

ISRAELITE WOMEN:

BEARING

HERITAGE

DEPRESSION:

Easy tips to
stay Depression
free pre and
post pregnancy.

5 Foods that
will give you
energy.

You can do
this: Staying
positive during
pregnancy.

YAKIMAH'S BIRTHING
Sis
Yakimah
STORY SISTER



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DEPRESSION

WHY ARE WE AFRAID TO SPEAK ON IT AND GET HELP?

Depression plagues our community just like any other illness. I call it an illness, because one definition of an illness is: a disease or period of sickness affecting the body or mind. In Deut. 28:28, we are told that The Most High will inflict this madness and confusion on us because of our sins. When it comes to birth, most women think of it as being physical only and we forget about the spiritual side of it. We forget about the part that affects the mind. Our mindset will have us to perceive situations and life in general, as being positive or negative. The scripture tells us "As a man thinketh, so is he..." Proverbs 23:7 "and our thoughts a-lot of times especially if we ponder on the "bad" things", will deceive us, having us confusing good for evil and vice versa, as we see in Isaiah 5:20. It's no wonder we cannot have a stable mindset (James 1:8). Being comfortable with reaching out to that counselor (Sirach 6:6) you can depend on to give you sound and biblical advice is so important for your health sis. That sister, by the leading (1 Corinthians 3:6) of the Most High, can listen and help you to apply the scripture properly to your given circumstances (Titus 2). Some tips for staying depression free can include: prayer, reading your bible, speaking positive affirmations in the mirror daily (even multiple times a day)/ to yourself, getting up, showered and dressed daily & keeping a journal to express your thoughts good or "bad."

Doing what you can, to stay depression free, is not only good for your well-being but for those around you. Sometimes we don't understand the impact we can have on our loved ones and friends by our attitude and body language. Straying away from depression can help keep them healthy. Here are some ways depression can affect others: making them feel depressed themselves, anxious and hostile. Overall, it will put a perfectly fine individual in a not so grand mood. The bible speaks of this too in 1 Corinthians, where it talks of a little leaven leavening the whole lump. Below are some signs and symptoms of depression that you should look out for in yourself, family (including children) or friends and especially that pregnant woman you know.

- Low self-esteem (feeling inadequate)
- Smoking, Drinking alcohol or using other drugs
- Thoughts of suicide
- Excessive anxiety
- Underweight due to poor diet

Of course there are many more but if you see these symptoms please get help or email Bearing Heritage at: malika@bearingheritage.com or send a direct message to [@bearingheritage](https://www.instagram.com/bearingheritage).

Sister
Yakimah

BIRTH STORY



FROM TRAUMA TO TRIUMPH

Not only is Sister Yakimah a wife and mother but also a sister and business owner. below is her contact information:
INSTAGRAM - [THEPRODUCT.BACKTOEARTH](#)

"The place that I gave birth and the place I was mentally and spiritually, made All of the difference."

Carrying a child and giving birth is a gift from Yah, but most times when we think about giving birth we think of the curse attached to it. I have given birth three times and can unequivocally tell you that two of the times definitely felt more closely related to the curse in "Genesis 3:16". Two births left me feeling hurt, depressed and alone and one left me feeling liberated, strong and closer to our ABBA (YAH). You may be wondering what the difference was, what was the thing that separated these births. Well the answer is the Location (physically, mentally and spiritually). The place that I gave birth and the place I was mentally and spiritually, made All of the difference. Location made two of my births feel like a curse and one of them feel like one of the best experiences of my life!!! But, let me explain, so you can get a better picture.

Baby #1 - Baby #1 was my most traumatic birth, I was struggling with so many different things at that time, mental disease, infidelity, not really close to Yah and I was carrying this huge blessing in my womb without any real guidance or understanding of the importance of that 9 month period. This is the time period where this unborn baby is developing and depending on its mother to protect him or her in every way by eating the right foods, watching her emotions (because our emotional state can affect our baby's), and being wise about our environments. At that time, I didn't understand the importance of any of that.

