



JEWISH WOMEN'S HEALTH SYMPOSIUM

לעלוי נשמת שרה יעל בת גרשון ע"ה



In memory of Sarah Yaelle Kopciel a"h.

Whispers of Thanks

I look into her eyes
The mirror of the soul
I'm in awe of its purity
So clean, so whole

"Tell me, my little beauty"
I ask her to share
"Tell me your memories
I would love to hear"

So many days and weeks
We spent our time together
How did the time pass by
As i carried you my treasure?

"Mommy" she whispers
Her voice full of affection
"This experience for me
Was merely a reflection"

Your feelings I felt
Your thoughts were mine too
Our emotions were intertwined
Every breath I shared with you

I sensed your security
So i felt secure
You were nurtured
I needed no more

Your questions were answered
Your fears & doubts disappeared
You birthed me with joy
Not lost or scared"

From the whispers of my newborn
Through her eyes so pure
I'm voicing the thanks
She wants to say for sure

Her appreciation is heard
By her calm peaceful breathing
A precious new life
With that beautiful beginning!

Written by a grateful recipient of true midwifery care

9:30	REGISTRATION - Light Breakfast	Please feel free to peruse our vendor booths which will open at 9:00 AM
10:00-10:15	Leah Marinelli, MS, CNM, RN, NP	OPENING REMARKS Welcome; Evidence-Based Practice
10:15-11:00	Deborah Raice, MD	D'var Torah; Thyroid; Diabetes
11:05-11:55	Rorie Weisberg, Certified Nutrition Counselor	Integrative Nutrition
12:00-12:45	Rivka Jungreis, MS Ed, LCSW	Emotional Health (PPD, OCD, Eating Disorders, etc.)
12:45-1:30	Lunch/Vendor booths/ Raffle	Raffle (Joyful Children)
1:35-2:05	Daniel Cohen, MD Hudson Valley Radiology Associates	Prenatal Screening
2:10-2:40	Tova Lehman, PT, DPT, MS, OCS, MTC	Women's Health Physical Therapy
2:45-3:15	Barbara Gordon-Cohen, DO	Osteopathy; Bioidentical Hormones
3:20-4:15	Light spread & refreshments Vendor Booths/Raffle	Mingle and questions to presenters Mega Raffle (Relax to the Max)
4:20-4:40	Lonnie C. Morris, CNM, ND, FACNM	Female Cancer Screening
4:45-5:00	Leah Tikvah Rosen, BS	Labor Support/Doula Care
5:05-5:20	Eve (Chavi) Rosenstock, BSN, RN, IBCLC	Breastfeeding/Local Hospital Policy Changes
5:25-5:55	Leah Marinelli, MS, CNM, NP, RN and Yutta Engel, BSM, CM, LM	Midwifery Care; Menopause
5:55-6:10	Yutta Engel, BSM, CM, LM	Closing Remarks
6:15-6:35	Doula Panel	Chana Beila Frydman, Rivka Nemetsky, Venus Rodriguez, Leah Tikvah Rosen, Devorah Spiro, Esther Steiner
6:35-7:15	Midwife Panel	Yutta Engel, BSM, CM, LM; Leah Marinelli, MS, CNM, NP, RN; Lonnie C. Morris, CNM, ND, FACNM; Lauren Pine-Bildner, CNM, RN; Robyn Schafer, CNM, RN; Carole Shipman, CNM, RN
7:15-8:00	Vendor Booths	Raffle (Spa Day)

Leah Marinelli



Leah Marinelli, MS, CNM, NP, RN received her Nursing Degree at Rockland Community College, her Bachelor of Science in Women's Health at SUNY Empire State College, a Master of Science in Midwifery from Downstate University Medical Center, and her certificate degree in Nurse-Midwifery from the University of Medicine and Dentistry of New Jersey.

She has 20 years of experience as a homebirth midwife, and many more years as an assistant midwife, childbirth educator and labor support doula. She brings a wealth of homebirth expertise together with clinical hospital training, using an integrative approach for women throughout their life cycle. Leah has been blessed to be the proud mother of six children, four born at home and two at birth centers. Having been inspired by her own homebirth in 1983, Leah began training in homebirth as an assistant midwife in New York, New Jersey, and later Israel. Now as a Certified Nurse Midwife, Leah has dedicated her life to providing safe, responsible and compassionate care to women, just as was provided to her in her 6 births.

