**FINAL-MASTER-TEMPLATE**

**nyssa\_recording-1\_2021-04-14--t05-07-59pm--eden:** cried from the moment that I left my house to the moment I came back, my eyes were swollen most of the time. I'm like a hormonal crazy mess.

[00:00:08] And just I know I can see why I did it. I wanted to prove that I could, I wanted to be all women. I wanted to all versions of myself. I was just working through it, but it is taken now. Yep. Several years to be very comfortable in my skin and understand my limits and be very okay with them

[00:00:33] **INTRO:** Hi, I'm Sarah Kuhn. Welcome to the Juneau women podcast, where I sit down for candid conversations with women who are experts in their field and share their specific knowledge so that we can become better equipped to handle all things. Motherhood,

[00:00:46] a women is an extension of Jonah, a fitness and nutrition app created to help guide you through your trying to conceive pregnancy and motherhood journey.

[00:00:54] Everything we do at Juna is designed to empower and support you through one of the most incredible and challenging times of your life.

[00:01:00] Today, I'm talking to Mia and Eden from Nissa, Mia and Eden are the co-founders of Neeson, a postpartum products company that they created after they were frustrated and let down by the few resources and products available, just port mamas. During the fourth trimester.

[00:01:14] Through their work with Nisa,

[00:01:15] they are championing

[00:01:16] women to have open and honest conversations about the transition to motherhood --the beautiful, the ugly and everything in between. I hope you enjoy.

[00:01:29] **nyssa\_recording-1\_2021-04-14--t05-07-59pm--skuhn4:** Mia and Eden, I'm so excited to have you on the podcast today. So thank you so much for joining me.

[00:01:35] **nyssa\_recording-1\_2021-04-14--t05-07-59pm--mia:** Really happy to be here.

[00:01:36] **nyssa\_recording-1\_2021-04-14--t05-07-59pm--eden:** for having us.

[00:01:37] **nyssa\_recording-1\_2021-04-14--t05-07-59pm--skuhn4:** So why don't you introduce yourselves and tell us a little bit about your path to motherhood, Mia, why don't you start and then eat and you can follow her.

[00:01:45]

[00:01:45] **MIA:** My path to motherhood was

[00:01:49] **nyssa\_recording-1\_2021-04-14--t05-07-59pm--eden:** I don't think it's

[00:01:50] **nyssa\_recording-1\_2021-04-14--t05-07-59pm--mia:** extremely difficult. So I had fertility issues that were like never. Really diagnosed. I tried to, for three years was trying to conceive and, nothing, nothing was happening. I was trying different fertility treatments. And finally about three and a half years later was able to conceive my daughter neither.

[00:02:12] And I think that going through that very honestly, quite harrowing and traumatic fertility journey really prepared me for motherhood. I think in a way that maybe wouldn't have happened had I just got pregnant instantly. It's right. When I was planning it, I think that it's. Tapped into something, just some emotion, deep, emotional reserves within me that then I've been able to actually lean into. Now, now that I have actually had her, so I look back on it as I'm actually quite grateful for that experience. Now that I'm on the other side of it. But, during the time anyone who has, is going through fertility issues knows it's one of the most. It's just awful. So very lonely. So that was my path to that. And then in terms of, actually, pregnancy and birth, what is so remarkable to me is, it was a very good to type a student with all of that stuff. And thinking about my pregnancy and might be in planning for my birth, all of those things.

[00:03:13] And then completely neglected to think any for even a second about what would happen afterwards in terms of my recovery. And I would think about, okay I know I'm going to have this baby. Let's like get a crew, all of those things I was thinking about the baby, but I didn't think about what I would actually be going through.

[00:03:30] I did have the fortune of Eden and Aubrey. Her obviously are the co-founders with Nissa. They had their. Children a few months before me. So I was able to learn a little bit from that experience and certainly have this amazing community once my daughter was born. But it was just so interesting that I just I just couldn't comprehend what my body would actually go through.

[00:03:50] And I had a very difficult birth. It was a forceps delivery. My tailbone broke During that deliveries. I had a shattered tailbone. I had a 3.5 tear. And it took well over an hour to stitch me up. I was in an absolutely unbearable amount of pain by the time, I got home with my newborn and something that will. Sort of never leave me that I think, was part of my impetus for wanting so much to, to start Nissa was, being given this, flimsy mesh underwear by the hospital and a gigantic ice pack. And that was really, that was all I was sent home with from, from my recovery.

[00:04:34] And I remember, trying to what, or with this broken tailbone bleeding, dealing with stitches, all these things across, the living room and this ice pack just being weighed in there, the underwear just being weighed down by this ice pack. And it just felt, so it was so uncomfortable.

[00:04:48] It felt so undignified. It just was.