I had my first baby in Queens, NY, and at the time, I didn't truly understand the importance of choosing the "right" hospital and the "right" doctor. I didn't know anything about inducing labor, epidural, Demerol and cutting the umbilical cord too early. I didn't know any of this!!! My doctors didn't tell me and I didn't have anyone around me who knew about these things the way I do now. So after 16 hours of pain, being drugged with life threatening pain killers and an epidural that affected me for an entire year after giving birth, I pushed out my first child and immediately knew that something was wrong, something was off. This baby that I dreamed about and was so excited to see, now that I have pushed him out, I didn't even want to look at him, I didn't have interest in holding him, I just felt numb. I felt trapped, I just had this baby that I wanted more than anything and now that he was here I wanted him gone and I wanted my life back. I failed to mention that I also didn't know anything about "postpartum depression", which I clearly had.

My postpartum became so bad that I began to resent my baby, and the only thing that seem to bring me joy at that time was the thought of him not being there anymore. That lasted almost an entire year! AN ENTIRE YEAR!!! I remember the first day I felt love for my baby and he was one year old!!! I dealt with this without talking to anyone about it, how could I tell someone that I felt hate for my baby, that I wished I never had him. I had no one to talk to and no way to understand why I was feeling that way! All of this because of the location, because of my lack of knowledge of the things I allowed this hospital to pump inside of me. They didn't care about me, I was just another black girl having another black baby, thats all I was to them. Now I know that giving birth in a hospital while "black" can be a death sentence. Now I know the dangers of pain medication and pitocin and its connection to postpartum Depression. I also now know about epidural and its potential to leave you with lifelong painful affects. After giving birth to my first child, I decided that I didn't want anymore children, I didn't want to go through that again. But, then I found out I was pregnant 2 years later and I was terrified.



Baby #2 (another unintentional birth)- was not nearly as traumatic as the first, but nonetheless, definitely added to the trauma of baby #1. While pregnant with baby number #2, I was still adjusting to motherhood, I was getting better at it, but still no real relationship with ABBA (YAH), still no real education and understanding of the birth process. I read some books, but still didn't understand the importance of Location. I was mentally in a better place and no longer dealing with certain issues, but I still decided to have her in a hospital. I chose a better doctor this time, but still felt like I left my doctor appointments with questions and concerns (a doctor can only spend so much time with you). I ended up having baby #2 naturally, but not the way I planned. Although I provided the hospital with a birth plan, they didn't seem to have time or much interest in sticking to it. This labor was very painful, this time I had no epidural, no pain medication, and because I didn't understand the importance of controlled breathing while pushing out your baby, I was left with a major tear, which took a very long time to heal. Even though I didn't have any of the things that caused me so much heartache in my first birth, this birth still left me feeling lost, in pain and alone, because my location was not fit to bring life into this world.

Baby #3- Baby #3 was my first intentional birth. By this time I was walking in the truth and was being taught by the Ruach Ha Kodesh. So when I found out that I was with child, I was so excited. By this time (almost 6 years after having baby #2), I had obtained a mass amount of knowledge and understanding. I was about to use all of the information I now knew, and all of the lessons I learned from my last 2 birth experiences, to make wiser and healthier choices. I now knew how vital your location was and became very intentional about my physical, mental and spiritual location. The first major decision I made was to not have this baby in a hospital and not to deal with ANY doctors. I knew that by doing this I may have to pay for my birth out of pocket, but no amount of money was worth the experience that I had.

Physical Location- I decided to have baby #3 at a birthing center, this particular birthing center was built like a home, so you would have the homebirth experience. I had 2 midwives who became my best friends during my pregnancy. My midwife visits were nothing like my previous doctor visits. I had no questions unanswered, and I never felt rushed. Any time that I had a concern, one of my midwives was one call away.

Mental Location- Although "life and obstacles" were still taking place all around me, I now knew the importance of my mental state. That my thoughts affected my emotions and my emotions affected my baby. I stayed away from individuals that disturbed my peace. I rebuked fearful thoughts that didn't align with Our Father's Word. I spoke with ABBA constantly and cried to Him whenever needed. I protected my peace and mental state like a bear protecting its cubs.

"They called me a superwoman, but I gave ALL THE PRAISE TO THE MOST HIGH!!!"