Call today for a free consultation and for more information about
HomeBirth With Love. 845.641.5058

Deborah L. Raice



Deborah L. Raice M.D. graduated from Albert Einstein College of Medicine in 1983. She completed her residency in Internal Medicine and fellowship in Endocrinology and Metabolism. She joined her medical practice Endocrine Associates of Rockland in 1988 and has continued to practice there for the past 30 years. Though she treats all endocrine conditions for both men and women, she especially enjoys working with women, helping them to understand and respond to hormonal disorders as well as being sensitive to the intersection of medicine and halacha. Despite a busy family life and demanding medical practice she has always made time for learning Torah as well as teaching Torah in many different venues. She lives in Wesley Hills with her husband Bryan and enjoys much nachat from her children and grandchildren.

For information call (845) 362-3111

Rorie Weisberg



Rorie Weisberg is a certified nutrition counselor, health coach, and founder of Full 'N Free. She received her certification through the Institute of Integrative Nutrition in NYC. Rorie developed her health coaching program, Full 'N Free, upon a foundational understanding of hormonal health. "One of the most important things people need to understand is that ingredients matter", she says, "And that healthy weight management it's not about calorie balance but rather hormonal balance".

Full 'N Free is a thriving family of coaches and clients, where each member is guided on an individualized journey to wellness. The program helps women overcome weight issues as well as a large spectrum of problems involving the immune, metabolic, hormonal, and digestive systems. Rorie is an innovative recipe developer and prolific food writer. Her biweekly Mishpacha Magazine column and Family Table recipes are changing the way kosher cooks think about the dishes they serve. She is also the creator Rorie's dough mixes, 4 revolutionary mixes that allow health-centered consumers to bake fresh challah and bread. Rorie is also committed to spiritual nourishment, which is why Rorie's original mix, low-carb gluten free mix, and egg and nut free spelt mix all offer a Hamozti option for even the most sensitive eaters. Her grain free mix is a shahakol option for throughout the week, or for those who can not tolerate any grains. Learn more about Rorie, her mixes, and Full 'N Free by visiting [HYPERLINK "http://www.fullnfree.com"](http://www.fullnfree.com) www.fullnfree.com, or call (917) 613-9388.

Rivki Jungreis

R

RIVKI JUNGREIS, MS.E.d, LCSW, is an Adult, Adolescent and Child Psychotherapist, Somatic Practitioner, Sand Play Therapist and an Approved Consultant in Certified EMDR clinician and EMDR Child Specialist, specializing in anxiety, abuse and trauma.

Education at Bank Street College, Columbia University and William Alanson White Institute of Psychiatry, Psychoanalysis & Psychology.

Rivki is a member of the Association for Play Therapy, Board member and Training Coordinator of NEFESH International, and currently serves on the abuse/trauma service team at William Alanson White. She was Program Coordinator of Summer Project Safe Camp of Magen Yeladim Safety Kid Institute in New York; and served as Executive Board Member of NYC TRN – New York City (EMDR) Trauma Recovery Network for Disasters Response worldwide.

Private practice in Brooklyn:
Office number: 718 258 5802
rjtherapy1@yahoo.com

Daniel Cohen



Daniel J. Cohen, M.D. is one of the region's most knowledgeable, experienced and respected practitioners of fetal, placental, maternal/obstetrical imaging. Obstetricians, midwives, high-risk maternal fetal medicine specialists and pediatric specialists have relied upon his diagnostic and consultative expertise for over three decades.

Dr Cohen brings to each consultation a humanistic strength gleaned from his participation in the care of the regions most challenging cases. The breadth and depth of his experience equals or exceeds that of tertiary care center clinicians.

Dr. Cohen is a leading regional and national educator lecturing to obstetricians, midwives and maternal fetal medicine specialists in the Tri-State metropolitan, Hudson Valley, and major New York City tertiary care centers. He is a contributing member of the Hackensack University Medical Center Fetal Care Team. Under Dr. Cohen's leadership, Hudson Valley Radiology was one of the region's first providers of obstetrical imaging services to achieve accreditation by the prestigious American Institute of Ultrasound in Medicine (AIUM) in 2005 and has maintained that accreditation ever since.

Dr. Cohen and Hudson Valley Radiology are the region's only providers of both AIUM accredited Fetal Cardiac Ultrasound and Adjunct (problem solving) Obstetric Ultrasound services.

Dr. Cohen has pioneered the introduction of many obstetrical imaging philosophies, protocols and techniques that are now considered standard of care including:

Quantitative genetic obstetrical ultrasound | First trimester nuchal translucency Down syndrome screening | Universal fetal cardiac ultrasound | First trimester preeclampsia screening
Universal "Placenta as Patient" protocols to screen for and diagnose those patients at risk for placenta-related adverse obstetrical outcomes | Fetal magnetic resonance imaging | Placental MRI for Increta / Percreta.

