

Dr. Nancy: Here we go. Good afternoon everybody. It's Dr. Nancy live today on Wednesday, and I have a very special guest with me today, Lynda Barton Kirch. Lynda is a nurse midwife here in the Indianapolis area. I think the world of her, and she's done some amazing things with some of our patients, so I really wanted to have her on to talk about women's health and maybe some advice for pregnant women. Our goal on these broadcasts are to help moms, and it all starts with pregnancy. It starts with preconception, actually, but from preconception to actually having the baby. And then some tips on how to raise your children naturally without having to run to the medicine cabinet for everything. So I'm gonna let Lynda start, and just tell us a little bit about her, and we'll just kind of go from there. We'll just chat away.

Lynda: Well thanks Nancy.

Dr. Nancy: You're welcome.

Lynda: Thank you, and I appreciate being on air with you. I think the world of you as well.

Dr. Nancy: Aw, thank you.

Lynda: I think chiropractic and women's health go hand in hand in making an optimal vessel for women to have babies and women to grow older. So my specialty, if you will, is women. Wellness, care, as well as preconception, babies, postpartum. And my business is Central Indiana Nurse Midwives.

Dr. Nancy: Yeah, and you serve like most of the Indianapolis area, right?

Lynda: Absolutely. I go within an hour radius of Indianapolis. Unless a client moves far away, and I go to see them as well.

Dr. Nancy: She is so sweet that way. You know, and midwives are a different profession because it is just a women-centered ... Doesn't midwife mean "with women"? "With woman"?

Lynda: It does.

Dr. Nancy: Yeah.

Lynda: Mm-hmm (affirmative), it does.

Dr. Nancy: And most of the midwives I met are just so caring and just wonderful. I couldn't imagine birthing with anyone else, you know? It's just a neat thing. And you go to people's homes, right?

Lynda: That is correct. I do home births with clients who are interested in that, or I will refer if someone wants a birth center. We have a lovely birth center in town, and then we have some naturally-minded docs that I'm happy to pass on, as well as a midwifery practice in

Methodist, as well as another midwife practice in St. Vincents. And midwives work in triage at Community North. So we're spreading our wings.

Dr. Nancy: Wow, it's great to see them everywhere. I just met one last week from ... She's gonna be in St. Vincent, Carmel.

Lynda: That's correct.

Dr. Nancy: So that's kind of a neat thing. That's where I had my daughter. I wish she was there when I was there.

Lynda: Right, right. I actually know her. We worked together out in Danville at the Henricks hospital, I think it was. And there was a midwifery group there, which is no longer in existence.

Dr. Nancy: Okay. So what would you say to our moms that wanna have kids? What advice would you give to them?

Lynda: Sure. I think if you don't have the information about midwives, it would be good to meet one or two and talk about preconception. How to get your body ready to grow a healthy baby and to be healthy yourself during the process. And that would include nutrition, water, supplements, being in alignment, activities and exercises that are safe, and how you can influence your baby as it's growing in utero.

Dr. Nancy: Right. So when they do ... How would that work with you? Do they just call? Do they come to you? Do you come to them?

Lynda: Well it depends. I have gone to clients who don't have mobility to get to me. But typically it's me. I have offices in the area. I have an office in my home. We typically meet for a consultation visit first, and then if we feel like we can work together well, then we start that process.

Dr. Nancy: Okay. What about like natural family planning? Do you do any of that?

Lynda: I do. There are a few methods that are offered, and I encourage potential clients to research those and decide what's going to fit their families best.

Dr. Nancy: Okay. And is what you do as a midwife, is it more natural-minded than, say, going to an OB?

Lynda: It is. As a midwife for child-bearing women, as well as for just well-woman care, it's pretty much just functional medicine unless it can't be. Most of the time, we can do without medication, only because that is a bandaid versus a fix. You know, you might take a blood pressure medicine, for instance. It'll lower your blood pressure, but it

doesn't get to the root of why you have high blood pressure. So we look at that, I say "we" meaning my practice.

Dr. Nancy: That's awesome.

Lynda: [crosstalk 00:05:38]

Dr. Nancy: I'm sorry, go ahead.

Lynda: It starts with who the person is, and what's their nutrition like. I could ask "What did you eat last month?" Or "Where are you getting your water source?" You know, things like that make a huge difference in our health.

Dr. Nancy: Right. So when you do work with women, is it mostly using food as their medicine versus like supplements, or do you do both?

Lynda: I think you have to start with a health gut before you can actually absorb what you're putting into your body, and some women actually need supplements to correct their gut flora. And we may start with supplements, we may start with food. It's a very individual process.

Dr. Nancy: Right. So then besides working with pregnant women, you also do women's health, right?

Lynda: Correct.

Dr. Nancy: Like they're going to their gynecologist. And then how old can you go with working with women?

Lynda: Until they die. I start with as young as a client needs or wants to be until their done with their lives of being women.

Dr. Nancy: Our job.

Lynda: Yes, yes.

Dr. Nancy: So do you see women with like PMS, hormone issues too? Do you have way to help with that?

Lynda: Mm-hmm (affirmative). Yeah, and we would probably get blood work, saliva testing, whatever a woman needed to figure out what's going on in the body and work from there. Get to the root of what's happening and move from there.

Dr. Nancy: Right.

Lynda: There's no point in "Oh, yeah, your hormones are out of wack. You need to increase this one, decrease that one. Here's a medication for it or a topical cream." You still don't know why that's happening, you know? It's best to know.

