
- * Nutrition * Herbal Medicine * Homeopathy *
- * Individualized Care *



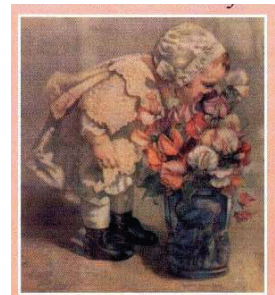
De Asis Brothers



Jackson Eyford



**Macario
Miguel
Ramirez**



Visit us at: <http://www.lakesidebirthcenter.com>
Send your e-mail to: nancy@lakesidebirthcenter.com