Tova A. Lehmann



Tova A. Lehman, PT, DPT, MS, OCS, MTC is a physical therapist who is board certified in orthopedic physical therapy, is a certified manual therapist, and has three degrees in physical therapy. She has been practicing for over 20 years.

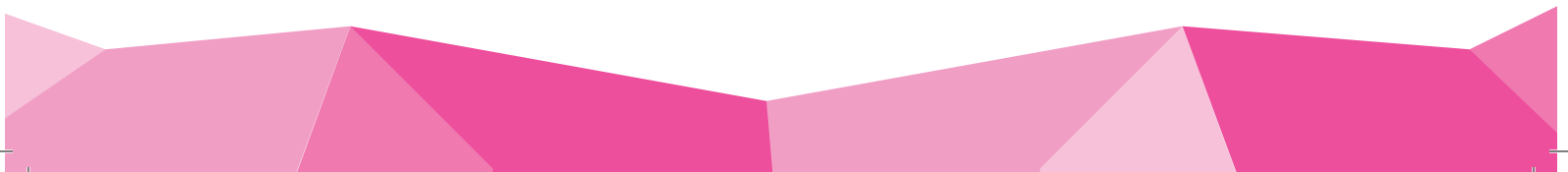
Dr. Lehmann has extensive experience in treating people with a variety of diagnoses including pregnancy and postpartum related problems, incontinence, back and neck pain, carpal tunnel syndrome, poor posture, osteoporosis and sports injuries.

Dr. Lehmann believes each person functions as an integrated whole, and that no problem occurs in isolation. To this end, she evaluates her patients' entire body as it relates to her specific problem to determine the underlying cause.

Her focus is on providing each patient with the highest quality care. She provides individualized, "hands on", one-on-one treatment sessions for the duration of one hour. Her comprehensive approach utilizes the latest research and cutting edge techniques. Treatment may include manual therapy, biofeedback, osteopathic manipulation, therapeutic laser, pelvic floor exercises, postural education, relaxation techniques, craniosacral therapy, strengthening and stretching exercises and osteoporosis treatment and prevention.

Dr. Lehmann is the owner and founder of Elan Physical Therapy and Wellness Center, a private practice located in Nyack, NY. In addition to her clinical work, Dr. Lehmann has taught in Columbia University and Touro College. She stays abreast of the latest research in physical therapy by studying the most current literature and attending continuing education courses on a regular basis.

For more information call (845) 512-8210



Barbara Gordon-Cohen



Barbara Gordon-Cohen, D.O. is an Osteopathic Physician with a focus on Osteopathy and Integrative Medicine. Since 1991 Doctor Barbara has dedicated her practice to treating the whole person, focusing on the cause of imbalance rather than treating just symptoms. Doctor Barbara spends time with her patients and is dedicated to the treatment and the healing of the entire patient body, mind and spirit.

Doctor Barbara understands how all the body's systems are interconnected and how each one affects the others. She focuses special attention on the musculoskeletal system, which reflects and influences the condition of all other body systems. She also focuses on Anti Aging/natural hormone replacement therapy which she has been practicing since 1992, a pioneer in the field. Doctor Barbara practices functional medicine and looks at all tests in detail. She acts as an advocate for your health care and is able to diagnose and treat previously undiagnosed conditions. She is an educator for your nutrition and diet, use of supplements and herbs, home exercises and offers emotional and spiritual guidance. She may refer you to an acupuncturist, homeopath, massage therapist or therapist as a treatment modality. She will get you started on the right program for your individual care.

Doctor Barbara's unique approach bridges the worlds of Integrative Medicine, Osteopathy, and body, mind, spirit wisdom for a comprehensive, intuitive and heart-based approach to wellness.

For more information call (845) 354-4507

Email: doctorbarbaracohen@gmail.com

Lonnie Morris



Lonnie Morris, CNM, ND, FACNM is a national pioneer in natural childbirth as the founder and director of New Jersey's first out of hospital childbearing facility – The Childbirth Center, P.A. She holds a Doctorate of Nursing and practices as a Certified Nurse Midwife. She has delivered over 5000 women herself and supervised another nearly 5000 deliveries in her roles as a C.N.M., Birth Center Director, Director of Midwifery at Pascack Valley Hospital and attending midwife at other area hospitals. Lonnie has been a highly vocal advocate of normalizing birth for all. She has served in various capacities on the Boards of the National Association of Childbearing Centers (now the American Association of Birth Centers) and the American College of Nurse Midwives (ACNM).

