**EMILY-WATSON-FULL-EPISODE**

**emily-watson\_recording-1\_2021-01-21--t05-33-41pm--emily-watson:** [00:00:00] one of the things that my husband told me when we were deep into the fertility process and I was just, you know, I was just following my eyes out. I was saying it wasn't fair. You know, why do I have to go to this? Nobody else does he, you know, His way to, you know, comfort me, which I'm actually grateful for now was, you know he told me he's Emily, you know, everyone has a struggle and this just happens to be ours. And I don't know how many times I've told myself in this process when things get really hard That while it may seem like somebody else has it easier, or you see a mom at the park and she looks all put together or, you know you know, why is her child behaving and mine is not. Or how can she do all those things?

[00:00:49] I'm everybody has a struggle. It's just, you can't see it.

[00:01:18] **INTRO:** [00:01:18] Um, today's episode, I'm chatting with Emily Watson, a fertility and wellness coach who helps women and their partners take control of their health, navigate their fertility and find clarity in Parenthood. She does this with a strong focus on diet and lifestyle. And by teaching you how to work on relationships with yourself and others.

[00:01:33] On this episode, we talk about Emily's journey to becoming a mom and how she founded her business. My nest, well, at the same time she was having her baby.

[00:01:41] Emily saw a big hole in the market for connecting moms with the support they need, whether that was during fertility, pregnancy, postpartum or beyond. And she is great and an amazing resource to help moms at every stage.

[00:01:51] Sorry in advance of the audio quality is slightly different than you're used to.

[00:01:55] We were having some audio issues, but the interview is great. So I still want it to release and make sure you guys got to hear it. Enjoy.

[00:02:02] **emily-watson\_recording-1\_2021-01-14--t10-21-57pm--skuhn4:** [00:02:02] Emily, I'm so glad to have you on the podcast today to talk about you or business, as well as your pregnancies and postpartum experience. So let's get started. Why don't you introduce yourself and tell me who you are?

[00:02:15] Mountain

[00:02:16] **emily-watson\_recording-1\_2021-01-21--t05-33-41pm--emily-watson:** [00:02:16] Yeah. Yeah. Well, thank you so much for having me. I'm excited to be here. So my name is Emily Watson and I am the founder of my nuts. Well, it's a new platform that. Hopeful, expecting and new moms to maternal wellness providers locally and virtually. And you know, I'm a mom to my daughter and eight month old girl who inspired this, all her name is asthma.

[00:02:38] And you know I'm also the wife to a forever student, a medical resident.

[00:02:43] **emily-watson\_recording-1\_2021-01-14--t10-21-57pm--skuhn4:** [00:02:43] Okay. What what does he, what kind of medicine is the practice?

[00:02:47] **emily-watson\_recording-1\_2021-01-21--t05-33-41pm--emily-watson:** [00:02:47] So he wasn't radiology dermatology. So we're in this life and ventures together.

[00:02:53] **emily-watson\_recording-1\_2021-01-14--t10-21-57pm--skuhn4:** [00:02:53] nice. Nice. All new beginnings, right?

[00:02:56] **emily-watson\_recording-1\_2021-01-21--t05-33-41pm--emily-watson:** [00:02:56] Yeah

[00:02:58] **emily-watson\_recording-1\_2021-01-14--t10-21-57pm--skuhn4:** [00:02:58] and you said your daughter is eight months.

[00:03:01] **emily-watson\_recording-1\_2021-01-21--t05-33-41pm--emily-watson:** [00:03:01] yeah.

[00:03:01] **emily-watson\_recording-1\_2021-01-14--t10-21-57pm--skuhn4:** [00:03:01] 18 months. Okay. Got it. Very cool. That's I did just ran into people at the fire yesterday and they were like, yeah, it's not 18 months to three years was like the harvest for our girl. And I was like, I would second that my daughter who's two and a half is like just, you know her own person.

[00:03:20] **emily-watson\_recording-1\_2021-01-21--t05-33-41pm--emily-watson:** [00:03:20] So funny you say that because you know, leading up to this 18 months age, we kept hearing, Oh, you know, enjoy it while it lasts and do it while it lasts. And, you know, they were like, this is really the honeymoon stage and, you know, you're kind of in denial and then sure enough, they are right. They started or independence and they have demand, not no longer need, but demand.

[00:03:47] And trying to rationalize with somebody who can't fully is a struggle.

[00:03:53] **emily-watson\_recording-1\_2021-01-14--t10-21-57pm--skuhn4:** [00:03:53] totally. And they're not logical. You might like, they're like little terrorists, right? There's no negotiating with terrorists.

[00:04:01] **emily-watson\_recording-1\_2021-01-21--t05-33-41pm--emily-watson:** [00:04:01] Yes, exactly. And but they also it's also fun stage in the sense that they are starting to discover things and you know, what I appreciate is her enjoyment of the really simple things and finding, finding joy in the things that are banal to us.

[00:04:17] And it's. Especially like coming out of the holiday season, where as adults we're kind of jaded, but kids make us like relive this with a new perspective.

[00:04:28] **emily-watson\_recording-1\_2021-01-14--t10-21-57pm--skuhn4:** [00:04:28] I totally agree. I also don't. I like I never say enjoy it while it lasts. I think it's kind of obnoxious, but like the second one is it's also well, it's really, these are like new hard stages. There's also like the most amazing things that happen when they become these independent people that it's like.

[00:04:43] Yeah. I can take the good with the bad, like in the hardwood easy, but I absolutely think it's also as much as 18 months to three years has been hard. It's also, she's a person and she's like in thick being her own, like becoming her own person. And it's it. Yeah. I it's you get both and that's, what's fun about motherhood.