[00:04:53] **nyssa\_recording-1\_2021-04-14--t05-07-59pm--eden:** Okay.

[00:04:53] **nyssa\_recording-1\_2021-04-14--t05-07-59pm--mia:** So that was a real moment for me. I'm like, I can't believe, this is something we've said. Before, it's, at this time it was 2017, but I was like, you can go to the pet shop and buy fleece, lined socks for your dog, but a woman who's given birth or, person who's given back, has nothing to help them recover.

[00:05:10] It's here's the mesh underwear and a Canada Derma first and send you on your way. And that was so profoundly Disappointing and frustrating. Yeah, that's that's the beginning of the journey to, towards Nissa.

[00:05:22] **nyssa\_recording-1\_2021-04-14--t05-07-59pm--skuhn4:** It's so funny that you say Eden and the other co-founders name was. Yeah. That you guys had your babies a little bit earlier, but I think it it doesn't matter. Like even your stories when you're the person you're like, oh my I'm going to be different.

[00:05:36] And my, so it's like you, even if someone's real with you, you still think that that's their story and your story is going to be different. And it's so it's I think that there is just no way to actually be prepared.

[00:05:48] **nyssa\_recording-1\_2021-04-14--t05-07-59pm--mia:** I think that's true. Like we, each of us had a very, intense recovery Johnny's I think any anybody does, but they were very different.

[00:05:56] **nyssa\_recording-1\_2021-04-14--t05-07-59pm--skuhn4:** Exactly. Exactly. So Eden, what let's hear your

[00:05:59] **nyssa\_recording-1\_2021-04-14--t05-07-59pm--eden:** And that's it really, that really resonates with me. My, my. Path was when I got pregnant. I was a partner at a cocktail bar. I was in the food and beverage industry and there is not a space. There's hardly a space for women. There is not a space for pregnant women. And so for months, I. I wouldn't say I, in some ways hid or didn't know how to transition my identity.

[00:06:30] I was doing. We had a consulting company and we are doing. Cocktail programs and I would be this like pregnant woman. No, I look like the crazy person in the room multiple times that we'd get quiet when I walked in and that I density struggle honestly, was maybe harder for me than some of the physical aspects of pregnancy.

[00:06:52] And then. And giving birth and it as Mia was saying the super shocking thing to me was after giving birth. And it was, I think it was like 30 hours like four or five hours actively pushing and. And same thing. Totally different hospital, but same exact product. So that like flimsy underwear and that like puppy pee pad like that you

[00:07:18] **nyssa\_recording-1\_2021-04-14--t05-07-59pm--skuhn4:** Oh, yeah, the

[00:07:19] **nyssa\_recording-1\_2021-04-14--t05-07-59pm--eden:** yourself look like a Sumo wrestler.

[00:07:21] And I was like I, that to me was the moment that struck me and how little I knew. And I had prepared myself for not knowing how to parent. I was like, okay, you're not going to have all the answers, but I had absolutely not prepared myself on like how to be the woman I was going to be after this baby came out of me and.

[00:07:43] I think there's this feeling of, I gave myself two weeks of maternity leave. I

[00:07:49] **nyssa\_recording-1\_2021-04-14--t05-07-59pm--skuhn4:** oh,

[00:07:49] **nyssa\_recording-1\_2021-04-14--t05-07-59pm--eden:** I thought that I'd be perfectly fine to go back to like bar programs. And so I that real shift. And figuring out how I still work within these spaces as first as the pregnant woman. And then as a mother, I found to be incredibly challenging and Ruby what drove passion for starting Nissa and having these conversations and just also for ourselves as women to like, just that building into that advocacy.

[00:08:24] **nyssa\_recording-1\_2021-04-14--t05-07-59pm--skuhn4:** Yeah it's interesting. I don't think we've talked about this much on the podcast, but there, like when you're talking about not having a place for a pregnant woman, I like, I worked in a place that was very. What would have been totally. Okay. There was pregnant people before me on other teams, but on my team, most of the women were in their early twenties.

[00:08:46] And I just remember feeling like everyone was looking at me like. Oh, my God like that, that your life is so far from where my life is right now. And like they were still going at. And I just, I remember at some point being like, you gotta be okay with being like older like this, and like you're in a different life phase.

[00:09:04] Like when you were 20. I remember gawking at as one of my coworkers when I was 23. And she told me about what what. A tear was, and I was like, wait a minute, your vagina tears, when you give birth. And I thought it was absolutely nuts. And now I'm like, of course your vagina, but yeah, it's it, going like that shift when you're pregnant starts and then when you actually have the baby you're, it's a whole new, it's a whole new world.

[00:09:32] And so being okay with that is, is definitely, part of that mental shift.