Spiritual location- So we all know what The Word says about the enemy, that he is like a roaring lion, seeking whom he may devour, and I can tell you, with baby #3, HE TRIED IT!!! He tried to attack me from every angle, but now I knew that we fight not against flesh and blood and that my sword was The Word, so his antics and his wiles held no real weight. The birth of baby #3 I remember like it was yesterday, I was 42 weeks pregnant and knew that at any minute I would go into labor. My husband was working out of state at this time, but I had faith that he would make it to me on time whenever I went into labor. It was about 4am when I realized that I was no longer having Braxton Hicks contractions. My children were in bed and I was on the phone with my midwife while she timed my contractions. By the 5th contraction, she told me to make my way to the birth center. Whew!!! I planned for this day for months and we were finally here. I got my children up, got them dressed, picked up my mother (who lived right down the street), and dropped my children to the daycare. This already had felt different than my other labors. I felt like I was in full control, that ABBA was empowering me and clearing the way for me. But, there were obstacles, like I told you before my husband worked in a different state and although he was on the way, he was 4 hours away and my birth center was about 45 minutes away from me. Although my mother was with me, I was in so much pain that I knew I would have to drive. I drove that 45 minute drive, and with every contraction I breathed through it like a pro! When I arrived at the birth center, my midwives were shocked that I drove while having contractions 3 minutes apart.

They called me a superwoman, but I gave ALL THE PRAISE TO THE MOST HIGH!!! I came into the birth center and got in a bathtub (I planned on a waterbirth this time). Everytime I had a contraction I was in so much pain, but I felt so safe. I didn't need any assistance, no one in the room talked to me. It was just me and ABBA. As I sat in the tub, I could hear another woman in the room next to me screaming in agony, her screams reminded me of my screams with baby#2, no control, just screams. I don't allow her screams to bother me or take me out of my place of peace. I had prepared for this day and I knew that I was going to be successful at having a beautiful birth, and that ABBA was in complete control. My contractions grew closer together and grew stronger, but every minute without a contraction felt like 10 minutes. I took advantage of every painless minute and went to sleep in between my contractions, I was tired and I knew I would need all my energy to push my baby out. I breathed and hummed through each contraction. I intentionally cut out any noise around me and focused on the moment at hand. Occasionally, I would hear my midwife say something like "she is amazing", which made me feel even more empowered. While still in the pool, my husband walked in.

He had finally arrived, but by this point I didn't need or even want his support. I was in the spirit, I felt the Ruach's presence, ABBA was my support and that's all I wanted. As my contractions became 1 minute apart, I realized that I was too relaxed in the tub, and I needed to get up, for this baby to come out. I stepped out of the bathtub and immediately "IT GOT REAL". She was ready to enter this world! I was in the most excruciating pain, but I prepared for that, too. I breathed and hummed and breathed and hummed. And finally in two very controlled pushes, my daughter, Eden "Ahavah" entered this world. My husband had given the name Eden, and as she was in my womb I was told that her name was Ahavah. Her name is a testament of who she is and her birth. The garden of Eden was in the beginning and her birth was a new beginning for me, I no longer felt the trauma of giving birth, I felt redeemed. Now, when everyone asks me about giving birth, I no longer have this traumatic story to tell, but a "new" experience full of joy and love (Ahavah). Ahavah means love which is what birth #3 represented to me, ABBA love. I felt the presence of His Spirit the entire time and I felt His intimate, overwhelming and unfailing love. So, I pushed out my beautiful daughter, Ahavah, and immediately realized that something had changed, there was a shift in the atmosphere, all of my pain and trauma from my last two births were gone. My husband handed me our daughter and I looked into her eyes for the first time and cried out, I cried like a baby. I felt so much love, I felt so much peace and she was perfect.

I thank The Most High for loving me so much. I thank Him for allowing me to experience such a beautiful birth. I pray that every sister gets to experience the love I felt that day. Now, when I look back on my birth, I smile and sometimes I even cry. To the sisters reading this, I hope this encourages you. I hope you now understand the importance of your location while pregnant. Your physical, mental and spiritual location. I pray that our Father continues to be with you. I Love You!

BODY IMAGE: During & After PREGNANCY

"Why is my hair falling out? Why do I have dark spots on my face? Why is my stomach this weird shape? Why is my nose so big now?"