[00:05:01] **emily-watson\_recording-1\_2021-01-21--t05-33-41pm--emily-watson:** [00:05:01] I don't know if you feel this way, but there are moments where you're equally like torn between crying because they're growing up so fast and then wanting them to grow up faster. And, you know it's this weird feeling that you know, before becoming a here, I could not even imagine.

[00:05:17] I have so much more appreciation now for what my mom went through, you know, with four kids and my sister went through before me. It's It's just a journey and you know, we're on it. And I it's very much like practicing, enjoying the process. And, you know, trying to soak up every moment.

[00:05:34] **emily-watson\_recording-1\_2021-01-14--t10-21-57pm--skuhn4:** [00:05:34] I could not agree more. So with that said, I want to hear a little bit about your journey to become a mother.

[00:05:42] **emily-watson\_recording-1\_2021-01-21--t05-33-41pm--emily-watson:** [00:05:42] Yeah. Yeah. Well you know, I think a lot of us kind of have this idea that you want a baby, you make a baby and you have the baby. Right. And at least, you know, for the women before me and my family that was pretty much the case. It was pretty straightforward. You know, I think we all have hiccups along the journey, but mine came really early and my husband and I struggled to conceive our daughter.

[00:06:05] And that was a real that was a personal struggle for me because I was in the wellness space. I had been doing health coaching and I thought I knew all of the things and then suddenly. It's something that I felt I should have known more about, which was my reproductive wellness. I didn't actually know as much about.

[00:06:26] And you know, we struggled for a year to conceive before, you know I felt kind of silly actually going to my OB and telling her that, Hey, look, we're trying to have a baby. And something seems to be not working. Right. I felt like I was supposed to know more and And, but that's what she was there for.

[00:06:44] And I just wasn't using her enough. And I wasn't asking the question, but I also didn't know what questions to ask. You know, I had, you know, classic, you know, you try for so long not to make a baby. And then when you do want one that's when you, you realize you can't and You know, being on birth control for, since I was what, 16 for hormonal acne and then the IUD and the empowerment plan, all the things.

[00:07:09] And then suddenly, you know when we try to get pregnant we can't. And you know, after about a year, I went to my OB and started to have that conversation about, you know, what's going on, you know and getting all the tests and pretty soon you know, if there was on the one hand, it was confusing because it was, there was no clear, like contributing factor.

[00:07:32] It was, you know, the classic unexplained, fertility and fertility, and and that was frustrating because it was like, well, how do I fix this? And, but on the other hand it was like, okay, well, it's not just me. I'm not doing something wrong. There's something wrong with my ovulation. And so she referred me to a reproductive endocrinologist and, you know, I don't think any woman imagined finding herself in a fertility clinic.

[00:07:53] But you know, that started to open the conversation up to things that I could. Be doing myself and then how science could also help me. And as you know, somebody who had always been interested in wellness and thought I was like practicing all the good things of nutrition and exercise and I really had to like, re-examine that.

[00:08:15] And you know, my, my fertility doctor kind of gave me some homework to do on my own, but I also started to research things like blogs and. Podcasts and, you know, just went down the Google hole. Right. Of all these things I could do. And you know, over time I kind of modified some of the things that I was doing.

[00:08:34] And I think, you know, going back to like nutrition and wellness, I think there's this idea of what we have of what wellness. Is, and it's all those vegetables you can eat and, you know, move as much as you can. And, you know, I think there's like a balance when it comes to fertility and kind of optimizing those things for fertility looks different than the wellness we often see on like Instagram

[00:08:59] **emily-watson\_recording-1\_2021-01-14--t10-21-57pm--skuhn4:** [00:08:59] totally w you know, I have a question and I want to interrupt because I don't want to get too far away from the the point that you made. So you had said that your reproductive endocrinologist sent you home with some homework, just a curiosity. What was that homework?

[00:09:12] **emily-watson\_recording-1\_2021-01-21--t05-33-41pm--emily-watson:** [00:09:12] Yeah, that's a great point. So I, you know, was. I'd love to move. I was an athlete growing up and so exercise is a big part of my life. And so it was like healthy eating, but I realized, you know, she told me to move less and to eat more healthy that. Which you know, now coming through it all, yes.

[00:09:35] But that's really hard when, you know you see people who are running marathons and getting pregnant or, you know, eating totally plant-based and getting pretty, you know, it's it's a compromise of, you know, your values and what you like to do, but what is best for your health? And I think there are seasons for things and, you know, for me, it was really important.

[00:09:55] I wanted to make a baby. I wanted to, you know, be able to conceive. And so I think they're kind of seasons in which you recognize what you need to do best for your body. And I think our reproductive health is definitely a signal that something's off right. Because if you can't provide. If you're not giving yourself enough nutrients and, you know, sleeping enough and living a stress free life and, you know, not stress free, but reduce stress.

[00:10:23] Then how are you going to grow a baby and have a healthy, nurturing environment for it to thrive? You know, I think going through the process really kind of reframed my idea of wellness and, you know, but at the same time, I was still. Seeing my fertility doctor, because I was doing my homework, but I was also, you know, starting to take, you know, I went through a few months with not doing anything, but just getting counseling from her.

[00:10:50] And then I started. Eventually kind of finding acupuncturist and to support me along the way and the therapists and you know, we can get into that later, but, you know, I had a lot of support going into the process and, you know, we started with all the medications eventually. And then you know, we moved, we did that after a few.

