

MERYL: Welcome back to the Rebel Nutritionist podcast. So you are in for a treat because we are now at part two of our conversation with coach Dora and our last podcast was just so fabulous.

We, had to have our stay around for part two. And we're gonna get a little more serious perhaps at this point because I feel like this topic is it's so common, women who miscarry pregnancies for whatever reason is there's, I think more than, more than not, most of us have, have experienced some type of miscarriage and yet we're so quick to sweep it under the rug.

We're so quick to be dismissive of it, and it's a loss and it's a huge loss. For not just the woman for the couple, for the people who've experienced it. And Dora, this is one of your areas of expertise. So I'm gonna kind of let you take it away and, and and talk about this. So thank you for, for coming back.

DORA: Of course. Thank you very much me for bringing me back here. It's definitely a topic that is very close to my heart. And, one of the reasons why I started all this is was because I had a loss and my loss was 23 weeks. So definitely the recovery was absolutely different and probably longer.

But one of the first thing I wanted to mention here, **especially for women who recently had a miscarriage is that it's not your fault.** It's not something that you've done wrong. It's nothing that you could have made a change. But it's rather that. It happened. But most importantly, what it is right now important is **what can you do right now to help your body and maybe just make it happen this time around.**

So the first thing, one of the first things that I discussed with somebody who just had a recently miscarriage is one **having this conversation and letting that blame away off,** because that will increase the level of stress that it, it, and the way **the mind and body work, there are two entities in our, in ourselves, but they are intertwined.**

They all, communicating with each other. **And the way that they communicate is through emotions.** the mind has thoughts. The body has feelings and emotions, and they, they. Literally translate to each other. So the way we think it's going to go on our body is going to reflect on our body. And if we always are tight and we don't believe that our body is capable of doing the doing and having a baby, probably there will be a bigger chance, the risk of not being able to conceive is gonna get higher.

So **working on that mindset of letting go and accepting**, and it doesn't happen overnight, just FYI. It takes time. Everybody comes from different backgrounds and, the next, **the other part is allowing the body to heal**. Literally it's just giving, nourishing the body with the nutrients that it needs, because regardless what had happened there, **there is some sort of scar tissue in the uterus**.

Right. And there, the Uterus needs to heal. The body needs to heal. It went through or all sorts of changes hormonal changes and just increased inflammation. And the body needs to calm down, needs to get to that base level. And that can take time for some Menta and kind of making us kind of like a timeline usually can last even 10 weeks to just recover from the experience of birth.

But when it comes to **the experience of a loss can last months can last years** you know, as a mother who lost a child, you, you, I will always feel the emptiness. What the child left. So it's, it's a work in progress. But the important thing is to take that first step and accepting what happened and moving on, moving on in the sense of like, **what can I do right now in order to continue the legacy and continue the life that I want**.

And probably my child didn't want me to end my life. My child doesn't want me to be childless my child who my angel doesn't want me to be upset and depressed or get fill in the blanks. Right. My child wants me to be happy, so how I can do that. Right. And what we can do when it comes to the healing process is.

What we've discussed everything in the previous episode is to **nourish the body, eating healthy foods, nourishing foods, nutrient dense foods that will help the body gain its strength and fill in the nutrient stores and help get back to what it was**. And another thing is to continue tracking the cycles.

If, if a woman hasn't tracked her cycles, especially for conception, but it should be even outside conception. But since we are talking about this, **she should track her cycles and predict ovulation, confirm ovulation, and just understand the way the body works and what are the symptoms of each stage in her cycle**

Because the body will tell us. We just need to put them on the paper and track them. So continuing tracking the cycles after miscarriage will understand when ovulation is going to happen because after miscarriage usually ovulation doesn't come as a normal as usual. Let's say a woman throw it out there.

She had ovulate on day 14. Let's throw it out there. As an example. So if she had a miscarriage, she might not ovulate on day 14. She might ovulate on day 30. She might ovulate even later because the body, like I said, it needs to get back to its baseline and **hormones needs to get back to baseline**. ACG, especially needs to go down to zero.

If the body, the body's taking time to get rid of those hormones, then your body's not the body and the ovaries there not gonna resume the cycle. **They're gonna resume once ACG is going to be zero** that's plain simple. So that like, kinda like goes into the, the stress and fear like, oh my God, why am I not ovulating again?

Why haven't I ovulated, are my cycles wrong? And no, that's totally not, not true. It's just **understanding how the body works and how recovery goes**. Right.

MERYL: And sorry, go ahead.

DORA: No and you know, and how the, **if anybody is wondering what is tracking my cycles mean, there are multiple ways**. One of the easiest, let's say cheapest.

Ways is to **track your cervical mucus patterns**, which is that discharge that happened happens. And we can see on our panties for specific number of days, somewhere in the middle of our cycles. And **that is a sign that estrogen is rising and you are in your fertile window** taking your base of body temperature, which is the core temperature when you are at rest.