[00:09:37] **nyssa\_recording-1\_2021-04-14--t05-07-59pm--eden:** Okay. Yeah. In retrospect, I wish I had, I wish I could have told, like pregnant me, chill out. Like it's okay. Be you. I just, the, I remember things, just the physicality of it. Like not knowing how to come to terms with my growing body. I just, I, it felt and then you would start to get comfortable with that.

[00:09:58] And then all of a sudden you like explode and you like, are you all of a sudden, you're much, much bigger. You can't see your toes. And it was like, and then you come to terms with that, and then a baby's coming out of you. So I think I was trying to get myself to process every step of the way, and it really is so identity shifting that.

[00:10:15] I think we just have to let ourselves. B almost D I'm definitely not a therapist. So is probably not accurate at all.

[00:10:24] **nyssa\_recording-1\_2021-04-14--t05-07-59pm--skuhn4:** Did you prepare yourself for postpartum or what did that look like for you?

[00:10:30] **nyssa\_recording-1\_2021-04-14--t05-07-59pm--eden:** I would say not adequately. I had, I definitely thought that I could work again much quicker than is really. When it should be humanly possible. And then I did buy a lot of snacks and that was the thing I focused on a lot. Oh, it was snacks and in space and we were everything about where the baby would be.

[00:10:55] There had to be adequate light and there had to be adequate air flow, but when it came to myself not at all. And I remember. That we had to go and bring the baby into a doctor's appointment. Like two days later or something. It felt like it was very soon and my feet had swelled a lot and I didn't know that was going to happen.

[00:11:16] I did not have any shoes that I could wear and I had to go to the hospital in I had to wear, for some reason, held those pedicure. Those

[00:11:26] **nyssa\_recording-1\_2021-04-14--t05-07-59pm--skuhn4:** Yes. Yes,

[00:11:28] **nyssa\_recording-1\_2021-04-14--t05-07-59pm--eden:** pedicure, and it was like cooled. And I had those at, and because it was the only thing that I could wear. And I remember looking down at my feet and being like, how come I never thought about shoes?

[00:11:36] That's like a funny thing that ever thought about what I would wear. But I didn't know. I didn't. Yeah.

[00:11:41] **nyssa\_recording-1\_2021-04-14--t05-07-59pm--skuhn4:** It's better than we're bringing your, your pre-baby jeans. Did the hospital thinking those were what you were going to walk out in?

[00:11:48] I think many people that's one of the, you're like, oh, I'm just gonna, baby will be out and I'll be back to myself.

[00:11:54] And I think that's one of those, one of those things. And Mia, you had said that you. Had a really tough postpartum experience. Obviously you had a very tough tear. You had a broken tailbone, you could not have, you couldn't have seen that coming, but did, how long did you take a maternity leave for and what did the w what did your, what did that experience look like for you?

[00:12:16] **nyssa\_recording-1\_2021-04-14--t05-07-59pm--mia:** Yeah, that was Yeah, it was really hard. So in terms of postpartum I was very fortunate to not have any like emotional or mental health repercussions, like postpartum depression or anything. But my, yeah, my physical recovery was I mean it was intense. It actually took me two and a half years.

[00:12:37] It took me two and a half years for my vagina to stop hurting basically. And so I went back to work after three months, which, it's, it just breaks my heart even went back off to after two weeks, but 20, 25% of women over 25% of women in America go back after just that time. Cause they just, there is no choice in yeah.

[00:12:58] In three months. In fact, actually I think it was more like two and a half months. It's considered generous here, which is just unbelievable. The U S is one of only two countries. The other one being Papua New Guinea in that world that can legally offer zero days maternity leave. It's just, it just, it makes my blood boil it's it's just.

[00:13:17] Barbaric, frankly. So I went back after this, two and a half months. I still couldn't walk very well. I couldn't get out of a chair easily, so I'd be in a meeting and I was just make an excuse to say behind a bit, because I didn't want people to see that it would take me, excuse.

[00:13:31] Somebody sent me like 15 minutes to get out of a chair. And I felt, there's so many things that I would have done. Differently now that I just, you just don't know at the time and it's all so overwhelming. You're learning how to like, look after human. You're going back to work after a very short amount of time.

[00:13:45] In retrospect I would have I just would have been honest with my, my, my boss about my recovery. I would have asked, I would have found a way to get more time for me to heal. I would have, I don't know. I wouldn't have just sucked it. Oh, in

[00:14:01] **nyssa\_recording-1\_2021-04-14--t05-07-59pm--skuhn4:** And pretended

[00:14:02] **nyssa\_recording-1\_2021-04-14--t05-07-59pm--mia:** and pretend pretending that I was fine when I wasn't at all.

[00:14:05] **nyssa\_recording-1\_2021-04-14--t05-07-59pm--eden:** Okay.