[00:11:13] I think it was like four or five sales cycles and then some canceled cycles. Which, you know, I say it like, Oh, like it was nothing, but it was really miserable.

[00:11:23] **emily-watson\_recording-1\_2021-01-14--t10-21-57pm--skuhn4:** [00:11:23] Not every month, it's just a roller coaster

[00:11:26] **emily-watson\_recording-1\_2021-01-21--t05-33-41pm--emily-watson:** [00:11:26] Oh

[00:11:27] **emily-watson\_recording-1\_2021-01-14--t10-21-57pm--skuhn4:** [00:11:27] like hope and then disappointment and frustration and anger and ha yeah, like it's.

[00:11:32] **emily-watson\_recording-1\_2021-01-21--t05-33-41pm--emily-watson:** [00:11:32] Oh, yeah. Yeah. You're carrying it all. And you know, it's really hard to find now being in a space. I know that I wasn't alone, but at the time I felt very alone. And you know, eventually. We had to have the conversation, you know, do we keep trying these methods? Do we stop trying and just take a break or do we, and we'd already taken a break before and then, or do we proceed with kind of, you know, IVF and my husband and I had a really difficult conversation and it was you know, it's ultimately a math problem at the time.

[00:12:06] You know, a lot of things were out of pocket for us, and that was hard. And it was like, well, If we want to, if we don't want to maybe try to go through this again, and we were successful with you know, really great egg retrieval, then maybe if we want to have more than one kid, if this is successful, we want to have more than one kid.

[00:12:24] Then we have you know, we have some extra embryos So we ultimately went down the IVF route, but I remember, you know, we had that conversation with my doctor and I remember just bawling in the car when we, when my husband and I made it back into the parking lot, because I was like, never envision.

[00:12:40] Going through that process. I, you know, there was a lot of guilt and a lot of shame. And I know now that I sh I should not have been feeling those things, but I, there was a lot of my body has failed me. What have I done? There was so much blame on myself. And, you know, but at the same time I was feeling all those things, but I was still trying to do the work to undo those feelings and emotions, but I think they're natural.

[00:13:07] And, you know, ultimately we went through the IVF process and, you know, luckily we got pregnant the first time, but I know, you know, I know that doesn't happen for everyone and I'll be pretty candid. We tried again pretty recently and it didn't work. And. You know, I there's no one reason why I think it, it didn't and did but I think it's a confluence of factors and you know and certainly having the right mindset going into these things is so important having the right people around you.

[00:15:18] **emily-watson\_recording-1\_2021-01-14--t10-21-57pm--skuhn4:** [00:15:18] Do you, how many embryos did you get? Were you, are you guys still,

[00:15:23] **emily-watson\_recording-1\_2021-01-21--t05-33-41pm--emily-watson:** [00:15:23] Yeah yeah. You know, and it seems like when you first start out, right. How it works is you get your eggs and then you kind of each successful or each cycle kind of when they wait for the embryos to get to where the eggs to get to a certain stage, to then fertilize at the embryos, you kind of lose things in the process.

[00:15:40] Right. And yeah. Yeah exactly. Which, you know, I had no idea that I was in the process. And so yeah, we had we were lucky to get five, which seems like, you know, a lot, we were just like so happy, you know? Cause we, we ultimately went the genetic testing out, not everybody does, but We, you know, it's another way to optimize things.

[00:16:01] And you know, after consulting, lots of people we did decide to do that. And so we did get five and that, that felt like a lot of the time. And then we use one and it was super successful. Yay. We have as may now. But now it seems like we don't have you, you didn't. You go back into the, what if it doesn't work or I think there's a certain amount of trauma associated with infertility and the fear of it not working because you know what it's like, or it not work, you know what it's for it?

[00:16:33] Not to happen. And you know, I think it's, that's why it's so important. I think, to continue to seek professional help and to support you along the way, because it's a lot to carry on your own. It's a lot on your relationship. Family and friends don't typically understand your partner is really trying and they're experiencing this sort of. Ex process themselves in a D in a different way. And so for you to be able to lean on a third party either for, you know, actual like wellness support or you know the services, or if it's just like a space in which you feel like you can be heard and help.

[00:17:13] **emily-watson\_recording-1\_2021-01-14--t10-21-57pm--skuhn4:** [00:17:13] I'm glad you bring up the partner. It's I, you know, it's. It is so hard for them. You know because we, like they're experiencing this on their own, but they're also experiencing it through you. And so they're trying, you know, trying to be supportive, trying to be all these things, but like they're also going through their own thing.

[00:17:33] And I feel like that's, if you're not doing therapy and you know, like that stuff will come up later, like it just inevitably does.

[00:17:43] **emily-watson\_recording-1\_2021-01-21--t05-33-41pm--emily-watson:** [00:17:43] Even in pregnancy, right. They don't experience the body changes and they don't get, you know, you're essentially bonding with baby in some capacity for what nine and a half once. And they don't get that. They don't. Feel the hormonal shifts, they don't feel the physical changes.

[00:18:00] And you know, how do you connect with your partner during that process? Have you connect with them? You know, in the preconception stage, I think it's, I think it's really important and something that we realized pretty late into the process And, but I'm glad we eventually realized that, right.

[00:18:16] Because I think it set us up a little bit better in, in the pregnancy and postpartum period. When community, when communication is sometimes a little harder, especially in the fourth trimester when you're both sleep deprived and you know, mom is trying, dad is trying, but there's it's hard.

[00:18:35] It's hard.

[00:18:36] **emily-watson\_recording-1\_2021-01-14--t10-21-57pm--skuhn4:** [00:18:36] totally. So speaking of that, how was your pregnancy?

