

THE ART AND SCIENCE OF OBSTETRICS  
PART ONE  
THE FIRST TRIMESTER  
DVD CHAPTER TITLES  
(TOTAL TIME: 13:30)

DISK ONE (2:00)

1. The Birth of My First Child
2. "Those little things were why I studied birth..."
3. "What I know is vast and also what I don't know is vast..."
4. "I'm going to sing you a song..."
5. Birth in the Media
6. "They rarely come to see me for wellness care..."
7. Birth and Death
8. "We could talk about this piece for three hours..."
9. "Where I begin with a pregnant woman..."
10. "She grew up with a mother who had her babies at home..."
11. "Did you have a big wedding?..."
12. "When you talk to women in their seventies and eighties..."
13. "We help to make this experience healthy and positive..."
14. "She was getting ready for her second child..."
15. "How could something that hurt so much be so beautiful?..."
16. "Ten Easy Steps"
17. "Why am I so tired?..."
18. "I like to use the metaphor of a tomato plant..."
19. "We are a moving fast fourth gear type culture..."
20. "If a woman knows this is natural she won't fight it..."
21. "Forego ultrasound in the first twelve weeks..."
22. Changes that Take Place in Early Pregnancy
23. "What did you have for breakfast this morning?..."
24. "There may be changes in sexual appetite..."
25. "For a first time mother, give an extra 10 to 14 days..."
26. Changes in the Gastrointestinal System
27. Other Changes in the First Trimester
28. Determining Pregnancy
29. About Due Dates
30. "The feeling of life can be so slight it's like a butterfly wing..."
31. Physiological Changes in the First Trimester
32. Human chorionic Gonadotropin (hCG)
33. Pregnancy Support Systems in the Community
34. Previous Pregnancies, Traumas and/or Fears
35. "Assess the educational and economic status of each mother..."
36. "When you find someone has no education in nutrition..."
37. "Find five good things in this drawing..."
38. Taking a History
39. "With a woman who has a serious history of abuse..."
40. Two Stories – "I teach with a lot of narrative..."

DISK THREE (2:10)

1. Sexuality in Pregnancy
2. Placenta Previa
3. Treatment for Stage 1, 2 or 3 Placenta Previa
4. Laboratory Testing / Bloodwork
5. Palpating the Babies
6. Assessing Nutritional Status
7. More about “the lady with the hemorrhoids...”
8. Herbs in the First Trimester
9. TCM Assessment at the First Meeting
10. “I often compare pregnancy to a candle...”
11. Needles in the First Trimester – “the poetry of our points...”
12. Herbs for Blood and Qi Deficiency
13. Needles for Blood and Qi Deficiency
14. Return to the Nest
15. “Often Return Nest is combined with Fu Ke...”
16. Using the Chong Mai and Ren Mai in the First Trimester
17. “You have to pick your teachers...”
18. Could you talk about plane travel?
19. Which ones are forbidden points?
20. “She preferred to stay completely off the Ren...”
21. “I really stick with points I know are safe...”
22. Herbs for Yin Deficiency
23. Modifying Two Emperor for Use in Pregnancy
24. Herbs for Kidney Yang Deficiency
25. Words of Advice
26. Warning Labels on Chinese Herbal Formulas
27. Proposition 65
28. Nutrition
29. Birth Book
30. Gestational and Type 1 Diabetes - Questions
31. In what position do you treat pregnant women?
32. How long is the treatment for a pregnant woman?
33. Have you treated neurological disorders?”
34. Folic Acid
35. Vitamin A Cautions in Pregnancy
36. Vitamin B-6, B-12, C
37. “A guide to effective care in pregnancy and childbirth”
38. “A couple more things about Vitamin C...”
39. Vitamin D, E
40. Calcium
41. Magnesium
42. Iron
43. Protein

DISK THREE (1:35)

1. Fish Oils in Pregnancy
2. Smoking and Pregnancy
3. "How do you relay information about antidepressants?"
4. "Why do you want a sonogram?..."
5. "Technology is robbing us of this potential for growth..."
6. "Everything in moderation and nothing to excess..."
7. "If somebody has a history of alcoholism..."
8. "Be sure the moms are okay before you tonify them..."
9. Iron Requirements in Pregnancy
10. The Hematocrit
11. "I like women to have a copy of their blood work..."
12. "90% of the anemia you will see is iron-deficient anemia..."
13. Folic Acid Deficiency
14. TCM and Anemia
15. "I met a woman from Brazil..." – A Story
16. "The first hour after birth is very important for the mother..."
17. "An allopathic confirmation of a TCM diagnosis..."
18. "More about pulses..."
19. American Herbs for the Treatment of Anemia
20. "Where do you get your American herbs?"
21. TCM Herbs for Anemia
22. Points for Anemia
23. "I sing to my patients a lot..."