For more information call (201) 567-0810

Leah Tikvah Rosen



Leah Tikvah Rosen, BS is a Community Health Educator and Professional Full Service Labor Support. She has over 30 years of extensive experience in women's health and is an international writer and speaker. She has created and hosted multiple seminars and workshops, including the first global preventative women's health teleconference. She was a major influence as a consultant for opening up health food lines in regular groceries and designated health food stores in Rockland County and Brooklyn before it became in vogue. Leah Tikvah's advocacy skills and relationship marketing techniques continues to help projects and businesses grow. Her sessions in relaxation and stress management offers women in all stages of their lives a calm place to call their own. Everyone can tap into that special space to enhance the very best you. Doctor and midwife recommended, Leah Tikvah has attended over 2,000 beautiful births and still marvels each time at the abundant blessings of each precious new soul!

Leah Tikvah Rosen
Creating New Memories, inc
845-426-0240
Creatingnewmemories4u@gmail.com

Eve (Chavi) Rosenstock



Eve (Chavi) Rosenstock, BSN, RN, IBCLC earned her BSN in 2006 from Dominican College and worked as an L&D nurse for 2 years in Montefiore Medical Center and then 10 years in Good Samaritan Hospital. In 2013 she earned her IBCLC and opened a thriving private practice as a lactation consultant. She joined the GSH lactation team in 2017 continuing to provide lactation services to the community. She is currently enrolled in Stony Brook College, pursuing an advance practice nursing degree in midwifery.

For more information call (845) 323-8076



Yutta Engel



Yutta Engel, BSM, CM, LM is an active member of ACNM and MANA and is licensed to practice midwifery in New York and New Jersey.

Since the late 1990's, when she embarked as a community doula, through her journey earning her CPM, followed by a BS in Midwifery to achieve CM status, she has carved a distinct style of midwifery. It emphasizes the preservation of the innate nature of natural pregnancy and birth, accentuating the out-of-hospital model. Her methods carry an appreciation for the unique essence of the individual, with a pulse on new research and evidence based practice. Safety remains a priority in her "hybrid" style which meshes the two Midwifery approaches in the USA. Her huge following of women who seek her support and have invited her to attend their births, attest to her dedication and expertise. She considers it an honor to witness and facilitate the auspicious moment of Hashem's miraculous manifestation of life.

For information call (845) 613-2022

Doula Panel

Chana Beila Frydman | Rivka Nemetsky | Venus Rodriguez | Leah Tikvah Rosen | Devorah Spiro | Esther Steiner

Chana Beila Frydman



Chana Beila has been a birth and postpartum doula for 20 years. She trained with ALACE, CAPPA and DONA and was a founding member of the Metropolitan Doula Group. She has received additional training in Emergency Childbirth, Perinatal Bereavement and is a Certified Lactation Counselor. As a mother of 6 children she is intimately aware of the challenges women face as they await the birth of their babies.

Rivka Nemetsky



I am a doula and childbirth educator, trained by the renowned Debra Pascali Banarro, with experience in both Israel and the United States. I have been working with Leah Marinelli for the last 2 years, which has given me the opportunity to gain experience from an amazing midwife. Being a doula is not just my work, but my passion. I cherish the opportunity to support women in labor, and through a variety of techniques, including positioning, massage, and visual imagery, I assist women to have positive, uplifting birth experiences.

Through my own experience of having 5 empowering births, I have come to appreciate the importance of having a calm and compassionate female presence while in labor, and so I focus my energies on being that presence for the laboring woman. I believe that an empowering birth begins with education, and through the entire process I implement all of my knowledge, experience, and emotional encouragement to help make the labor and birth a rewarding journey. I attend home, hospital, and birth center births, and am supportive of each individual woman's birth plan.

Venus Rodriguez-McGregor



Venus Rodriguez-McGregor BS, CD, CBE has been working in the maternal health field for over 18 years as a Doula and a women's health educator. She began her education at Rockland Community College where she received her Associates Degree in Psychology and Social Science in 1995. She Continued on to receive her Bachelors Degree in Maternal and Infant Health and Development from SUNY Empire State College in 2006. During this time Venus also completed her Doula certification from ALACE, Association of Labor Assistants and Childbirth Educators in 2000 as well as her Childbirth Education certification from Lamaze in 2004. During her career Venus has worked as an assistant with many of New York's homebirth midwives. Venus currently works with Leah Marinelli CNM, NP at Homebirth with Love as well as for another local practice. She lives in Rockland County with her husband and three children.