[00:18:40]**emily-watson\_recording-1\_2021-01-21--t05-33-41pm--emily-watson:** [00:18:40] You know, I think after the struggles of the fertility process, it felt so much easier, but with a caveat you know, One, the first trimester was pretty miserable. I had morning sickness and nobody else in my, no other female in my family had morning sickness. And so they just didn't quite understand.

[00:19:03] They're like, Oh, that happens. And You know, but at, by that period, by the time I got to pregnancy, I had learned to ask for help. I had learned to ask for people. So I was no longer carrying all of this by myself. And so while it felt easier and. You know, I had worked through done a lot of the deep work and work through a lot of the doubts and the you know, the fear and the anxiety I had learned who to call on.

[00:19:36] So it felt easier. And I call them those people a lot. I think I need two hands to count the number of people that were kind of in my village, the professionals And, you know, and then of course I had family and friends, but I think, you know, pregnancy to me, I looked back on it very fondly.

[00:19:56] I loved, there were so many moments that I loved. But then, you know, while everything did seem to be going smoothly around 36 weeks I found out our insurance is changing. My daughter was breech and. I was going to have to change hospitals and OT groups. And that's when it was just like all at one like where it just felt a little panicky and I had to do, you know, that's when I was so glad I had my people, but you know, up until that point I had, you know, I had prepared more for postpartum than actually the birth process.

[00:20:39] **emily-watson\_recording-1\_2021-01-14--t10-21-57pm--skuhn4:** [00:20:39] Oh, you're the first person on here. That's Sabbat. Love it.

[00:20:44] **emily-watson\_recording-1\_2021-01-21--t05-33-41pm--emily-watson:** [00:20:44] I had, you know, I think, you know, I had eventually found myself in this space. I and I had just been reading so many books and you know, I probably should have done more on like the birth prep. I did do a childbirth education class. I talked to a lot of people about it. I, you know, had envisioned, Oh, catching my daughter on my chest.

[00:21:03] I was there actually in the room and my older sister delivered her first child.

[00:21:08] **emily-watson\_recording-1\_2021-01-14--t10-21-57pm--skuhn4:** [00:21:08] Oh, wow.

[00:21:10] **emily-watson\_recording-1\_2021-01-21--t05-33-41pm--emily-watson:** [00:21:10] you know, she was a resident at the time in the hospital. And so they were a little loose on like protocols. And so I think there were like five or six of us and. And I remember looking at my younger sister and being like, Whoa, that is not supposed to happen.

[00:21:25] But like when the baby, you know, she's crowning and coming out and I was like, Whoa, that is amazing. But it was also scary, but I was also, I had always envisioned catching my daughter on my chest, just like my sister had done. And, you know, I had to do a lot of work to kind of. Set myself up for a different version of birth and what it was going to look like for me, because with my daughter being breached, you know, I entertained doing, you know, I tried the moxibustion.

[00:21:57] I her queen doing a version I got in all the positions. I was doing all the yoga, right. To try to flip her. I was talking to her. But then I came to peace with came to peace with the fact that she was breech and she was there for a reason. You know, I was like, Even if she flipped, what if I have, what if there's a reason she was breached and I have to go in for an emergency I'm laboring and I have to go in for an emergency C-section you know, I went down that hole and I was just like, I don't, you know, I'd rather be prepared for a C-section than be mentally and emotionally prepared for a vaginal delivery only to end up with a surgical delivery and may not be in that mental and emotional space.

[00:22:44] You know, I, in addition to doing all the other postpartum prep, you know, I was stocking my freezer. I, you know, I was like, I read like nurture. I read, you know, the fourth trimester. I Kimberly Snyder. I read Oh, the first 40 days I read all of these things on how to nourish yourself and the people to have, and all the things in the postpartum period, because my husband was also going right back to work, being a resident.

[00:23:08] And he got no time off. And so I realized that I was going to need some extra help and to do some. Some homework. And you know, I also started to mentally prepare for a C-section and so I think, you know, ultimately while it wasn't the birth that I had envisioned and it was weird, you know, going into the hospital for a scheduled, C-section having no signs of labor.

[00:23:33] And, you know, I felt like I missed out. I felt like I, you know, People talk about their contractions in the end, you know and the experience. Right. And I didn't get that, but I got a different experience and I got a healthy baby at the end. And, you know, I think ultimately one of the best parts about the whole experience was my husband actually got, I did like cheek to cheek.

[00:24:03] They, I re really, you know, I communicated with my doctor Hey, I. No, I'm disappointed that I have a C-section, but is there any way we can do some sort of skin to skin in the, or, and then they, you know, they did the cheek to cheek thing and, you know, as late in all the things, but it was really special with my husband actually had to do the skin to skin while they sutured me up.

[00:24:24] And he was with a good, like 20, 25 minutes before I even made it in there. And he like, you know, to see him speak about that experience and to have that you know, I didn't have it, but I can live it through him. Right. I had all those other moments. I got the breastfeeding and all the things, but I think that was really special, especially all that we had gone through to get there.

[00:24:48] All the fertility process, you know, pregnancy, he didn't get to share, but he got to have that moment. And. I think that set us on a really great foot for him feeling co you know, I ended up having my doula there, even though I was having a C-section she supported me all along the way.

[00:25:03] And she was like there after the surgery and everything and she got to help him and really empower him and bring a lot of competence into the situation.

[00:25:15] **emily-watson\_recording-1\_2021-01-14--t10-21-57pm--skuhn4:** [00:25:15] I love that. That's just such a I feel like you. Are literally the most prepared first time mom that I've ever come across. I feel like you all open research, read all the books and like prepared yourself and made the best out of whatever experience was given to you. That's just I love that story.