[00:14:06] **nyssa\_recording-1\_2021-04-14--t05-07-59pm--mia:** so yeah, anyway so that was that. And I did also have pelvic floor therapy afterwards to help with the tailbone and the Terry. And that's something that I feel really passionate about, even though, my. It was on the more extreme end of the recovery. I think anybody who gives birth can really benefit from physical therapy.

[00:14:26] And that would be just one of my advices to anyone who's listening. Who's pregnant is kind of book that, before you give birth so that you have some sessions and cause it's just so profoundly helpful.

[00:16:21] **nyssa\_recording-1\_2021-04-14--t05-07-59pm--skuhn4:** Yeah we say that a lot in this podcast, it always comes up and we inevitably just do it. It's worth every, like everything. There's no reason to have painful sex and, or just to have a painful era, everything. But yes, you always, sorry, I didn't mean to interrupt you.

[00:16:38] **nyssa\_recording-1\_2021-04-14--t05-07-59pm--mia:** no. That's it.

[00:16:39] **nyssa\_recording-1\_2021-04-14--t05-07-59pm--skuhn4:** And Eden, what would you say? I guess what was, what were some of the biggest challenges besides going back to work two weeks?

[00:16:49] **nyssa\_recording-1\_2021-04-14--t05-07-59pm--eden:** We also, it's, eh, The restaurant industry has lags behind in needing vast improvements when it comes to making accommodations for birthing parents. Oh I would sit on cross-legged on the floor of a bathroom to pump because we didn't have spaces set up, but I was one of the people that would need to have.

[00:17:15] Recognize that spaces need to be set up. So it's like when you're in the thick of it, I think just like Mia said, you're it there's that just inherent suffering through. And I wish now we're looking back on it. That if there had been the space for me to I don't know, put my head up and be like, wait a minute.

[00:17:36] Let's make this better so that I can be like experiencing something better. But it's just so hard to do. And I had I was opening a bar in Guatemala and I the opening of the bar had long been planned. And so as quickly as I could postpartum, I did a 48 hour. Trip to Guatemala. And I had been there before, so I was like the the travel part, not as bad, but I was a mess.

[00:18:04] I was an absolute mess. And I was in the bathroom of this beautiful cocktail bar that we were helping open, but I was like hand pumping. Like sitting in this bathroom and I'm crying. I cried from the moment that I left my house to the moment I came back, my eyes were swollen most of the time. I'm like a hormonal crazy mess.

[00:18:28] And just I know I can see why I did it. I wanted to prove that I could, I wanted to be all women. I wanted to all versions of myself. I was just working through it, but it is taken now. Yep. Several years to be very comfortable in my skin and understand my limits and be very okay with them. I think motherhood really got me there.

[00:18:54] **nyssa\_recording-1\_2021-04-14--t05-07-59pm--skuhn4:** I it's, I feel like it gets a lot of people there. I think, it gets, it's like the assault of having, to be responsible for someone other than yourself. And then also it's this new thing it's I feel like it really is confronting. So by the way, how old was your baby when you did this?

[00:19:12] 48 hour trip?

[00:19:14] **nyssa\_recording-1\_2021-04-14--t05-07-59pm--eden:** oh man. A couple months old.

[00:19:18] **nyssa\_recording-1\_2021-04-14--t05-07-59pm--skuhn4:** And I, I relate so deeply to like the, just trying to power through. And it's interesting that both of you like I, with my second, the, with my second baby, I went back to work after two weeks as well. And and was just Oh, okay. Yeah. This is what we done. I'm pumping in bathroom, like you did.

[00:19:39] And I wish now because I look back at it and I'm like, I should have said something then it's actually illegal, not have a space for me to be pumping. That is not a bathroom. And the, one of the, one of the women that worked for me while I was there w got pregnant. I think it was six months after me.

[00:19:56] And she was the one that had to cause like I didn't pave the way for her and I'm like, I really dropped the ball on that and that was shitty. And I wish I knew then what I know now. And I wish I'd advocated for myself and for the women that came, but behind me. And I hope anyone listening. To this w knows that too, like that you can't, no one wants to be that like annoying.

[00:20:16] I know why I didn't do it. I didn't want to be like, my founders were men, young men who were single. They didn't have They didn't, I didn't know, or care or whatever it was. And it, I didn't want to be a thorn in their side or annoying, or the, the new the, the mom in their office that, was making it painful.

[00:20:33] And I think I, I thought I was doing them a favor or doing women behind me a favor by at least not being annoying. And then setting this up. Putting this taste in people's mouth about what having a parent working at their company did. Anyway, I'm

[00:20:46] **nyssa\_recording-1\_2021-04-14--t05-07-59pm--eden:** But I also think it is you said, so many balls in the air and I would venture to say too, that That probably was one of the balls. Like we will tend to deprioritize our needs, like we're oh, we don't. We want them to feel comfortable. So that's more important than our comfort or but this work has to get done too.