So means that when you are sleeping taking that temperature right, when you wake up, if you're using just a regular thermometer, a digital thermometer taking that temperature every single morning, I will give you a graphic of. Your temperatures. And what is most important is that once ovulation happens, your ovaries will start producing progesterone and progesterone is a Thermogenic hormone, which means will increase slightly your temperature.

**So if you are taking your temperature every single morning, then you'll see that rise in this way. You'll be able to confirm that you have ovulated.** So this is kind of how it goes and probably other things that you want to look into, if both of you, of the of of the couple, both of partners are in great health, and that means they do not have any chronic conditions.

They do not have any underlying conditions. They might have an increased chance of having a successful pregnancy. Their fertility might be enhanced, but if there is an underlying condition, obesity, insulin resistant, P C O S, and managed P C O S you know,

gut health, anything from stress, like we've talked about stress response and anything in, in the world that can bring a red flag that we are not healthy.

We are not, I don't wanna say a hundred percent, but as close to optimal health as possible, then **we might want to set back from trying to conceive, just to minimize the risk of getting through another experience that is similar and just address that first.** Well, am I sleeping? Well, am I eating enough? Am I eating the right foods?

**Am I eating balanced? Am I looking at my stress response the right way? Am I working on my environmental toxins?** And am I, my, am I liver working well? My gut is working well. So kinda like checking those boxes and working with a practitioner, especially DIYing is really hard. It, takes years, to just experiment on yourself.

It doesn't take a couple of days, months. It takes years, probably 10, 15 years. And a lot of women who are trying to conceive, they're not expecting, they're not able to wait that many years. So **working with a practitioner like myself, or like you, Meryl, they will be able to understand, okay, what is the actual plan? How can we get as close to that optimal health and optimal fertility for both partners** yes. In order to conceive and have a successful pregnancy and healthy, healthy baby.

MERYL: Absolutely. So thank you for all that. That was, that was fabulous. And thank you for walking us through that. I think one, one question I have in that, and of course it's gonna be different for everybody, like you said, but.

In a let's call it a perfect scenario. What is the minimum amount of time? Because I know that that you would recommend, let's say, right, I'm not gonna hold you to it. And we can't necessarily but you know, you have a miscarriage. **What would be the minimum amount of time A couple should really wait till things are rebalanced.**

I know you said HCG should, should be back to zero and so forth. But do you kind of have a rough estimate cuz I know look, you experienced that loss and you're like, oh my God, I wanna make another baby really quick. Right. But, again the body has to get back in balance. Is there a timeline that you generally see?

DORA: Well, I said everybody's different, but if somebody comes to me with, for help three months, okay. I need, **we need at least three months** because people who come to me. they do. And I, to be honest, I, I have to find somebody that doesn't need any help in any area in their life. I haven't found one.

Yeah. So **giving that time to work on those things, that those things that need to be addressed** are the elephant in the room and they just they're screaming out, but it's hard to address it when it's just in your face as a person who's dealing with it, like it just it's overwhelming. And I cannot, and because if I would've known, I would not be in this situation.

And back to my story is the one of the biggest, the, one of the biggest you know, **my elephant in the room was. I was highly stressed.** I went, I was in a job that I didn't like. I was very miserable. I was in pain and I wanted to continue working out because I wanted to be fit. And I wanted to look like, all the other pregnant women in the gym.

And I just wanted to be who I was thinking I wanted to be. And that was not the right picture for me. I was creating a picture of somebody who I wanted to be, but was not the person that I was. So it was far from because we, we are talking about growing the per and becoming the better version of ourselves.

But in my situation was far from, that was not the better version of myself was just a, a version of somebody who I, I just painted the picture of. That kind of pulled me down. And that was a big contributor its, I would not say that it's the cause, but it was a huge contributor. The stress that I was putting onto my body was not allowing myself to rest.

And you know, I can go on the experience because it, it was not fun. I was working for 20 minutes and then I had to lay down for another 20 minutes on the floor because I couldn't sit down. And I would. I did that for 23 weeks. Wow. And it was just, I, I just pushed because that's how I was taught.

You have to push in order to succeed and going back to, you know, the patriarchal society of like you push, push, push you work, work, work, do do do, but not listening to our bodies. It's where things kind of like break apart. Yeah. Going back to the, the recovery from miscarriage is the same. **If we don't listen to our body, then we might fail again. Or it will not set, set us for success.** Let's say like that it will not set us for success. If we push ourselves, continue pushing. If stress is a big part of your life, then you gotta work on that. Yeah. Even if your health is it's good, it's decent. And some, a lot of people say, oh, well, I will, I will take care of that later.

Well, once you get pregnant, Hormones and everything are not going to get you anywhere. It's going to be harder and harder. It's gonna be more challenging, more things to stress about, more things to be anxious about birth and all of that. Once you have a baby, once you have a newborn toddler and everything more worries will come to

you, that you will never have the time. **The best time to address all the things is now and giving yourself time to work on that for at least three months.**

It's, it's really important. **Six months it's ideal.** But everybody has a different timeline. I will also work with a lot of women who are in their late thirties. So they feel their time is ticking and they tell me, like, I do not have a time. I, I work with a fertility clinic. Like I have scheduled you know, retrieval and all, all that.