[00:25:34] It's so wonderful to hear. And it's also really nice that your husband got to have that imprinting moment and kind of sharing that experience with you.

[00:25:43] **emily-watson\_recording-1\_2021-01-21--t05-33-41pm--emily-watson:** [00:25:43] Yeah. Yeah, it was special in, you know, don't get me wrong. I. I did do a lot of work and I read a lot, but I got to see, you know, I also got to see my sister go through her experience and I, I was surrounded by so many amazing, you know, and this gets back to like enough, but, you know, I bear ultimately like the village that I wanted and I was able to tap into them.

[00:26:08] And you know, I don't think if I had not gone through the fertility process and had to ask for help, And really do a lot of research before and that I would have would have been able to act access these resources, but also I wouldn't have known about them. I was just so fortunate to be part of this community before I was even a mom, myself.

[00:26:32] **emily-watson\_recording-1\_2021-01-14--t10-21-57pm--skuhn4:** [00:26:32] you know, I guess, and I'm sure, but I still, I went through a similar thing and I still didn't take the bull by the horns. Like you did. Like I, and I did I had an acupuncturist but I was very much. In the moment, what are the things that I need right now? And I I think what's really cool about what you did is like you had the foresight and obviously we're going to talk about your postpartum experience, but I think all of the things that you were able to set up, the things that you needed in the future and figure out like what you might need.

[00:27:05] And I just think that's really cool.

[00:27:07] **emily-watson\_recording-1\_2021-01-21--t05-33-41pm--emily-watson:** [00:27:07] Oh, well, thanks. Thanks. I think, you know, I think it's normal for us. We're so ingrained to think that. So many aspects of motherhood come naturally and that we should know. And I think there is that voice inside us. I think I truly believe in a mother's intuition, but sometimes it just needs to be cultivated more.

[00:27:27] And sometimes we just need a few tools to help us get there, you know, which is, you know, you guys are doing that at Juneau, which I think is so cool. It's like you're giving practical tools and tips that we need to just hear our inner voice, a little louder.

[00:27:41] **emily-watson\_recording-1\_2021-01-14--t10-21-57pm--skuhn4:** [00:27:41] yes. I, you know it, you know, to your point, it's we all have a mother's intuition. It's just how much, like how much we trust our intuition. And I think motherhood brings up like, The all of the insecurities that you might've had about other things. And so how much do you trust yourself as really? What, like, where that can learn that comes to play right.

[00:28:05] **emily-watson\_recording-1\_2021-01-21--t05-33-41pm--emily-watson:** [00:28:05] Oh, my God. Doesn't it. It just exposes all of the doubts, vulnerabilities, your insecurity, exactly. That you had, you know, when you were growing up, when you were, you know, teenager, when you were in college, all of these things are starting to manifest in different ways and it's, but it's all happening, like inside your head and it's all happening inside your head.

[00:28:26] Heart and your gut and like, how do you get those things? You know, how do you get those things to like, quiet down to hear like the real strength inside you and, you know, it's a journey.

[00:28:36] **emily-watson\_recording-1\_2021-01-14--t10-21-57pm--skuhn4:** [00:28:36] Yeah, it's funny. Like even you know, I was going back and forth on tests with my friend and I'm like the mental math that I do on an everyday basis, just trying to figure out like, Oh you know, the sleep schedule and eating whatever is, it's just you're like, I constantly have to make decision after decision.

[00:28:53] And I think maybe my husband, who's wonderful. He's what time does he leave? I need to go down. And I'm like, why am I the owner of this?

[00:29:03] **emily-watson\_recording-1\_2021-01-21--t05-33-41pm--emily-watson:** [00:29:03] True. Yeah. Yeah.

[00:29:05] **emily-watson\_recording-1\_2021-01-14--t10-21-57pm--skuhn4:** [00:29:05] so what's quick. Oh, God. Yeah. The mental load is, it is real. Let's talk about your postpartum experience. So you had set up like, I guess, tell me who was in your court, like what were the professionals you call them?

[00:29:20] **emily-watson\_recording-1\_2021-01-21--t05-33-41pm--emily-watson:** [00:29:20] Oh, my gosh. Well, you know, first of all, my mom was there for my my C-section kind of recovery because you're not allowed to drive. My husband went back to work. So she was there for two weeks. You know, and then my sister actually came down for a weekend. She drove 10 hours or something insane to just come for two days to, to be there.

[00:29:40] She, you know, she was the one to just hold my baby. You know, I think everybody's different. Some people want to hold their baby and some people want to to just let go of their baby for a bit and take care of themselves. You know, she was there to tell me what to do almost. But I also, you know, I had, there were some people that I had kind of in my back pocket that I didn't have to ultimately use.

[00:30:02] But I lactation consultant was somebody that I had on like speed dial. But I ultimately, I was so fortunate that I didn't have to do that. You know, one of the benefits of being, I see it as a benefit. Not everybody may agree, but because I had the C-section, I was in the hospital for four days. Yes, four or five days, which I was actually really, I was totally unenthused about it when I realized that was the protocol.

[00:30:27] But then I realized like your milk hasn't come in yet. Usually when you buy a tinier sent home and. You know, I had being in the hospital, I had the nurses and the lactation counselors, essentially there at my Beck and call for helping me navigate this journey because, you know, ultimately my milk wasn't coming in fast enough.

