

Taking Care of Ourselves as We Lay Down Our Lives

By Christine Gayfer

OCHEC Conference 2014

Looking After Our Bodies:

- Trim Healthy Mama by Serene Allison and Pearl Barrett – this has been an excellent resource for us. The price tag may seem a bit steep, but this is truly 2 books in one – a book about the method as well as a cookbook. They also have several very helpful and active Facebook forums for support.
- Protein Shakes to Try:
 - <http://www.gwens-nest.com/family-favorite-recipes/thm-peppermint-chocolate-chip-milkshake-recipe/> I think this is my all-time favourite
 - <http://dashingdish.com/recipe/snickers-protein-shake/>
- Meal Planning:
 - <http://www.plantoeat.com/>
 - <https://relishrelish.com/>
 - <http://gnowfglins.com/>
 - <http://www.intentionallydomestic.com/>
 - <http://savingdinner.com/>
- Not Your Mother's Make Ahead and Freeze Cookbook by Jessica Fisher
- [Fit2b.us](http://fit2b.us) – My favourite. The owner, Bethany Learn, is a fellow Christian. She specializes in tummy-safe fitness (meaning that it will assist you in healing a Diastasis Recti and will not make it worse) and dresses modestly. Membership, which is about \$10/mo entitles you to all the videos as well as access to an active and helpful private member's forum.
- www.fitnessblender.com – Free! Search hundreds of workouts by type, difficulty level, time, equipment, etc.
- <http://thehealthyandfithomeschoolmom.com/> -- Free! A daily workout that is 30 minutes or less hosted by a fellow homeschooling mom.
- <http://www.pregnancyexercise.co.nz/> Diastasis-aware, excellent for expectant moms along with fantastic follow-up after birth.
- <http://breakingmuscle.com/mobility-recovery/this-year-exercise-less> -- on understanding the difference between movement and exercise by Katy Bowman of Restorative Exercise.
- <http://www.alignedandwell.com/shop/down-there-for-women/> An excellent dvd for women with a variety of health concerns, including Pelvic Organ Prolapse. This is completely G-rated and will not embarrass you in front of anyone.
- <http://fit2b.us/how-to-check-for-diastasis-hd/> Physiotherapist, Kelly Dean, shows how to check yourself for Diastasis Recti.
- <http://thetummyteam.com/> Online core rehab for those struggling with Diastasis Recti. Presented by physiotherapist, Kelly Dean, a fellow Christian mama.
- Lose Your Mummy Tummy by Julie Tupler, R.N.
- <http://www.pelvichealthsolutions.ca/> specializes in Pelvic floor physiotherapy in the Cambridge area