I'm like, okay, let's work with the first things like the lowest hanging fruit the, the thing that it seems to be addressed and go from there. So I hope I answered your question yeah, no,

MERYL: it was great. You know, it was interesting when you were saying all that, but you're saying when I was pregnant, at least the first time they didn't really have ovulation trackers, right?

Like the kits. So I remember doing my basal body temperature and all that kinda stuff right in my, but you know, something that you were saying, and I just wanna add in my little piece here in terms of right, we all have that story and I'm thinking back because to what you said, and it's so, so important, and I just really want people to listen that **you really do have to take care of your body for you before you could even entertain the notion of growing another human inside of you and creating that balance.**

Because look for me, I. So, I'm just gonna let you know my quick miscarriage story, because there's a lesson in that in terms of, so I had, my, my kids were pretty close together. I got pregnant with I had my daughter in January of 99. That September I found out I was pregnant. I, I always joked my husband at that time would sneeze on me and I'd get pregnant.

Right. So I got pregnant, not intending to get pregnant. I was nursing stopped nursing thought I was protected. Wasn't so protected and boom there I was, and I'm. Part of me was like, oh my God, I just got back to the shape I wanna be in. And I don't really want another pregnancy and da, da, da, you know?

And, and so I had to grapple with that for a little bit. And then lo and behold eight weeks later I ended up miscarrying. So of course the blame game comes in, oh my God, I did this. I caught and of course you get over that and you start recovering the body. And for me, I was like, well, I just wanted to have another baby.

And I wasn't thinking, right? We didn't have the information and the knowledge at that point of, well, wow. I gotta really, I mean, I knew I had to wait for my period to come back to normal, but **never even thought about how do I rebalance my body? What does that even look like?** Like, what is that? I just wanna have another baby, you know?

And then in, so luckily I got pregnant there probably January of, of that year and then had had my little one, my baby Ashley in October and thank God she was healthy, but then six weeks later I was diagnosed with Hodgkin's lymphoma. Right. And so now I've got three children, talk about, right. The stress of you there's never a good time to take care of yourself.

You know, three children under the age of four, and now I'm dealing with this diagnosis and I can't help look. We never know exactly why we get things, why we get cancer we never can pinpoint it. Look, I lived behind a golf course at that time. Do I think that the pesticide residue and all of that, that the glyphosate and all of that garbage that I was breathing in every day was part of it?

Absolutely. Do I think that, that I never really properly managed after my miscarriage to recover to balance the hormones. The stress of all of that. Right? So you wanna talk about the perfect storm, boom, right there. I was. So you certainly don't want someone to end up with a cancer diagnosis at the end of any of that and say, oh, you should have, should thank God I was able to learn from that.

But I think the point is that I really want our listeners to hear what you are saying, that **we have got to understand the messages and the signals that our body sends us. And we've got to really create that balance for everybody.**

DORA: correct. And I mean, you couldn't have said it better. We cannot.

And **the more, we push ourselves, the less effective we are.** And in time, just because we can, we were able to do it at 20 and we were able to party or night all night and drink and just go back to work or school. That doesn't mean that when we are thirties and forties, we are not feeling the repercussions.

Right. And a lot of people that go and just getting old well it's because what you have done in your twenties. And I'm not saying that I didn't do, I definitely did mine. But it's **what are you gonna do now, right, for the next 10, 20 years and so on.** And what are you gonna do for your family, who you are a caregiver for and all that is just prioritizing,

**prioritizing your health is the number one thing that should be on the to-do list** on the calendar or whatever it is on the.

I calendar or I, I use my apple eye calendar for like setting up my, my, my time. And the first thing that goes is, are my meals, my breakfast, lunch, and dinner. They're they're, they're already blocked off. Those are non-negotiable and then everything else fills in. If I need to meditate, I put it right somewhere where I know it's going to be, I'm not going to skip it.

Yep. And everything else. And then fill in work and all everything else. That's it.

MERYL: I love it.

I love it. You and I speak the same message. And so this has been great. Thank you so much for sharing your story for letting us in on how you work. I think people would be foolish to not reach out to you.

You're such a resource you're such a wealth of knowledge and, and what a gift. So thank you. Once again,

DORA: Thank you so much. It was such a great pleasure to talk to you. And you know, it's just, to me feels energetically talking with like-minded people and people who are in the same work of helping others and just making a better world.

MERYL: Absolutely. And bingo, I, I can't even add to that. So once again, everybody will have all of your contact information. You guys have any questions, please reach out to Dora or myself. And yeah, I think this has been great and hopefully, and I'm sure it won't be the last time you and I chat. So this is your Rebel Nutritionist, everybody signing off, make it a great day.