[00:30:49] Whether it was because my baby was a little small or because you know, I had the C-section and my body was stressed and ultimately she had to be on formula and they were counseling me through that. But like also teaching me latch all of those things, which I was really grateful for to have in the hospital rather than have to deal with that at home.

[00:31:07] I, you know, I saw a pelvic floor specialist before your, during pregnancy to kind of just understand I wanted to. You know, get kind of the architecture and the anatomy and all the things down there before going through birth and to also be well equipped for what signs to notice afterwards, if something wasn't right.

[00:31:28] And then, you know, I had acupuncturist and a massage therapist. I ultimately didn't see them until Well, I think it was like 10 or 12 weeks afterwards. Is your, you know, your body's still recovering. And then, you know, my doula who, I didn't have a postpartum doula, but my doula often did visits after the birth to check in on you.

[00:31:51] And she was also available via text. So she was getting a lot of my, the questions that I would have Googled. She was getting them and then I had, you know, my friends who had recently given birth, I didn't have that many friends who, so there were just, I think there were two that I would text.

[00:32:08] **emily-watson\_recording-1\_2021-01-14--t10-21-57pm--skuhn4:** [00:32:08] All you need though, right?

[00:32:10] **emily-watson\_recording-1\_2021-01-21--t05-33-41pm--emily-watson:** [00:32:10] Oh my gosh. I've been there too many. It's you get too many conflicting opinions. Yeah. Yeah. So yeah, I'm trying to think who else? I, you know, there were people who like my childbirth educator, I had some friends who, and also just somebody that's love community, who I tapped into as well.

[00:32:30] I did actually try not to go on social media. I was advised In my pregnancy by somebody like just try not to go on social media because it you made it you'll just end up disappointed in one way or another. Like they, they couldn't describe it. They were just like you'll end up disappointed.

[00:32:46] So I really tried to surrender it. It was hard though, you know, you're alone and You know, you try to surrender to the process. And I relying on professionals or friends was a lot less noisy than going down either the Google rabbit hole or, you know, social media. Yeah.

[00:33:05] **emily-watson\_recording-1\_2021-01-14--t10-21-57pm--skuhn4:** [00:33:05] So did you like were like, were there any specific challenges that came up in your postpartum experience that kind of, what, was the impetus for starting nest? Well, or kind of give me the Genesis of how you were like I need to start this business.

[00:33:21] **emily-watson\_recording-1\_2021-01-21--t05-33-41pm--emily-watson:** [00:33:21] Yeah. Yeah. I actually, the idea came to me. So mine as well is. Ultimately the tool that I wish I would have had because during the fertility process, like I told you that I had an acupuncturist, I found an acupuncturist and I was, you know, kind of looking, I was looking also for a nutritionist. I had a therapist, but it took me a really long time to find those people near me.

[00:33:43] You know I read about, you know, research tells us about the benefits of acupuncture, especially when it comes to IVF and And the fertility journey and you know how to optimize nutrition during fertility. There, there's lots of research on this, but the fine. The people who can kind of guide you in that process is really hard.

[00:34:01] Everything's so siloed, so fragmented. And you know there's not really a one-stop shop. You know I was frustrated in fertility in the fertility process and then fast forward pregnancy is actually what I was sitting on a train when the idea came to me, because I remember I had a gazillion Google tabs open looking for a doula because I had decided that, you know, I thought a doula would be best for me and my husband going through this process.

[00:34:26] And I was just like, so frustrated that I couldn't find somebody near me or that felt like I felt kind of fit kind of what the personality type that I wanted and all the things. Right. And I was just like, why isn't there this one resource where you can find like all the people you need, like all the professionals, because my doctors didn't have answers for me.

[00:34:48] Right. You know, I had asked them and they just, they were like, I don't know, use Google. And I was like, well, I've tried that And, you know, I wasn't in a position where I had friends nearby who could recommend their favorite people and I wasn't tapped into a network like that. You know, the idea came to me during pregnancy and that's when I started to build it, but it wasn't until basically around the same time the birth of my daughter is when the, you know, my kind of beta site went live.

[00:35:14] And you know, I always joke that I kind of birth two babies in the same month and one was mine as well. And one was as me. And I think, you know, it was the same challenge at different stages in which felt, you know, I felt so compelled to build my neck well. And while initially I focused strongly on the fertility and pregnancy.

[00:35:35] Period. Cause that's where my personal struggles were. And that's where I was talking to women who also were experiencing the same struggles to find their people. But the resource evolved as I've evolved as a mother. Right. I, you know, I realize. How grateful I was for the support that I had in the fourth trimester in that postpartum period.

[00:35:56] And then even beyond that, right, as I was navigating, going back to work And all the struggles that come with that and that the mental load and the, just figuring out how to juggle motherhood with a career. Cause I was in marketing at the time. Right. I was going back to another job.

[00:36:14] But also I had mine as well because it was a passion project. And you know, while I eventually left that marketing got there. There's still so much that I, how my next will has evolved is very much a reflection of how my own motherhood journey has evolved and the people that I discovered along the way.

[00:36:33] **emily-watson\_recording-1\_2021-01-14--t10-21-57pm--skuhn4:** [00:36:33] Yeah, and it will continue. I feel as your daughter ages, you're going to be like, Oh, you know what? We should have occupational therapists on here for pediatric occupational therapists and speech therapists and potty training consultants, all those things. Cause you're like you, as you come up, you know, as a problems.

[00:36:51] Pop up. You're like, Oh there's probably an expert or resource for me on this. And yeah.