Esther Chana Steiner



Esther Chana Steiner is a Childbirth Educator and founder of the Mother Hen Method childbirth classes. With her warm personality and wonderful sense of humor, she instills confidence, calmness and clarity into her students. Having experienced many beautiful births, it shocked her to hear how many women felt traumatized by their birth experiences. This is how the Mother Hen Method was born. She started teaching women informally in her own dining room. These women were impressed by the wealth of information provided to them. Women who had previously felt they needed an epidural to relieve their pain in labor were pleasantly surprised learning about the natural methods of pain relief offered by this method. The Mother Hen Method is supported by strong Torah values, full of chizuk messages from Chazal, enabling Jewish women to merit birthing their babies easily and smoothly, just like the mother hen lays her egg. Esther Chana is not just a childbirth educator. She mothers the mother throughout pregnancy, childbirth, breastfeeding and beyond.

She can be reached at (845) 426-0112.

Midwife Panel

Yutta Engel, BSM, CM, LM | Leah Marinelli, MS, CNM, NP, RN | Lonnie C. Morris, CNM, ND, FACNM
Lauren Pine-Bildner, CNM, RN | Robyn Schafer, CNM, RN, IBCLC | Carole Shipman, MSN, CNM, RN

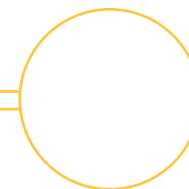
Lauren Pine-Bildner



Lauren Pine-Bildner was awarded a certificate in midwifery from University of Medicine and Dentistry in 2000, a Bachelors in the science of nursing from Columbia University in 1998, and a Bachelors of Art in psychology from Barnard College in 1984. Lauren has been practicing as a midwife for close to 19 years. Currently she attends most births at Holy Name Hospital where she has excellent relationships with a nursing staff that has been supportive of family centered care, natural birth and uninterrupted mother baby bonding. G-d willing Lauren will be opening a freestanding birth center in the heart of Bergen County.....which will hopefully be up and running in 2019. Lauren is currently a fourth year candidate in a five year psychoanalytic program where she is learning the art and science of psychotherapy. Lauren works with women seeking short and long term psychotherapy which includes treating women suffering with post partum depression. She also has additional training and experience working with women with binge eating disorder who would like to develop a healthier relationship with food and with their bodies. Lauren has been blessed with a happy marriage and wonderful and fun children, two of whom were born at home. Feel free to call for a free consultation for midwifery care or for psychotherapy services.

Contact: 973-981-1123 texts are encouraged
or email: laurenmidwife@gmail.com

Robyn Schafer



Robyn Schafer is a certified nurse-midwife and international board certified lactation consultant working at Good Samaritan Hospital in a community health center midwifery practice. Previously, she worked at the Nyack Hospital midwifery group. She completed her master's degree in Nurse-Midwifery at Yale University in 2013 and is currently working towards a doctorate at Vanderbilt University. She lives in Teaneck, NJ, with her husband and their five wonderful children.

Carole Shipman



My journey becoming a midwife began over 30 years ago when I was pregnant with my third daughter. There were many twists and turns along my path. I have been a registered nurse working in the maternal/child arena for 23 years. I have loved every minute that I have spent serving women and their families; to me there is no greater joy. Some of the most thrilling times were catching three of my grandchildren at home, what an honor that was. I have been married for 37 years; I have three grown daughters and 6 grandchildren. In addition to being a homebirth midwife, I mentor midwifery students and teach Ramapo college nursing students. As a midwife, I have worked in a free standing birthing center in Southern Texas bordering Mexico, a practice with a physician, a midwifery practice, and homebirth. I have also been to Sierra Leone, Africa working with faculty and students from Ramapo College.

I have the capacity to provide comprehensive care to women throughout their lifespan. I am qualified to offer care preconception, during pregnancy, labor and birth, postpartum, and beyond. I offer newborn care in the early postpartum period. Quality care is provided by forming a trusting relationship with clients.

Certified Nurse Midwife licensed in New Jersey & New York

Education: Bergen Community College – AAS Nursing | Ramapo College – BSN

University of Medicine and Dentistry of New Jersey – CNM & MSN

Call Us Today! 201-739-6803 | info@gentleheartmidwifery.com

Panel participants who are presenters for symposium have their bios listed earlier

INGREDIENTS MATTER!

