



# East Bay Homebirth Midwifery

Beah Haber Pedersen, CNM   Nicole Sellers, LM   Michelle Edgar, LM   Ellah Ray, LM CPM  
www.eastbayhomebirth.com   510.655.2229

Pregnancy and the newborn period are ideal times to nurture yourselves with self care. As part of your midwifery fee, you've received four treatment vouchers which can be used for initial sessions with any of these on-site practitioners. Vouchers can be used by the pregnant or postpartum mama, her partner, or for the new baby. Please book directly with each provider. Here's to your health!

## **MASSAGE THERAPY**

**Sara Van Zutphen, CMT, CST: [www.lucidhuman.org](http://www.lucidhuman.org), 510.684.7852**

*With 10 years experience in bodywork, Sara uses a variety of modalities, such as massage, deep tissue and craniosacral work, to help you attain mental clarity, deep relaxation, optimum structural health and an openness of heart and mind.*

**Taylor Maurand, CMT: [www.sfprenatalmassage.com](http://www.sfprenatalmassage.com), 415.680.8917**

*Taylor brings a lifetime of body awareness and intuitive practice to her massage, which blends a deep Swedish technique with Trigger Point Release. She specializes in working with women during all stages of pregnancy, as well as postpartum massage.*

**Meadow Evans, CMT: [www.greycranembody.com](http://www.greycranembody.com), 510.653.3237**

*With 10 years of massage experience and a focus on prenatal massage, Meadow works to re-mind and re-member the body melding Swedish, Reflexology, Reiki, deep intuition, doula work and 20 years of dance training with the twin guides of your breath and her hands. She birthed her own son at home with Beah at her side in 2009.*

**Angela Bausch, CMT: [angelabausch@gmail.com](mailto:angelabausch@gmail.com), 510.417.1161 (on maternity leave until April 2012)**

*Angela Bausch brings over 12 years of experience and a lifetime of body/dance/anatomy studies to her practice. Her sessions are tailored to each person and orient toward whole body comfort, ease in the joints, and a quieting of the nervous system. She integrates techniques as needed including swedish, gentle deep tissue work and intuitive bodywork.*

## **CRANIOSACRAL THERAPY**

**Sara Van Zutphen, CMT, CST: [www.lucidhuman.org](http://www.lucidhuman.org), 510.684.7852**

*See practice description above.*

## **CHIROPRACTIC CARE**

**Heidi Dudley Wroebel, DC: [www.inspiredfifechiro.com](http://www.inspiredfifechiro.com), 510.451.2719**

*Dr. Heidi specializes in gentle and effective chiropractic adjustments for pregnant women and children. Working with the body's innate ability to adapt and to thrive, she helps to ease the mother and her changing body through the many transitions and common symptoms of pregnancy and to prepare for a healthy birth. She also assists with post-partum recovery for the mom and the baby.*

## **NATUROPATHY**

**Scott Casey, M.S., N.D.: [berkeley.concordianatural.com](http://berkeley.concordianatural.com), 707.287.4879**

*Dr. Casey treats common health concerns with natural medicine, cooperating with patients to achieve their health goals through the use of safe, non-invasive therapies that emphasize prevention. He offers a vaccine workshop in our Berkeley office to assist parents in making the choices that are right for their families.*

## **MENTAL HEALTH**

**Gena McCarthy, RN, MFT: 510.685.6827, [genamccarthy@comcast.net](mailto:genamccarthy@comcast.net)**

*Gena specializes in supporting women, men, and couples to relax old fears and open their hearts and bodies to ease with fertility, birth, relationships and their own creativity. She enjoys helping people find their way to calmness and the doors that open to them from that place. She offers EMDR, somatic therapy, counseling and guided imagery and brings her compassion and humor to your work together. She has experience working with perinatal depression, anxiety and mood disorders, fertility challenges, stage IV cancer, sexual, physical and emotional abuse and birth trauma. Call for a free 15 minute telephone consultation.*