

# BIRTH PLAN 3<sup>rd</sup> Edition

**NO VACCINES NO EPIDURAL – NO PITOCIN – SLOWS**, Baby's Heart & puts Baby at RISK  
**NO Vitamin K SHOT** – contains Benzoyl Alcohol 9 milligrams, can cause, "fatal gasping syndrome" and targets baby's liver. This is often the reason Babies become jaundice. Contains Polysorbate 80 =causes Infertility& opens the \*BBB, propylene glycol –both are Neuro Toxins.  
**NO HEP B SHOT** is Known for STD's, & Moms are pretested, by their Doctors, Aluminum (known Neurotoxin) - FDA limit is 25 daily, Aluminum in this Vaccine is in the amount of 250mcg (almost 10 times the FDA limit) The Liver is in charge of Detoxifying.

**NO EYE ERYTHROMYCIN OINTMENT**- given to moms who have gonorrhea, chlamydia and this ointment IRRITATES the baby's eyes (can be severe, depending on the child's immunity) and create Blurred vision (package inserts states it does not kill STD's)

**DELAYED CORD CLAMPING** – baby needs to receive all the STEM CELLS, and the other 30-40 % of baby's Blood, Provides OXYGEN, NUTRIENTS and RICH BLOOD -While the umbilical cord is attached to the baby he or she still receives oxygen which gets left behind because the placenta is still pumping it to baby. The Process takes 5-15 minutes, wait till cord stops pulsating, Protects baby from, IRON DEFICENCY, lowers risk of ANEMIA. Cord will pulse on its OWN, **NO MILKING** the cord. If baby is Premie or a C-Section, This still stands; Placenta can be placed in a container to finish pulsing.**NO BATH - VERNIX CASEOSA is NOT to be WIPED OFF** -this is a protective coating baby is Born with to protect their skin from bacteria, it contains antimicrobial proteins that are active against Group B strep, E. coli and other common perinatal pathogens. Use a soft cloth or your hand to rub in Vernix. **Mother-baby bonding time is very important and the caregivers would not want to interfere with skin-to-skin time and establishing breastfeeding**, A little towel rub is all that is needed to remove any Ammonitic fluid, blood and meconium. **BABY BOY NO CIRCUMCISION – Watch “An Elephant in the Hospital” on YouTube –before making a Decision. This Foreskin has 10,000-70,000+ Nerve endings that are removed, Erogenous for Men – pleasurable for women, Watch “The Penis – Sex Education 101” on YouTube by Nurse Marilyn Milos, R.N. Clinical Information to consider that is Vital to both Partners.**

**BABY IS NOT TO LEAVE ROOM** and to stay at Mother/ Parents side, entire hospital visit.  
**ALL HOSPITAL PROCEDURES MUST BE DONE IN ROOM W/PARENTS**

**NO HOSPITAL FORMULA or Sugar Water is to be given** Mother will exclusively Breastfeed. **NO BIOGENICS** In the Hospital Admittance form, the terminology BIOGENICS or BIOLOGICS may be used, as a Code term for Doctors Orders, this is to allow the attending Physician/ Nurse the authority to add any Medicine in your IV BAG. **Delivering Mom** refuses vaccines as well, that the Doctor feels she is not caught up with, cross out this word, in any form, And Initial with your signature, and discuss it with your Doctor, so they are made aware.

**Join our Facebook Group HOLISTIC ACTION in the VACCINE LIBRARY. NOTARIZE YOUR BIRTH**

**PLAN makes it legally you;** Date BP was submitted \*BBB Blood Brain Barrier, Disclaimer: views and information here are not intended to be a substitute for Professional medical advice, diagnosis or treatment, consult with your physician.