[00:36:57] **emily-watson\_recording-1\_2021-01-21--t05-33-41pm--emily-watson:** [00:36:57] absolutely. And like you can read. Yeah. I read my fair share of books on a lot of things in a mom space. And those are wonderful tools to kind of, to jumpstart you. And sometimes that's enough, right. But sometimes we need a little more. A little more advice and support that's relevant to our situation.

[00:37:18] And you know, do you have another kid? Are you having twins? You know, what do you not have anybody around you to support you? Are you the first one of your friends going through this process? I think, you know, I think. Like books and blogs and everything are a great starting resource. And but sometimes you just need another person that either hold that space for you or tell you yes, you were doing the right thing.

[00:37:42] When that trust, maybe falters in yourself or you're just not sure what direction to take next.

[00:37:48] **emily-watson\_recording-1\_2021-01-14--t10-21-57pm--skuhn4:** [00:37:48] totally. Yeah. It's could not agree more. I think about one of the first people that we interviewed on the podcast was like young. She was 25 when she had her first kid.

[00:37:57] **emily-watson\_recording-1\_2021-01-21--t05-33-41pm--emily-watson:** [00:37:57] Oh, my goodness.

[00:37:58] **emily-watson\_recording-1\_2021-01-14--t10-21-57pm--skuhn4:** [00:37:58] one of all her friends and, you know, this was 10 years ago and she was like, you know, like I found my community in And other moms on Instagram, like she's in.

[00:38:07] And it was just so interesting, like how people find connection in the new mom space. Right. And it's just so important. I feel like it's become really apparent now with the pandemic, like all of these new moms who don't get to go to new moms groups, because we're all horns eating. It's just you're alone and it's hard.

[00:38:29] **emily-watson\_recording-1\_2021-01-21--t05-33-41pm--emily-watson:** [00:38:29] Yeah. Yeah. And I, you know, I'm glad you brought that up because. You know, something that I kind of walked over during the pregnancy stage was I did have a pregnancy support group that I went to, that I look forward to every month. Cause it was like, these people get me, they know what I'm going through.

[00:38:45] We can talk about all the feelings, the things that nobody else will listen to. And peer to peer support is just as important, I think, as you know, expert advice from your doctor's advice from other experts. I think having, it's incredibly validating to see that, you know, somebody else's is going through it with you and that they can also, you know, they can learn from you, but they can also give advice and see, you know, you can see what's working for them and you know, you, while the.

[00:39:18] The in-person groups can't happen a lot is happening in the virtual space. And a lot of our providers have pivoted. I actually just released this event calendar kind of community calendar on my neck. Well, because I know how important peer to peer support is. And so it's a chance for providers who may be hosting these new moms support group or postpartum support groups, or even fertility support groups.

[00:39:43] It's a way for them to. Kind of promote their services because unless you're following the right person on Instagram or Facebook, or you're in the know which a lot of just don't have the time to be in, you know, this is a one-stop shop to find that.

[00:39:59] **emily-watson\_recording-1\_2021-01-14--t10-21-57pm--skuhn4:** [00:39:59] Yeah. Yeah, no, I love that. That's yeah. I even I'll have to check that out. So you've given so many like important pieces of advice throughout this interview, but if you were to like pick out one thing, Well, one key has been advice for new unexpected moms. What would that be?

[00:40:20] **emily-watson\_recording-1\_2021-01-21--t05-33-41pm--emily-watson:** [00:40:20] Oh, geez. There's so much I think, you know, one of the things that my husband told me when we were deep into the fertility process and I was just, you know, I was just following my eyes out. I was saying it wasn't fair. You know, why do I have to go to this? Nobody else does he, you know, His way to, you know, comfort me, which I'm actually grateful for now was, you know he told me he's Emily, you know, everyone has a struggle and this just happens to be ours. And I don't know how many times I've told myself in this process when things get really hard That while it may seem like somebody else has it easier, or you see a mom at the park and she looks all put together or, you know you know, why is her child behaving and mine is not. Or how can she do all those things?

[00:41:13] I'm everybody has a struggle. It's just, you can't see it. And you know, that. Just knowing that, and it takes away this comparison game that we can often play. It takes away and it makes you be a little more present and it's okay, well, this is my struggle now, how do I get through it? How do I get through it rather than, you know, it's not fair.

[00:41:34] And so I think, you know, I just, I want people to know that motherhood is beautiful, but it's also messy and that. You may have, you may conceive naturally. You may have a beautiful pregnancy and birth and postpartum may be really hard for you. Or it could be, you know, vice versa. I think we all hit bumps and knowing that we're not alone in this struggle, but that there are resources and there are tools and there are other people out there to help you is so important.

[00:42:04] **emily-watson\_recording-1\_2021-01-14--t10-21-57pm--skuhn4:** [00:42:04] I love that. Yep. And it could not be more true. I feel like the con, like the comparison trap is so easy to fall into, and it's just everyone has their own story. This is just yours. And if you can focus on that, it makes it much easier to not fall into those. You know, woe is me and this is so hard and everyone else has it so easy.

[00:42:25] Cause like just everyone has their own story.

[00:42:28] **emily-watson\_recording-1\_2021-01-21--t05-33-41pm--emily-watson:** [00:42:28] Yeah, absolutely. Absolutely.

[00:42:31] **emily-watson\_recording-1\_2021-01-14--t10-21-57pm--skuhn4:** [00:42:31] I have one more question. I just, cause I want, I like, we've talked about what well is, but I want you to give me, walk me through like the user experience, like how I could get to know as well, what I would use it for and what that looks like for any mom or

[00:42:45] **emily-watson\_recording-1\_2021-01-21--t05-33-41pm--emily-watson:** [00:42:45] Yeah. Yeah. You know, go to the website minus well.com and then from there, you can either search organically for somebody. You know, you search by provider type, whether it's like acupuncturist or fertility, coach or pelvic floor specialist. And then once you get to that page, you can kind of filter down to what you need.