Dr. Nancy: So you are able to diagnose ... Or not diagnose, but just really figure out what's causing the issues?

Lynda: Absolutely, and if I'm not able to, I refer or I consult with someone who has a specialty in that area and go from there. Because sometimes you're looking in the forest, and there's just this one tree that's a problem. And I might not specialize in that, and I definitely count on the expertise.

Dr. Nancy: Right. So I don't know if you know ... I think we've talked about this that I'm really into the MTHFR gene mutation.

Lynda: Yes.

Dr. Nancy: How are you ... What's your thought on the folic acid, folate in the prenatsals?

Lynda: Yeah, I really stress that women should get L-Methylfolate in their prenatsals. Folic acid is almost not even worth having in the vitamins if a woman has those genes or those markers, they can't even absorb the folic acid. So we need methylation happening in our bodies in order to utilize what we're putting into them. And if we're not, we're sick.

Dr. Nancy: Yeah.

Lynda: Something is just not right, even if you can't put a finger on it. And I'd start with MTHFR.

Dr. Nancy: Yeah.

Lynda: Yeah.

Dr. Nancy: Well I know they started supplementing years ago, it was really to reduce the midline defects, right? The cleft palate, sipna bifida, things like that.

Lynda: Correct, [crosstalk 00:08:59].

Dr. Nancy: And other things like that.

Lynda: Yes.

Dr. Nancy: So you know, we still see it.

Lynda: Exactly.

Dr. Nancy: So it doesn't seem to be working. But if I were to say anything while I'm talking to you, to any of our women thinking about getting pregnant, please please please do folate. And if you don't ... If you're just trying to get pregnant and you're not using a supplement yet, green leafy vegetables is a great folate source.

Lynda: Absolutely. That's your natural source, yeah.

Dr. Nancy: Yeah. Let me see what else. What about menopause?

Lynda: Yeah. You know, some women have no issues with menopause. It's about 20 to 25 percent. You don't?

Dr. Nancy: No.

Lynda: I didn't either. And I think again, that's nutrition and what's in your body as well as what you eat as far as specific dietary things. It's also activity and exercise.

Dr. Nancy: Yeah.

Lynda: And so we talk about that. We need to talk about a history when we're looking at menopause in somebody who's really greatly suffering. To tweak some things, make some changes, and hopefully that will stop whatever's going on in their bodies. If not, then we talk about other things. Natural ways of getting to the root of it, again. If you need something for pain, let's do that and then work on why, you know?

Dr. Nancy: Right, right.

Lynda: Or the heavy bleeding, or "I don't have a period for three months and then I get one." You know, all these menopause things. Sweats and flashes and all of those. Yes, yep. There's some good resources out there too that are very helpful. And then there are druggists that actually customize what women need to get through during menopause and menopause time.

Dr. Nancy: Yeah, it's those sweats I think that gets them the most.

Lynda: Yeah.

Dr. Nancy: The bleeding you can handle, we're used to that.

Lynda: Right, yeah. Their partner's maybe going "Oh, okay." Call and say "How long is this going to last?".

Dr. Nancy: Exactly. I think it's those night sweats that are the worst.

Lynda: Yes, yeah.

Dr. Nancy: So do you have any more tips for the women that might be watching this? Anything that you feel in your heart that they should know, that you just wanna spread the word to the masses?

Lynda: Yeah. Right right right. Take charge of your body. Be aware of everything you put in your mouth. Be aware of the water you drink. I recommend filtering water, and if you think "Well, it's gonna take everything out of it," you can add essentials in it. You can put more minerals or whatever you need back into the water and take out everything that shouldn't be there in the first place. There are your two biggest changes that will help you to feeling better and have optimal health.

Lynda: The next is movement, and that's where you come in. You know, if somebody's got a sore back or a hurting hip, go see Nancy and take care of it. I know you love the babies and the pediatrics, you know, but I will send every breech mama to you to help that. You can help them or I will.

Dr. Nancy: That's right. Yep, that's why we're ...

Lynda: [inaudible 00:12:25]. That's it, take care of yourself, you know?

Dr. Nancy: Right. Yeah, I've said it before, food will heal you and food will kill you. So watch what you put in your ...

Lynda: Yes.

Dr. Nancy: Yes.

Lynda: Yes. There's a meme out there that says, you know, "Go to your local farmacy," and it's spelled F A R M A C Y.

Dr. Nancy: Oh, that's right. It's not just a fad, is it? Good food is not just a fad. Non-GMO, all that stuff, it's, people are waking up.

Lynda: If you look at all that the other countries in the world, they're all going with the non-GMO, and they're even taking things off the market that people shouldn't be ingesting. We're just a little behind in that, but if anyone wants information on that, they are welcome to call me. We can make an appointment, whatever needs to be done to get to the optimal health or toward it, especially if you're thinking about getting pregnant or if you have some chronic issues.

Dr. Nancy: Yes. And I highly recommend Lynda, she's wonderful. I put her phone number up there. If you're listening to the podcast, it's 317-366-4611, and it's Lynda Barton Kirch. Wonderful certified nurse midwife. Alrighty, thank you so much Lynda for coming up. I so appreciate it.

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Lynda:            Alright.

Dr. Nancy:       And we will talk to you soon.

Lynda:            Great. Thanks for having me.

Dr. Nancy:       Alright, thanks Lynda.