MUST-KNOW FACTS ABOUT FOOD & YOU



Hi, I'm Rorie, certified health coach, recipe developer, Mishpacha columnist, and founder of Full 'N Free! I'm also the creator of Rorie's dough mixes, my unique line of good-for-you breads. When I'm not coaching clients, I'm experimenting in the kitchen, finding more ways to create amazing, wholesome, and nourishing recipes for my clients, family, and readers. My food philosophy is that if you love it, there's got to be a healthy way to have it!

CALORIES ARE NOT THE MOST IMPORTANT FACTOR IN YOUR FOOD CHOICES! DIFFERENT FOODS COME WITH DIFFERENT INSTRUCTIONS FOR YOUR BODY. GET TO KNOW THE SECRETS OF HOW FOOD BEHAVES ONCE IT'S INSIDE YOU!



START AT THE CART

MAKE IMPROVEMENTS TO YOUR FAMILY'S DIET BY BEGINNING AT THE SOURCE: YOUR SHOPPING CART!

Here's what to keep out of your grocery order:

- C** hemicals
- A** rtificial sweeteners
- R** eefined flours and sugars
- T** rans fats

LET'S GO SWAPPING

STAYING HEALTHY CAN START WITH A FEW SIMPLE CHANGES.

Switch your old labels for these sensational pantry items:

- Duck sauce > Fiordifrutta Organic Fruit Spreads
- Soy sauce > coconut aminos
- Vegetable/canola oil > avocado/olive oil
- Margarine > coconut oil
- Corn starch > arrowroot starch
- White sugar > coconut sugar/maple syrup/honey

MACRONUTRITION

Fuel your body with real food. These foods are best consumed in their whole forms. Getting the right nutrition will keep your hormones balanced and working smoothly together as a team

Protein

Builds and repairs muscle. Essential for satiation! Disclaimer: Every individual responds differently to each form of protein. Some people do not tolerate certain proteins, and should avoid them.

- Meat and poultry
- Nuts, seeds, beans and some grains
- Eggs
- Dairy
- Fish

Fats

Help you feel full and slow down insulin response, which helps reduce cravings.

- Nuts and seeds in all forms
- Olives and olive oil
- Avocados and their oils and butters
- Coconut milk, oil, butter and flakes

Carbohydrates

Give you energy, but beware...not all carbs are created equal!

- **Sugars** - hit the bloodstream full-force and cause insulin to spike.
- **Starches** - provide a more steady supply of energy. Aim for whole food plant based starches. Processed starches convert quickly into sugar.
- **Fiber** - moves through the body intact, slows the digestion of carbs, and increases production of ghrelin, so you feel fuller faster. Fiber also lowers glycemic load as your body is processing the carbs you've eaten.

MAKE YOUR MACROMEAL

If not just about what you eat, it's also about how you combine your foods.

Understanding how to balance your macronutrients will help you feel full, stay free of cravings, and maintain your energy throughout the day. It will also allow your body to burn the food you eat rather than store it as fat cells, and allow your metabolism to run at maximum capacity.

**PROTEIN + FIBER + FAT + STARCH =
YOUR MAGICAL MACROMEAL**

HELLO HORMONES!

WHAT YOU EAT AFFECTS HORMONAL BALANCE WHICH AFFECTS HOW YOU LOOK AND FEEL.

- **Insulin** - stores fat and stimulates hunger
- **Grehlin** - signals hunger
- **Leptin** - signals satiation
- **Cortisol** - the stress hormone; slows metabolism and increases insulin production
- **Dopamine** - provides sensations of pleasure and a strong desire for more

RORIE'S RECIPES!

FOODS YOU'LL LOVE WITH
INGREDIENTS THAT LOVE YOU BACK



BANANA NUT BUTTER MUFFINS

These banana nut butter muffins are revolutionary. They have no sugar or flour – gluten-free or otherwise – and most of the ingredients are in your house already. The best part is that they don't taste like they are missing anything, because there are no substitutions here. You have to taste it to believe it.

Ingredients

4 eggs, separated
4 very ripe bananas, cut into chunks
2 tsp. vanilla extract
2 tsp. baking soda
1 18-oz. jar cashew or almond butter
¼ cup egg white powder (optional)
Optional chocolate chips, cacao nibs or crushed nuts to taste

Directions:

Preheat oven to 350°F. Line 20-24 muffin tins with paper baking cups and set aside. In a food processor fitted with an S blade, beat egg whites until stiff, then slowly incorporate yolks. Add ripe bananas and mix well for at least 3 minutes until a creamy, fluffy batter forms. (The longer you mix the bananas with the eggs, the fluffier your muffins will be.) Add vanilla extract, baking soda, nut butter and egg white powder (if using) and mix well. Divide batter between prepared muffin tins. Sprinkle with toppings of choice. Bake for 20-23 minutes; do not overbake so that muffins stay moist.