[00:43:05] Maybe you had a C-section and you want to see a pelvic floor specialist. Who's really well-trained in that. And then, you know, that's, if you know exactly who you're looking for, but to be honest, a lot of us don't a lot of us don't know what providers are out there or who can help us. And so you either can schedule a well mama consult, which is basically a.

[00:43:25] Call with me. And I, you know, just talk about, you know, what, where are you at in your motherhood journey? Are you trying to conceive? Are you going back to work? And we have a conversation and I kind of work one-on-one with you too. To match you to different providers. And then, you know, the third option is really, it's kind of a fun experience, no matter what it's really, if you're curious about who, who could help you and if we have a quiz, so you can go in and take a quiz and that kind of just gives you an indication of the types of people who may be able to support you.

[00:43:59] Along the way. And then if you want to schedule them all uncontrolled after that, then you can, but I think what's neat about the quiz. Is it kind of validates some of the feelings, right. You know it, the ant in the answers, it's Oh, okay, it's normal for other women to experience this. And you know, once you kind of.

[00:44:16] Get matched with your providers or filter down to your providers. You reach out to them and start a conversation. But you know, a lot of the information is on the site about them and, you know, you can connect with them through there. But you know the site will continue to evolve. You know, this year we're really investing in a lot of more resources on what questions to ask providers.

[00:44:37] How do you know if you need somebody? Exactly. You know what, you know, we have some information on there and what can you, what. What costs can you expect to incur when you work with somebody as insurance to cover this? So we certainly have some of that advice, but we definitely want to make it more robust and you know, this is such a hard time mom's going to, it's just hard, it's hard.

[00:44:57] And so we want to simplify the process and get them connected to the right people. More easily.

[00:45:03] **emily-watson\_recording-1\_2021-01-14--t10-21-57pm--skuhn4:** [00:45:03] I love that. And I, what I think what's probably wonderful for your business and wonderful for any of the moms, you know, listening to this podcast is like, The land medical landscape has changed so much in the last year, like where like telehealth is now like legit and it could be a better option, especially just I remember going to a doctor when I had a new kid and I'm like dragging this roller in or whatever, but it's just yeah, if I could, you know, have a couple of these appointments, you know, from my own home and my kids napping Oh my God, that's incredible.

[00:45:35] **emily-watson\_recording-1\_2021-01-21--t05-33-41pm--emily-watson:** [00:45:35] Oh, my gosh. Yeah.

[00:45:37] **emily-watson\_recording-1\_2021-01-14--t10-21-57pm--skuhn4:** [00:45:37] is the upside of the pandemic, is that we've now learned to do things remotely and for the things that can't be done remotely, like sure. But there's a lot of providers that you'll, you know, I'm sure that are on nest. Well, that are all tele-health and that are great, you know, great for us, anyone.

[00:45:52] **emily-watson\_recording-1\_2021-01-21--t05-33-41pm--emily-watson:** [00:45:52] Oh, absolutely. And that's one of the soldiers we have. So it's you're just looking for virtual support then, and you don't, you know, don't feel safe or you're a new mom and it's like the thought of. Mo getting out your infant is like terrifying. You know, you can filter down by somebody who offers virtual services and which is really neat.

[00:46:10] And the same goes for you know, the community calendar where you can, most of the events now are really only virtual. But you know, it's a way, once it's COVID ed, you'll still be able to filter down if you want virtual supporter or in real life support.

[00:46:24] **emily-watson\_recording-1\_2021-01-14--t10-21-57pm--skuhn4:** [00:46:24] Love it. Well, I love what you're doing and I'm very excited to have you on the podcast so that our audience can hear about you guys, and what you're doing. And it's just so awesome.

[00:46:34] **emily-watson\_recording-1\_2021-01-21--t05-33-41pm--emily-watson:** [00:46:34] Well, thank you. Thank you. This is such, such a joy for me. You know, I love what you guys are doing too. You're always an inspiration to me and I wish I would have found you during my pregnancy journey. You know, I love this community of people trying to lift other moms up. So thanks.

[00:46:49] Thank you for the opportunity.

[00:46:51] **emily-watson\_recording-1\_2021-01-14--t10-21-57pm--skuhn4:** [00:46:51] Wonderful. And we made it through the entire podcast without any babies on either side of us.

[00:46:58] **emily-watson\_recording-1\_2021-01-21--t05-33-41pm--emily-watson:** [00:46:58] I will see what happens when I go downstairs and catch my, the house has probably been destroyed.

[00:47:05] **emily-watson\_recording-1\_2021-01-14--t10-21-57pm--skuhn4:** [00:47:05] It's okay. It's okay. Right. We will survive.

[00:47:08] **emily-watson\_recording-1\_2021-01-21--t05-33-41pm--emily-watson:** [00:47:08] yeah, that's it.

[00:47:14] **INTRO:** [00:47:14] Okay. That's all for today. If you like today's episode, please share it with a mom and friend and leave us a review. If you're pregnant, postpartum, or trying to conceive, you can download the Juna app completely free for seven days.

[00:47:25] The app is available for iOS and Android and is designed to be your guide for all things, health and fitness for this very special time of your life.

[00:47:32] If you have any suggestions for episodes you would like to hear, or anyone you think would be a great guest on the show, please email me directly@sarahatjuna.co. Thank you so much for listening and I'll see you next week.