



YOUR BIRTH YOUR WAY

UNTAMED BIRTH

Doula Services by Sydney Hagan



WELCOME

I have carefully compiled a list of local resources to best help you before, during, and after birth. A lot of these resources are based out of Virginia, but we do have some in our tiny town of Elizabeth City and Moyock.

every woman deserves a doula



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MIDWIVES & BIRTH CENTERS

We currently no longer have a home birth midwife in Elizabeth City. However, there are plenty of birth center options just over the line into Virginia.

SEVEN CITIES MIDWIFERY

Jennifer Green, LM, CPM + Sydney Mustard, LM, CPM

Home Birth Midwives

Location: 5267 Greenwich Rd STE 201

Virginia Beach, VA

Website: sevencitiesmidwifery.com

Phone: (757) 740-0197

Email: midwives@sevencitiesmidwifery.com



EVA HOMEBIRTH

Christina Owens, CPM, LM

Home Births in VA and Birth Center

Location: 840 Juniper Crescent #102,

Chesapeake, VA

Website: evahomebirth.com

Phone: (757)541-8522

Email: midwives@evahomebirth.com

MERAKI MIDWIVES

Ildiko Baugus, CPM, LM; Brittney Westbrook CPM, LM

Home Births in VA and Birth Center

Location: 1025 Executive Blvd Suite 111,

Chesapeake, VA

Website: merakimidwives.com

Phone: (757)884-3378

Email: midwives@merakimidwives.com

RESOLVE BIRTH SERVICES

Amy Michaelson-Ratcliffe, CPM, LM

VA Birth Center

Location: 929 Ventures Way #108,

Chesapeake, VA

Website: resolvebirth.com

Phone: (757)598-2853

Email: info@resolvebirth.com

THREE RIVERS MIDWIFERY SERVICES

Cindi Wylie, CNM

Home Births in VA and Birth Center

Location: 201 Prentis Street, Suffolk, VA

Website: threeriversmidwifery.com

Phone: (757)774-6790

Email: info@threeriversmidwifery.com

Pro Tip

Birthing classes will empower you with knowledge of how things work during labor and delivery, possible scenarios, and choices you can make during birth. Preparation reduces anxiety. Knowing how the body works during labor and delivery can make the experience less scary.



CHILDBIRTH CLASSES

PREPARING FOR YOUR BIRTH!

Untamed Childbirth Classes with Sydney
Elizabeth City, Camden, and Currituck, NC.
sydney@untamedbirth.com; (252) 435-9542



ReWild Childbirth Classes with Nichole Smith
Elizabeth City, NC
hello@rewild.care; (540) 280-7270



CHIROPRACTORS

AND CRANIOLACRAL AND MYOFUNCTIONAL THERAPISTS

Northeastern Spine & Sport Chiropractic
(NOT Webster certified)

216 N McMorrine Street, Elizabeth City, NC
(252)580-1231

Wave of Life Chiropractic
4640 Shore Drive #108,
Virginia Beach, VA
(757)321-7776



Jones Family Chiropractic
(NOT Webster certified)
706 W Eringhaus Street,
Elizabeth City, NC
(252)335-2225

CST With Liz, LLC
Liz Chandler

3168 Magic Hollow Blvd
Virginia Beach, VA
(316) 272-2720

Lorraine Pilarski, CST
Virginia Beach, VA
(757) 635-0933 cell

AboutFace Orofacial Myofunctional Therapy
Mandy Roberts, RDH, BS, QOM
Myofunctional Therapist
Northeast, NC to Newport News, VA
aboutfaceomt@gmail.com

pro tip

Chiropractic adjustments can help with a variety of pregnancy related ailments or concerns such as: sciatic pain, symphysis pubis dysfunction, other joint pains and mobility complications, indigestion/heart burn, or even getting baby into an optimal position for labor.





Did you know?

Research shows prenatal massage therapy can help reduce anxiety, decrease symptoms of depression, relieve muscle aches and joint pains, and improve labor outcomes and newborn health.

MASSAGE THERAPISTS

HEALING THROUGH TOUCH

1. The Juniper House - Mary Wese, LMT
Chesapeake, VA
juniperhouseva.com/wellness-services



2. Women's Pain & Prenatal Massage - Kristi Gabriel
Moyock, NC
womenspainprenatalmassage.com

3. Body of Light Massage and Wellness - Kimberly Burford
Moyock, NC
(757) 685-1306; 239 Caratoke Hwy



NUTRITIONIST/DIETITIAN

Option 1:

Nutrition Pair LLC
1241 N Road Street
Elizabeth City, NC
(252)335-9355
nutritionpair.com

Option 2:

Fiori Nutrition
Marianna Fiorillo RDN, Female Health Dietitian
Chesapeake, VA
[instagram.com/fiorinutrition](https://www.instagram.com/fiorinutrition)

pro tip

Check out the Brewers Pregnancy Diet to help manage pregnancy related concerns such as: high or low blood pressure, morning sickness and hyperemesis gravidarum, gestational diabetes, and the pre-e emergency protocol.