During pregnancy there are a handful of new features that will appear, like thicker hair, longer nails, and glowing skin. But not all pregnancies will be this way, some will be more complicated.

1. Alopecia can happen during pregnancy as a result of the fluctuation of hormones in the body. It can also indicate a deficiency.
2. Dark spots called Melasma or Chloasma can plague undesirable parts of the body including the face.
3. Extra weight gain, which is good, is a primary cause of larger feet during pregnancy.
4. Severe vomiting is tiresome and can leave you dehydrated. Herbs and medications exist to help combat this symptom.

Who wouldn't want a perfect pregnancy where none of the symptoms above is a factor? But this is a reality that some will face. Even in this know that The Most High is in control and HE has allowed these to happen. 1Thess. 5:18. ..Give thanks in all circumstances!



THESE FOODS WILL HAVE YOU **ENERGIZED!**

Lack of energy during pregnancy can happen in any trimester. With each trimester comes more weight, and for some women that means, it's harder to get everyday tasks completed. Lack of iron can contribute to tiredness, fatigue, headaches and in worst cases, preterm labor. There are over the counter supplements or iron that is prescribed, but they aren't the best. It's better in my opinion, for you to get this mineral in the form of different foods, roots, and leaves, allowing for better absorption and a decreased risk for allergic reaction.

With iron supplements comes constipation, which in pregnancy, is a huge annoyance. The iron cannot be absorbed properly because the form of iron used isn't natural but manmade. To prevent iron deficiency while pregnant, try and get as much iron rich herbs into your body as possible. Here are 5 foods you can start eating today!



Reduces nausea, Improves blood flow,
strengthens immune system,
normalize heart rate



Helps ward off infections (including UTI's),
oxygenates and protects the cells



Aids in digestion and diabetes management



Great source of folate and potassium, Aids in
cellular health



Gluten Free, high in fiber, prevents birth defects,
Aids In protecting the heart

These foods are not only helpful for energy but have an array of other benefits. Your diet will surely change throughout the cycle of pregnancy, but making proper choices in the foods you intake can help for a better pregnancy and postpartum period. We have to remember and encourage positive patterns, that lead the way for our children to make proper food choices. Breastmilk should be the very first food your baby ingests out of the womb. It builds connections that can't be built using alternatives such as formula and helps aid in your baby first line of defense against auto-immune diseases and cancer.

It is understood that if production of breastmilk doesn't happen or is lost, your baby needs to eat, so formula should be used. Prior generations weren't taught much about the importance of breast milk after much of our history was lost, so it's important that we now incorporate breastmilk and advocate for breastfeeding more and more our lifetime, before, during and after each pregnancy. Remember that you, mama are strong and capable of providing your baby with all the nutrition they need and any amount of breastmilk is more than enough! Stay encouraged each step of the way and don't allow negative feedback to discourage you. Whatever trials may come, The Most High will push you through.



S.B.S

SHAKEN BABY SYNDROME

All of you who have children already know, that sometimes babies cry and it seems as though no matter what you do, they just can't be consoled. You've tried, changing the diaper, giving a bottle, putting on or taking off extra clothing, picking up and rocking, and the list goes on and on and on. Our first response most times is feelings of frustration, misunderstanding, and lack of patience, especially with first time parents. The good thing is, if this has happened to you, you are not alone. We all go through this period at least once with every child we have. Shaken Baby Syndrome happens when a mother or father in their frustration/anger shakes the baby or child violently in an attempt to calm him/her down.

This shaking then causes brain damage, inflammation and sometimes even death. These feelings can be controlled and monitored by yourself and those around you. Should you have these feelings arise follow these steps:

1. Take a deep breathe. Calm down.
2. If someone is next to you, carefully give them the baby, or if you are alone, place baby in a safe space.
3. Walk away into a calming area and sit by yourself or with a supporter (husband, sister).
4. Once you have regrouped go and love on your baby!

I know you must be wondering if it is okay to follow these steps even if baby is crying? And the answer is YES! Absolutely, as long as he/she is in a safe place, you can leave them there. Your mental is important while caring for your baby and children. Just following these simple steps can help you build a positive relationship with your baby/children for the future.