[00:21:06] And the baby has to survive and I have to make the food and all these things. And when I, and oftentimes when I look at these. Crazy times for like childbirth or other like super vulnerable times that we've gone through a, I realized that I might have been aware of what I needed or maybe I was, but I deprioritized it.

[00:21:29] That was the thing that got sacrificed and it's pretty bonkers.

[00:21:34] **nyssa\_recording-1\_2021-04-14--t05-07-59pm--skuhn4:** Yes. Yes. So I want to get to Nissa. Cause I think your, what you guys have created is incredible and it's beautiful. And I want to hear, how did you guys meet and then how did you guys come up with Nissa?

[00:21:49] **nyssa\_recording-1\_2021-04-14--t05-07-59pm--mia:** So we met so Eden and I have been friends for. Going on 12 years now. By the time we had our children, we were already friends for basically a decade and had lived together a couple of times, like very close. And think we had known Aubrey almost as long raid Eden and even an Aubrey go way back.

[00:22:06] They've started a few companies together before we even started Nissa. We had, we've just all. Being friends and then going through this, extraordinary life experience of having our children together, within a year of each other just, obviously, brought us together even more.

[00:22:21] And then, as we were going, all three of us going through this postpartum time we were basically just so distraught by how. Little options that were to help us recover, not just in terms of products, but at that time conversations, like it was still, postpartum has grown as a topic yeah.

[00:22:40] As an industry and

[00:22:41] **nyssa\_recording-1\_2021-04-14--t05-07-59pm--skuhn4:** all that.

[00:22:42] **nyssa\_recording-1\_2021-04-14--t05-07-59pm--mia:** for sure. Even in the last couple of years, then there wasn't anything. It was a sort of calm, beautiful combination of our friendship, our experience, and then our, our backgrounds, right? I come from the world of branding Eden's, from product development and business building or brief from data sciences.

[00:22:59] And we just realized that we could come together and actually do something about it.

[00:23:06] **nyssa\_recording-1\_2021-04-14--t05-07-59pm--eden:** There was a thought. That we felt strongly about it. And then we're designing the kind of the brand side of it. How would we have these conversations? How would we host these conversations and then also on the product? What were the major pain points? The things we were we knew that needed that had not been designed into for 70 plus years and that we could.

[00:23:31] Create, and it came to a point of if no one's doing it, someone has to do it. Let's go. And I think we then all decided to take that to that leap

[00:23:42] **nyssa\_recording-1\_2021-04-14--t05-07-59pm--skuhn4:** right.

[00:23:43] **nyssa\_recording-1\_2021-04-14--t05-07-59pm--eden:** build launch USAA.

[00:23:45] **nyssa\_recording-1\_2021-04-14--t05-07-59pm--skuhn4:** Now, just to back up, because why don't one of you says, tell our listeners exactly what Nisa is and the kind of products that you have and then we'll, and then I'll, and then I have some more follow-up questions.

[00:24:00] **nyssa\_recording-1\_2021-04-14--t05-07-59pm--mia:** Yeah. Okay. So Nisa is a company that provides. Sides, both products and conversations to help address women's needs directly through these like transformative stages of life of, so from puberty through to post-menopause. So we launched in this postpartum space, but our mission to provide products to help.

[00:24:23] People through these unmentionables, we call them. And that's also the name of our podcast, but what are these things that we just don't talk about enough regarding women's health and wellbeing that also solely lacking in the products to help with pain and discomfort. So we launched with our flagship product in September, 2019, which is our fourth wear underwear.

[00:24:45] And it's named that because it's related, referring to the fourth trimester. And that is a apparel innovation. We have a patent on it that allows you to insert an ice pack or heat pack. However you want to use it through an opening in the front of the garment, and then you can slide that ice heat pack either.

[00:25:05] Down through the widened gusset, if you need help in your like perennial area of over or you can put it over a C-section and citizens incision site and the fourth where is designed so that you can either have the top of the garment, like fully over your belly, or you can fold it down to help hold that ice pack in place, but it's for vaginal insists, Arion, recoveries.

[00:25:27] **nyssa\_recording-1\_2021-04-14--t05-07-59pm--skuhn4:** I love that it does both. And by the way, I will never forget after my first baby, I had a grade two tear, so not terrible, but I had the world's worst hemorrhoids. And I w I had got one of those perennial ice packs from not like the hospital experience was terrible. Obviously those things are, we're just.

[00:25:46] So big and heavy, but I got one of those like tiny little triangle ones from Amazon. And I remember, and it had these not so soft pat, but I put it on this really hard thing. And I like sat down and I was just like, how is this? What I'm like the best thing on the market here.

[00:26:05] **nyssa\_recording-1\_2021-04-14--t05-07-59pm--mia:** Yes.

