



3 Ways to Prepare Your Body for an Easier Birth (Naturally)

A free guide from Mama
Bear Chiropractic

Gentle, brain-based chiropractic care for
pregnancy, babies & kids.

Serving families across East O'ahu.

Pregnancy is such a powerful season of life, but it also asks a lot from your body.

As your baby grows, your posture, pelvis, and nervous system are all adjusting — and preparing them now can make a huge difference for your birth experience.

I'm Dr. Cassy, a Webster-certified chiropractor and Spinning Babies Aware Practitioner based in Hawai'i Kai.

My mission is simple:

to help mamas feel confident, comfortable, and ready for birth—naturally.

In this guide, I'll share 3 simple ways to prepare your body for an easier birth, using gentle techniques and movement practices that support baby positioning, balance your body, and reduce tension.

Tip #1 – Hydration & Cellular Nourishment

Hydrate like your birth depends on it—because it does.

Hydration isn't just about how much you drink — it's about how much your cells absorb.

Plain water is helpful, but your body thrives on **structured “gel water,”** found in certain foods and enhanced water practices.

Try this:

- **First thing in the morning, drink 16 oz of water with a squeeze of lemon or lime** — this helps hydrate your cells, support digestion, and wake up your system.
- Eat juicy fruits (citrus, cucumber, berries) and leafy greens
- Sip **bone broth or coconut water** for deep mineral support

Gel water helps keep tissues flexible, amniotic fluid balanced, and your uterus functioning optimally — all essential for birth.

Tip #2 – Movement for Balance & Positioning

Gentle movement = better space for baby = smoother birth.

Your baby's position is directly influenced by the balance and mobility of your pelvis and soft tissues.

Movement helps optimize the Power / Passage / Passenger framework:

- **Power:** Calming the nervous system to support effective contractions
- **Passage:** Creating mobility and balance in your pelvis, ligaments, and muscles
- **Passenger:** Giving baby room to find the best position for descent

Try this:

- Daily walking
 - Prenatal yoga or stretching
 - Spinning Babies “Three Sisters”
- Chiropractic care using the Webster Technique

Birth is movement. Prepare for it by moving now.

Tip #3 – Nourish Your Body for a Smoother Birth

The health of your baby starts with both parents — but most people are only looking at one.

Few people are talking about this: half the DNA comes from dad, and so does half the responsibility for a healthy pregnancy.

Too often, women carry the pressure to “do everything right,” while male factors like toxic exposure, poor sleep, or nutrient depletion go ignored. **But they matter. A lot.**

Let's rewrite the narrative — and nourish both partners.

*These tips are most effective when started at least **3 months before conception**, giving your body time to build the most optimal environment for growth.*

Prepping both partners supports the healthiest egg and sperm possible — so your baby starts life with the strongest foundation from the very beginning.

Try this:

- **Vitamin D & sunshine:** Supports immunity, hormone balance, and sperm quality
- **Healthy fats:** Omega-3s (salmon, walnuts, chia) fuel both sperm and fetal brain development
- **Rest & recovery:** 7–9 hours of sleep regulates stress hormones and boosts fertility
- **Cellular hydration:** Bone broth, citrus, and sea salt hydrate better than plain water
- **Movement & mobility:** Improves circulation and prepares the body for labor
- **Nervous system care:** Chiropractic adjustments improve alignment and brain-body balance
- **Mindset & connection:** A calm, present mindset supports both fertility and fetal development

This is the part no one talks about — but it's often the missing link in healthy conception and pregnancy.

Bonus Tip: Every Birth Deserves a Doula

A doula is more than a birth companion — she's trained to provide consistent **emotional, physical, and informational support** throughout labor and delivery. Her presence is proven to:

- Shorten labor time
- Reduce the need for interventions
- Decrease the use of pain medications
- Boost satisfaction with the birth experience
- Support calm, confident decision-making

How Chiropractic Supports Your Doula's Work

As a chiropractor trained in birth biomechanics, I provide prenatal insights that help doulas do what they do best. Based on findings from your chiropractic exam, I can share:

- Which side to apply sacral pressure during labor
- Which foot should be on the curb for curb walking
- Which side to use for side-lying release
- Movement suggestions like inversions, lift & tuck, and shake the apples

This helps your doula work **smarter, not harder** — giving you the most effective support based on how your body moves.

Together, we set the stage for your best birth possible.

Dr. Cassandra Peterson, DC
Mama Bear Chiropractic – Hawai'i Kai
www.mamabearchiro.com
808-404-7392