DISCOVER A UNIQUE WAY TO LOOK AND FEEL YOUR BEST: FULL 'N FREE COMPLETE

You've tried every diet, food plan, and even nutritionist. Nothing works. You want to look and feel good, but you don't know how! It's time stop dieting, and start discovering which foods your body really wants.

Full 'N Free Complete is a 6-week comprehensive program that will help you understand the unique needs of your own body and become an independent eater. Most women who join the program say they wish they'd known about it long ago! The Complete program gives you 1:1 coaching and follow-up, a supportive Full 'N Free family network, and all the tools and information you need to succeed. You'll gain the skills and confidence to finally make peace with food and your body.

6
6 WEEKS

1:1
1:1 HEALTH
COACHING

LONG-TERM
SUPPORT

BREAK FREE FROM THE FOODS & FADS THAT WEIGH YOU DOWN. FIND TRUE SATISFACTION

LEARN MORE ABOUT THE COMPLETE PROGRAM BY VISITING WWW.FULLNFFREE.COM

Vendors

101

Dr. Barbara Ollech, DMD
Sleep Solutions of Rockland
845-352-7545

102

Leah Tikvah Rosen
Creating New Memories, inc
845-426-0240
Creatingnewmemories4u@gmail.com

103

Voicebox
Professional Voice Training &
Recording Studio
Liba Hersh M.A. CCC-SLP
845-263-2687
info@voiceboxcenter.com

104

PHARMACY PLUS
728 N Main St,
Spring Valley, NY 10977
(845) 354-9320

105

Hudson Valley Radiology Associates, (845)
634-9729, Fax (845) 834-9018, 18
Squadron Blvd,
New City, New York 10956

106

United Young Women for Wellness Corp,
Leah Teller, LMSW, Founder
4 Tammy Road
Spring Valley, NY 10977
(845) 721- 7062

107

Hypno Birthing Prenatal Classes
Chana Ety Friedman
845-426-2490
845-587-9019

108

Arline Schwechter, MS., OTR, CFoM
Longevity Surgical LLC
Longevity Women's Health Boutique
25-e South Van Brunt Street
Englewood, NJ 07631
201-569-8033 fax 201-569-8073

109

Tiferet Movement Yoga Studio
Bracha Meshchaninov
Certified Yoga Teacher and Therapist
917-821-0694
brachame@gmail.com
TiferetMovement.com

110

Vendors

111

112

Esther Chana Steiner
Childbirth educator
Mother Hen Method Childbirth Class
Director of Shifrah Puah Doula Gemach
845 426-0112 or 845 587-1649
motherhenclass@gmail.com

113

The Surgical Shop
Mrs. Devorah Schwartz
27 Orchard Street
Suite 207 (2nd. Floor Shoppers Haven)
Monsey, NY 10952
845-425-2617 ph. / 845-425-5550 fax
www.surgicalshop.net
1-800-301-1499

114

Cocoon
Sarah Miriam Rottenberg
Soaring Through Childbearing
845-274-2762

115

Clinical Hypnotherapist
Malka Bek, LMSW, CHT
646-208-7907
malkasorger@gmail.com

116

Hypnobabies
Shaindel Udoff CNM
973-224-0586

117

Arbonne International
Michal Alpert
mzolty@gmail.com
917-588-2084

118

Este Riste
Head Covering
917-722-2700
EsteRisteNY@gmail.com

119

Shiffy Abboudi
Personal Trainer, Postpartum
Corrective Exercise Specialist,
Certified Behavioral Coach
845-826-0519
Shifitness.com

120

Anne Manos
LiveVantage
646-369-9492

Corporate Sponsors



Sponsors



Dips & Salads Takeout



Relax. Rejuvenate. Refresh.

444 Hope Chapel Road | Lakewood, NJ 08701
(732) 494-3388 | Info@laishan.com | Laishan.com





popartstudio 78.607.9574

Reconnect.

IMPROVE YOUR RELATIONSHIPS. MARRIAGE, FAMILY & FRIENDS

EMOTIONALLY FOCUSED THERAPY

Improve your marriage and family relationships with EFT- Emotionally Focused Therapy, based on over 20 years of empirical neuro-scientific research. EFT successfully decreases tension in relationships by teaching the parties to interact in a more productive manner.