[00:26:07] **nyssa\_recording-1\_2021-04-14--t05-07-59pm--skuhn4:** is causing me more pain.

[00:26:09] Like it's like scratching my Vic very painful area. And so I L I love that your product actually allows for insertion of the ice back to

[00:26:20] **nyssa\_recording-1\_2021-04-14--t05-07-59pm--mia:** Exactly. Exactly. And then the ice pack itself is designed to it's. It's like a sort of tapered design, so specifically, so that it can get into that, perennial area. So if you have hemorrhoids or tearing, you're getting, targeted ice therapy in that area too. And then the flip side of that as we started to move out of Postpartum.

[00:26:40] We also have a a bralette that allows you to insert chest breasts. Heat packs inside that's for the fourth trimester. But we also have our leggings that are designed for period pain and endometriosis, and we have a special ice pack that's designed for that as well. So that it's sitting actually over your uterus and ovaries.

[00:26:58] So this is one of those things where it's this is why has an ice pack not being designed truly for women's bodies by now? That's, our two lines of this fee where V care fourth, where we also recently launched our fee vision mirror. And that is a hands-free mirror that you can put between your legs.

[00:27:16] You can use it, whether you're sitting up or standing down. What did I say, starting off with sitting down and it has an led light as well, and that is intended for self-check of the vulva vagina. And specifically for. If you can, if you want to use it postpartum, I think it is so helpful for that.

[00:27:38] I think that a lot of people, myself included, if you know that you had stitches after delivery, it can be really scary to look. But I wish that I had done that to, because I had a, there was actually a stitch that wasn't done properly. So there was like, area that had to be like cauterized off.

[00:27:56] And I only caught that because I had an appointment with my OB GYN, six weeks or whatever, but it could have been dealt with sooner. Had I known and looked. So I think it, the vision is intended for a wide variety of uses, but certainly has a place and, know, your kind of postpartum care talk.

[00:28:12] It.

[00:28:13] **nyssa\_recording-1\_2021-04-14--t05-07-59pm--skuhn4:** I was it's funny. Oh, go ahead. No, go

[00:28:15] **nyssa\_recording-1\_2021-04-14--t05-07-59pm--eden:** Oh, I think any opportunity to get to know our bodies. Better are going to help in those scenarios. And I think in I think we see that from everything to not knowing what to expect in postpartum to mother mortality rates in the U S to and all the care in between is that maybe I ha us having the power of knowing what it's.

[00:28:40] Looks like what it looked like before we, what would we look like before we had the baby or after get, allows us to, again, I think advocate even more for our care.

[00:28:51] **nyssa\_recording-1\_2021-04-14--t05-07-59pm--skuhn4:** Totally. I, it's interesting. I think that if we were more comfortable with our vaginas, Than other people would be. And it's just, I think women in general, have been conditioned to not be okay with it. And it's almost like the shame thing. And I think that's obviously starting to change, but to your point, seeing your vagina would make it, you much more comfortable with it.

[00:29:17] And I think take that away. I will say, because I have said on this podcast before the, I like made the mistake of looking at my vagina in a mirror Six days after I had my baby. And because I thought I had busted a stitch with my first postpartum poop, and I remember looking and being like, what is that?

[00:29:40] I don't, I can't make heads or tails of my vagina. It was the most terrifying. And I literally was like, oh my God I really do not recommend you looking cause it might be, I remember crying all night. Cause I was just like, my vagina's never going to be the same. However, I think. Also I had to look because I'm like, I think I busted his ditch and it would have been much, much easier if I had the V vision because what I was, what my husband walked in on was not, it was not a good scene.

[00:30:13] **nyssa\_recording-1\_2021-04-14--t05-07-59pm--mia:** Yeah. Yeah. But also that's, like you've just given birth. Like it's not, it's so hard, isn't it? Cause I, I totally understand that. And six days isn't very long to wait to look, but also it is so important that. That we're not afraid to do that because, had you busted a stitch or something else that might be the only way that you could know and get it treated quickly.

[00:30:36] **MUISC:** I don't know about you guys, but eating healthy foods in the first trimester of pregnancy seemed like an impossible feat. That's why I started ordering bumping blend smoothie cubes. These smoothies were absolutely life-saving for my first try symptoms of constipation and nausea made by a mom.

[00:30:50] A friend of mine. These super easy smoothie cubes are designed by dieticians to support common sense. Pregnancy symptoms like mine, but also Dysport mama lows, like mood swings and anxiety, low energy and trouble sleeping, and many, many more. All you have to do is pop the bump and blends into your blender, add liquid and enjoy a delicious smoothie made just for you.

[00:31:10] They have over 20 flavors. So I never got bored of them and are made with a hundred percent, all natural whole real foods. So they're safe to share with your kiddos and even your babies.