You also want to make sure that anyone watching your baby knows these steps as well!

Parenting 101

INFANT CPR

(CARDIOPULMONARY RESUSCITATION)

Infant CPR should be checked off of every parents list. At any given time a child can go from enjoying a meal to choking. Or maybe a small item you didn't realize fell on the floor and ended up in their mouth. Knowing CPR can be the difference in whether your child lives or not.

Learning can be as simple as watching some Youtube channels or taking it further and practicing in person at an approved site. Whichever way you choose, I suggest, that it be a priority in every household. You can check in your local areas and see whose offering these classes. Make sure it's an infant CPR course also and not just for adults. Infant CPR is very different, based on size.

THE PRO'S AND CONS OF PLACING YOUR CHILD IN CHILDCARE

Childcare can be rewarding to moms that have a nine-five or run a business. Placing your children in the hands of another can give you the time you need to run errands, clean up the house, or go to work. But is putting your child/children in daycare even biblical? Or is it even a wise decision? Contacting a postpartum doula can help with a schedule and those first few weeks by paying a visit a few hours a day a few times a week.

We know that the Bible says that as women we are to be keepers of the house and watchers over the children also(script). By having our children at home and with us we cut out potential injury to the child/children and are able to be that righteous example daily!

INFANT MILESTONES | OUT OF THE WOMB

During the first year of life outside of the womb, your baby is mastering alot of new skills that are nothing short of amazing. While they are learning they suck up every bit of information for later use. If we feed our baby nonsense The Most High will be the furthest things from their mind, but if we give them along with milk from a bottle the milk form the word, we can only pray that they never depart.

The love and support that we provide through correction in their youth, helps to shape them for marriage, friendships and their peers. Mastering crawling, walking, chewing, sitting up, holding their head straight are signs your baby is growing well. Although the time in which these milestones will be reached varies, we should always keep in mind that everything happens in its own timing and The Most High's timing is best!

Scriptures

Proverbs 31:10-31

- A good overall read, of characteristics to maintain as a woman about The Most High's business.

Proverbs 22:6

Titus 2:3-5

Proverbs 13:24

Deuteronomy 6:6-7

- When it comes to teaching our children, these scriptures will be of encouragement.

Stay Tuned for More...

This magazine is completely FREE! Every issue is made with love and care for the next sister on her birthing journey. I want to help you as much as possible by providing educational information and being of great support.

Be involved/Support:

You can go to Instagram/ email a message with your name, location and how you'd like to be of service for Israelite Women: Bearing Heritage magazine:

- **@bearingheritage**
- **email: malika@bearingheritage.com**
- **@Financialahava**
- **financialahavaffl@gmail.com**

CHECK OUT SISTER YAKIMAH'S NATURAL PRODUCTS: THEPRODUCT.BACKTOEARTH

Coming Up...

- **BEARING HERITAGE Magazine Issue 3**
- **Hebrew Homebirth Podcast Episode**
- **MONTHLY GIVE AWAY-(SUBSCRIBE TO HEBREW HOMEBIRTH YOUTUBE CHANNEL TO BE ENTERED IN)**
- **Financial Ahava speaking on the importance of Life Insurance for our community!**



Sister Yakimah and baby

Come be apart of the team!:

- Insurance Agents
- Doula's
- Student Midwives'
- Nurse's
- Virtual Assistant
- Photographers
- Breastfeeding Specialists
- Billing and coding Specialists

If you are interested email me!

I want to leave you with this...

" I want to thankeach one of you beautiful sisters for the encouragement and opportunity to present this magazine to you. This is just one ofthe many things The Most High has blessed me with to serve others. The vision of Bearing Heritage is a life long one that will prayerfully, have positive effects on generations to come! I believe I was called to be a doulaand called to be a Midwife by Abba, one that I don't take lightly.

Regardless of all the disparities that we face on a day to day basis, I keep this vision at the forefront of my mind... Being of great service to my sisters means helping them to remember whose they belong to. Praying for them to take back what was stolen from them; The will to birth, The will to overcome, The will to go forth, The will to give another sister the same knowledge... We are apart of one body, and when we act as such, The Most High will, will be done and righteous change will be evident."

Let's come together