What Can I Expect from EFT?

- Improved communication
- Better trust and security
- Stronger connection
- More accepting of each other's needs
- More attuned to each other

Free confidential phone consult!

845.548.0864

Chaye Gewirtzman LCSW
EFT Certified Therapist

www.chayegewirtzman.com

Bundles of Joy Studios

(845)499-1523

BUNDLESOFJOYSTUDIOS.COM

BUNDLESOFJOYSTUDIOS@GMAIL.COM



SPECIALIZING IN NEWBORNS AND WATCH ME GROW SESSIONS





The vitamin store you trust.

845.352.0725

www.ratiohealth.com

Free Delivery

All Vitamins & Health Foods

Up to 35% off SRP!



Debora Steinberg

Wellness Advocate

917-916-7845

dōTERRA

www.mydoterra.com/healthyworldwide

To plan your future events please call
Devoiry Steinberg: 917-916-7845



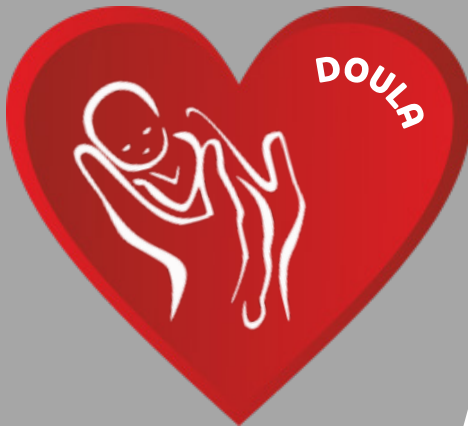
SHIFFY ABBOUDI

PERSONAL TRAINER
POSTPARTUM CORRECTIVE EXERCISE SPECIALIST
CERTIFIED BEHAVIORAL COACH

HELP WITH:

POSTURE
PELVIC FLOOR ISSUES (LEAKS, PAIN AND PROLAPSE)
DIASTASIS RECTI
SI JOINT PAIN (HIP PAIN)
LOWER BACK PAIN

845.826.0519 | WWW.SHIFITNESS.COM



Worried how
You'll fare?

Turn to **"Mothercare"**
For all your labor support needs

Sara Esti Greenberg
845.352.7716
845.304.6682

The **Easy** Solution for Difficult Nursing Pain!

**Easy to Use... Easy to Love...
Yup, It's That Easy!**

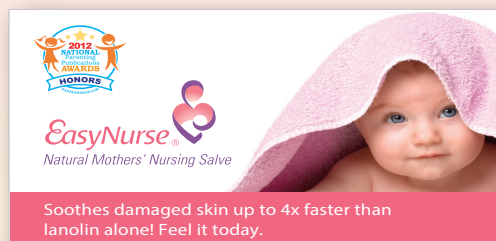
- Made with a unique blend of Lanolin & 10 additional all-natural ingredients
- Works 4X faster than Lanolin alone
- Easily absorbed by skin; No washing required before feeding
- 100% Certified Kosher & FDA Approved Ingredients
- Effective for Diaper Rash & other Skin irritations as well

For more information, or to order call

1-888-450-EASY

Or visit us online at www.easynurse.com

EasyNurse® 
Natural Mothers' Nursing Salve



For alleviation of soreness & irritation
caused by breastfeeding.



Made with all-natural ingredients

www.EasyNurse.com

1.1 oz (30 g)

voicebox™

VOICE TRAINING & RECORDING, SPEECH/VOICE THERAPY
under the direction of Mrs. Liba Hersh M.A. CCC-SLP

TEL: (845) 263-2687

EMAIL: INFO@VOICEBOXCENTER.COM

Medical Disclaimer

The information in this symposium is not intended or implied to be a substitute for professional medical advice, diagnosis or treatment. All content, including text, graphics, images and information, contained on or available through this symposium is for general information purposes only. JWHS makes no representation and assumes no responsibility for the accuracy of information contained on or available through this symposium, and such information is subject to change without notice. You are encouraged to confirm any information obtained from or through this symposium with other sources, and review all information regarding any medical condition or treatment with your physician. NEVER DISREGARD PROFESSIONAL MEDICAL ADVICE OR DELAY SEEKING MEDICAL TREATMENT BECAUSE OF SOMETHING YOU HAVE READ ON OR ACCESSED THROUGH OTHER SOURCES.