**DISK FOUR (1:45)**

1. Morning Sickness – A Condition of the First Trimester
2. First Trimester – The Time of Greatest Physiological Shift
3. Fatigue in the First Trimester
4. “Morning sickness can happen at any time of the day...”
5. “Morning sickness can run in families...”
6. Nutrients and Supplements
7. Signs of Early Pregnancy – Olfactory Changes
8. Possible Causes of Morning Sickness
9. “I don’t notice that it has an emotional component...”
10. “The textbooks will say it’s the Chong Mai...”
11. Formulas Used for Morning Sickness
12. What the Woman Can Do for Herself
13. “Let her find her way...” – A Story
14. “The midwives’ first choice was ginger...”
15. “What I do for morning sickness...”
16. “Hyperemesis is a different story...”
17. Order of Treatment for Morning Sickness
18. A Case of Hyperemesis
19. Gwa Sha and Bleeding Demonstration I
20. Gwa Sha and Bleeding Demonstration II
21. How the Bleeding Works
22. Using Moxa and/or Other Types of Heat
23. “Miriam taught me that moxa produces true heat...”
24. American Herbs for Morning Sickness
25. “I wouldn’t call the bleeding a sedation...”
26. Breaking the Pattern
27. “It isn’t a black and white situation...”
28. Are you always managing the morning sickness?
29. “Prenatal care is multifaceted...”

DISK FIVE (1:40)

1. The Menstrual Cycle and Conception
2. The Yin (Follicular) Phase and the Yang (Luteal) Phase
3. Estrogen and the Lush Bed
4. Luteinizing Hormone (LH) and the LH Surge
5. Basal Body Temperature (BBT)
6. The Corpus Luteum
7. The Luteal Phase ("The Heat Wave")
8. Prolactin and Pregnancy
9. Luteal Deficiencies
10. The Role of Relaxin
11. Progesterone and the Lush Bed
12. Estrogen Deficiency
13. "Why do I see more yin deficiency now?..."
14. The Menstrual Cycle from a TCM Perspective
15. "I have a little one in my practice..."
16. What do you do when the hormone levels don't go down?
17. The Progesterone Connection
18. Xenoestrogens
19. A Woman with Hot Flashes – A Story
20. "We must pay attention to the diurnal rhythms of nature..."
21. Miscarriage and Progesterone
22. The Relationship between Progesterone and Cortisol
23. Notes from a Current Case
24. "Regardless of the blood results, I use progesterone..."
25. "I like to keep them on progesterone until twelve weeks..."
26. "She had some bleeding..." – A Story
27. "Where is she going to get her "bank account" from?..."
28. "When I first heard about progesterone support..."

1. Introduction to Miscarriage
2. "If a woman who thinks she is miscarrying..."
3. "Signs that tell you she is in the process of a miscarriage..."
4. Signs & Symptoms of Threatened Miscarriage
5. A Deep Chill is an Ominous Sign
6. A Deep Chill – Cindy's Story
7. "Teach her to heat herself internally and externally..."
8. "She will ask, is there anything we can do?..."
9. "Some of the women you look after will have a fetal demise..."
10. "Teach her to take her pulse..."
11. Conditions Responsible for Miscarriage
12. D & C or Miscarriage on Their Own?
13. Both Partners' Ages are Factors in Miscarriage
14. Other Conditions that Can Cause a Miscarriage
15. "Assess your patient's kidney jing..."
16. Habitual Miscarriage
17. Causes of Habitual Miscarriage
18. Anomalies that Can Cause a Miscarriage
19. "A very seasoned practitioner - A Story
20. Points for Miscarriage
21. Points for a Yang Deficient, Luteal Deficient Woman
22. Points for Yin Deficiency
23. Forbidden Points
24. "With a confirmed pregnancy, stay away from the Ren Channel..."
25. American Herbs for Miscarriage – Black Haw
26. Black Haw for a Woman with a History of Miscarriage
27. The Use of Vitex for Miscarriage
28. "She had had five miscarriages – A Story
29. Using Quantitative hCG Levels to Diagnose a Miscarriage
30. Oxytocin and Miscarriage
31. "Oxytocin contracts the uterus..."
32. "So, if somebody is threatening to miscarry..."
33. "The second birth center in North America..." – A Story
34. The Dream Baby
35. Work and Overwork
36. "We need to awaken them to how hard they are working..."
37. "When I birthed my second child..."
38. "Can I make you a cup of tea?..."

**DISK SEVEN (2:10)**

1. Advise Antibiotics for Therapeutic Abortions/D & Cs
1. TCM Assistance for Inevitable Miscarriage
2. Herbal Assistance for Inevitable Miscarriage
3. "Closing the Gates"
4. "Women are postpartum After a Miscarriage"
5. Incomplete Miscarriage
6. Palpation to Diagnose Incomplete Miscarriage
7. "If you see an infection, get them antibiotics immediately..."
8. "Cultivate a relationship with an MD..."
9. A Woman with a History of Miscarriage – Donna's Story
10. Thao & Tan – A Clinical Presentation
11. A Question about Hold Baby Formula
12. "Stop the Hold Baby Formula at 36 weeks..."