[00:31:19] However, I used to make my smoothies when the kids were in school, so I didn't have to share, but that's just me.

[00:31:23] You do you seriously? They're vegan cookie dough flavor. I made the mistake of letting my daughter eat once and I couldn't open the freezer around her with, without her demanding them. So. By everywhere. They were nice enough to pass along a special discount for our listeners. You can use the code J U N a@checkouttosaveonyourfirstorderatbumpandblends.com.

[00:31:43] Again, had to bump in blends.com and use the code J U N a to get 20% off your first order.

[00:31:51] **nyssa\_recording-1\_2021-04-14--t05-07-59pm--skuhn4:** I will say what I find to be the most incredible thing about, I've now done it three times is like how fast your vagina recovers. It's it just it's like what it does. And then, really around six weeks when you it's it really did. I remember looking at six weeks after my doc, cause my doctor showed me with a mirror and I was like, oh my God.

[00:32:13] We're like, you're you again? Hello?

[00:32:19] **nyssa\_recording-1\_2021-04-14--t05-07-59pm--eden:** back.

[00:32:21] **nyssa\_recording-1\_2021-04-14--t05-07-59pm--mia:** Yeah.

[00:32:22] **nyssa\_recording-1\_2021-04-14--t05-07-59pm--skuhn4:** Exactly. So now I have a question, cause you guys are obviously in this, in the postpartum space, what is what's your perspective on how people are talking about it, how it's becoming like less taboo and I guess what are the things that you like right now and what could you, what would you want to see go away?

[00:32:44] Like what trends.

[00:32:46] **nyssa\_recording-1\_2021-04-14--t05-07-59pm--eden:** I would say, I'd say one, we love that more conversation is happening and seeing an absolute uptick in that in the last maybe year and a half. And I think it's tied into so many other movements. But I think there's just more discussion around. Like realities that we didn't have before. And there isn't too much that I personally would want to see change, except that I think when it comes to talking about reality, if we go too far and we're making, I, don't not necessarily too many jokes about it, but make it into.

[00:33:29] Shock value then I think it, it goes past the space of like education and sharing stories and turns into more of just a commodity of material or language. And I love to bring it back to the middle ground when it goes there. Making it so that we can all feel comfortable to say Wow.

[00:33:54] You had that experience. Like I have empathy for that. This was my experience because specifically with motherhood and then just in general or birth, it can vary so dramatically. And I, you had mentioned early on about that feeling when you go into it for the first time, like mine will be different.

[00:34:13] Like I, so remember that, oh my goodness. Every, I remember that so much. And I instead I'd like to lose that. And more be like this is what could happen. I could, my tailbone could break. I could tear I, I want to hear it and I want to know it. And I would like to hear everything in between so that I just know what could happen to my body.

[00:34:38] **nyssa\_recording-1\_2021-04-14--t05-07-59pm--mia:** say all the time, like knowledge is power. And I think that's, that's something that we just believe in so strongly, right? It could be really scary if you haven't given birth yet to hear about the possibility that you can have vaginal tearing, but over 90% of first-time mothers who give birth vaginally are going to tear it to some degree.

[00:34:55] It's so important to know that so that you can. Be prepared to advocate for yourself and prepare for recovery. And in terms of these shifts, I think, No complaints about the tidal wave in terms of conversation culturally, happening around the postpartum space. I think, the more the merrier, let's just keep talking about this.

[00:35:14] What I really want to see change is. The policies, that are really driving the fact that, people don't know what to expect, postpartum, rising maternal mortality rates. As we were saying earlier, black women are seven times more likely to die during childbirth and postpartum than white women.

[00:35:31] There's deep institutional racism. And how can we change it? How can we, maternity leave, give people. Proper maternity leave and support. There's just so much work that needs to be, do needs to be done on that level. That's far behind the momentum that's happening from a cultural dialogue.

[00:35:51] **nyssa\_recording-1\_2021-04-14--t05-07-59pm--skuhn4:** Totally. I agree. I'm glad you brought that up. That is, I feel like the number one thing that's just, needs to happen and it's horrifying that it hasn't. So you guys are obviously, I'd say experts in the fourth trimester. So what are some go-to tips that you can give our listeners so that they can manage their own postpartum better?

[00:36:12] **nyssa\_recording-1\_2021-04-14--t05-07-59pm--eden:** I would say Anything that you could set up ahead of time and the pelvic floor therapy. If you're anticipating the desire to breastfeed, for instance being able to just even have a co a coaching session from somebody and Latching and feeling comfortable with that because there can be so many issues.

[00:36:37] And then just thinking of yourself as a priority and having needs. You, maybe you may have bleeding fluids, and so having very good pads or postpartum pads And having ice or heat packs that are ready for you in the freezer or nearby. Just as much as you can put items for yourself in your diaper bag, I think would be really important because the more comfortable that you might feel, just the, hopefully the more ease with your recovery and the better that you can feel taking care of.