LACTATION CONSULTANTS

UNTAMED BIRTH
Sydney Hagan, CPLS

Lactation consult(s) included with doula clients.
untamedbirth.com/services

THE JUNIPER HOUSE
Nichelle Clark, IBCLC
Tina Bein, CBS



juniperhouseva.com/lactation-providers

COASTAL BIRTH SANCTUARY
Neisha Smoak, CLC
Elizabeth City, NC
coastalbirthsanctuary.wordpress.com

Did you know?

Breastmilk is a living substance that provides antibodies to babies to boost their immune systems, enhances brain development, reduces risk of SIDS, reduces the risk of some cancers and diseases in the mother, makes your uterus contract to shrink back down after birth, and is the best way to bond with your new baby.

Did you know?

Pelvic floor therapy can help with a number of issues for pregnant and postpartum women including: bladder control, sexual function, pelvic pain, uterine prolapse, general postpartum recovery, and emotional well-being.



PELVIC FLOOR THERAPISTS

ELIZABETH CITY, NC & NORFOLK, VA

Sentara Therapy Center - Tanglewood
105 Commercial Blvd. Suite E
Elizabeth City, NC
(252) 384-2680

Movement Is Medicine - Dr. Karol
4210 Colley Ave, Suite A
Norfolk, VA
(757) 503-5996





MENTAL HEALTH THERAPISTS



1. *Peaceful Waters*

380 Caratoke Hwy Suite J, Moyock, NC

(252) 232-8096

2. *Pride NC*

1400 W Church Street, Elizabeth City, NC

(252) 331-0322



MOM SUPPORT GROUPS



BIRTH CIRCLE / BIRTH MINISTRY



Local get togethers held by Nichole Smith and Sydney Hagan
Find Nichole at hello@rewild.care and Sydney at untamedbirth.com
Elizabeth City, NC; Camden, NC; Currituck, NC

OBX MOMMY AND ME
obxmommyandme.org

obxmommyandme@gmail.com

community, playdates, fundraisers, support

MOMS OF LITTLE HUMANS IN ELIZABETH
CITY FACEBOOK GROUP

facebook.com/share/Y1StCPKvd9hoYVM1/

Moms of Little Humans in Elizabeth City

"THERE IS NO WAY TO BE A PERFECT MOTHER AND A
MILLION WAYS TO BE A GOOD ONE."

— Jill Churchill



FROM DIET TO HEALING

HEALTH FOOD & HOLISTIC STORES

ORGANIC FOOD DEPOT

Two Locations:

4301 Commuter Drive, Virginia Beach, VA
1912 Granby Street, Norfolk, VA

HERITAGE NATURAL MARKET

New Age

984 Laskin Road, Suite A
Virginia Beach, VA

NICHOLE SMITH, HERBALIST

Local Herbalist Consultations
hello@rewild.care





ONLINE RESOURCES

1. *Earthley Wellness*

earthley.com

See the Untamed Birth products list on my website.

2. *In His Hands*

inhishands.com

Your one-stop shop for all your home birth needs.

3. *Kate Quinn Organics*

katequinn.com

online organic clothing store - personal favorite



MISCELLANEOUS CARE

PARENT-CHOICE FRIENDLY PEDIATRICIANS, PEDIATRIC DENTISTS
FOR ORAL TIES, AND FUNCTIONAL MEDICINE DOCTORS

DR. ERIC MADREN
CHESAPEAKE, VA
VOLVO PEDIATRICS

PEDIATRIC CONSULTANTS
NEWPORT NEWS, VA

DR. DEAN KENT
VIRGINIA BEACH, VA
PARTNERS IN DENTAL HEALTH

DR. ZANETA HAMLIN
VIRGINIA BEACH, VA (NO INS.)
CUSP DENTAL BOUTIQUE

REBOOT
VIRGINIA BEACH, VA
FUNCTIONAL MEDICINE

BONUS:

PHOTOGRAPHY SERVICES BY
RUSTIC IRIS OF UNTAMED BIRTH
CAMDEN/ELIZABETH CITY, NC
MATERNITY, BIRTH, NEWBORNS, FAMILY





Questions?

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UNTAMEDBIRTH.COM