[00:37:13] Baby. So I think that's really important is prioritizing yourself. And even things like planning out where your meals will come from. If you're able to getting frozen dinners something as small as that, I think can help a lot, take some of the stress off and just help with that recovery.

[00:37:32] **nyssa\_recording-1\_2021-04-14--t05-07-59pm--skuhn4:** Yeah. Oh my God, that I like meal trains meal. Trains are so helpful.

[00:37:39] **nyssa\_recording-1\_2021-04-14--t05-07-59pm--mia:** And I would say in terms, just piggybacking on what you were saying about taking care of yourself, I think a really important thing that I. Didn't do. And certainly as we move out of the pandemic and you're more likely to have visitors, this is setting boundaries. I think, quite often, for families and friends, postpartum can be like party time.

[00:37:58] Let's hang out with the baby or whatever. And I think that when you have, a room full of people, it's so well, a it's just really overwhelming. I think like sometimes you just want to be alone with your baby. But also it's really. Easy to maybe miss feeding cues during that time. I remember being in the hospital and, few hours later, my father-in-law and his partner came in and a couple of other male family, friends, and I felt self-conscious about trying to breastfeed, it didn't happen in snail.

[00:38:27] I was trying to figure it out and I remember. Putting off my feeding by a little bit, because I didn't want to stop breastfeeding hurts people. And I felt like uncomfortable saying, can you leave? God, now I wouldn't, I would just say, please leave. But I just, again, it was like a first time and it's just so you know, so disorientating that first couple of days yeah, like setting boundaries and then.

[00:38:48] Another thing I think is really important is trusting your instincts, right? There are so many points of view. You're going to hear it from every direction of what you should and shouldn't do. And I actually think that we can trust our instincts maybe more than we might think and pick and choose what's right for us and our family.

[00:39:08] You and your family, and I would really recommend Reading, Emily Osters book, cribs sheets. She's a economist at brown university. She wrote this excellent book that is, data-driven that really unpacked using research. The, kind of pros and cons of, the most hotly debated topics, right?

[00:39:28] Like breastfeeding versus formula feeding. I wish I, that book came out after I gave birth, but I wish I had it beforehand because it was actually incredibly reassuring. To make data-based decisions yeah, versus going on hearsay and yeah.

[00:39:44] **nyssa\_recording-1\_2021-04-14--t05-07-59pm--skuhn4:** we, I also, I love her pregnancy book. She, I, she had written a New York times article and this is now five and a half, six years ago. And she hadn't written her her expecting better book. And I followed all of her recommendations that were in this New York times. Book, because I was just like this woman, no, like cheese, I prefer data versus especially in the us, like we're I think instead of using data, we make these overarching don't eat deli meat when, like, when you actually look at the data, it's actually most of it's coming from like sprouts or, but you're never going to tell someone to not eat fresh fruits and vegetables so it's just, it's really interesting, like how we make sweeping.

[00:40:22] Statements or rules and then people pick that up. And I think the same goes for postpartum as well. And she's launching another book in August. But yeah I do, I love her approach too, and I recommend any listeners to read it gearbox. Thank you both so much. Can you tell our listeners where they can find you?

[00:40:39] No.

[00:40:41] **nyssa\_recording-1\_2021-04-14--t05-07-59pm--mia:** Yes. Go ahead, Aiden.

[00:40:43] **nyssa\_recording-1\_2021-04-14--t05-07-59pm--eden:** So we have our products are in our journal and links to our podcast are available on our website. So that's Nisa care.com and then also our podcast, the unmentionables, maybe Mia, you should speak to that. And all the voices we are.

[00:41:01] **nyssa\_recording-1\_2021-04-14--t05-07-59pm--mia:** So the, I mentioned bubbles podcasts, you can get on app apple podcasts, Spotify, Stitcher, really anywhere you get your podcasts, you should be able to get hold of that. And then I'm also very active on Instagram and that's at Annisa Cara and nieces, N Y S a.

[00:41:15] **nyssa\_recording-1\_2021-04-14--t05-07-59pm--skuhn4:** Wonderful. And if anyone's getting ready to be postpartum, definitely check out Nissa cares products because they are designed with. You and mind not a flimsy mesh underpants and, bulky pads. All right thank you guys so much for coming on. This was wonderful.

[00:41:34] **nyssa\_recording-1\_2021-04-14--t05-07-59pm--mia:** Thank you. It was so

[00:41:35] **nyssa\_recording-1\_2021-04-14--t05-07-59pm--eden:** Thank you Thank you

[00:41:40] **INTRO:** 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.

[00:41:51] 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.

[00:41:58] 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.