

Pregnancy Release and Fertility Awareness Resources for Mind, Body, & Spirit



*If you or anyone you know needs abortion doula support, I offer **donation based abortion doula services**. Please visit my [birthwork website](#) to browse my offerings and to **schedule a free consultation** to see if we would be a good fit with one another.

May we all be well, supported, and free.

-Anak Doula Services

Free Resources

✿ Abortion Information in California:

[CA Abortion Access](#) | Accurate and up-to-date information regarding how to access abortion services in CA.

[Access Reproductive Justice](#) | [Abortion Support in CA](#) | Bilingual (English and Spanish) support network specializing with helping folks navigate abortion and pregnancy.

[Planned Parenthood](#) | Information about at-home and in-clinic abortions and your options in choosing what route is best for you.

If **living outside of California**, find nearest provider [here](#)

✿ Emotional Support:

[Miscarriage and Abortion Hotline](#) | Team of experienced clinicians who specialize in abortions and miscarriage support. Available for free via text or call.

[All Options](#) | Toll free peer counseling and support to folks who are moving through pregnancy loss, abortion, adoption, or infertility.

✿ Abortion Pills Access:

[Plan C Pills](#) | At home abortion pills mailed to you in all 50 US states.

[Abortion pill access](#) | Available to anyone living in all US 50 states.

[Hey Jane](#) | [Virtual Private Abortion Clinic](#) | Providing safe and discreet medication abortion treatment (no in-person clinic visit necessary).

✿ Funds for Clinical Abortions:

[Access to Abortion Funds](#) | National network of abortion funds helps you connect with orgs that can help you navigate financial needs while moving through an abortion.

Find your local abortion clinic: [HERE](#)

Abortion Stats and Facts: [HERE](#)

✿ Herbal and Hormonal Birth Control Methods:

[Sister Zeus](#) | Fertility awareness • Herbal Contraception • Herbal Abortion Online Resource

[Herbal Contraceptives](#) by Sister Zeus

[Abortifacient Herbs](#) by Sister Zeus

Types of [Natural Birth Control](#)

Types of [Hormonal Birth Control](#)

✿ Free Reading Resources:

[Abortion Resolution Workbook](#) | Emotional and spiritual support book to help you process the big feelings that may come up during a birth release. Helpful in moving through intense moments while also serving as a guide to help you seek more help if needed.

[DIY Doula Zine](#) | What to expect before, during, and after abortion. Great resource to send to friends, loved ones, or anyone who is supporting you through an at-home or in-clinic abortion.

[What to Expect During & After a Miscarriage/Abortion](#) | In depth look at the physical, emotional, and hormonal changes when going through an abortion. This is helpful for both medicated and herbal abortions.

[Reclaiming Our Ancient Wisdom: Herbal Abortion Procedure & Practice for Midwives and Herbalists](#) | A deep dive into intensive research on the historical use of herbal abortions, what types of herbs to use, and their effectiveness. How to prepare herbal medicines such as teas, decoctions, and tinctures and suggested dosages are also included.

FREE E-book: [Natural Liberty: Rediscovering Self Induced Abortion Methods](#) | Highly recommended resource! “Natural Liberty is a detailed, well documented guide for women and scholars - outlining the history, mythology, and methods of self-induced abortion, featuring: pharmaceutical drug abortion, menstrual extraction, forty plants used historically to induce abortion, homeopathy, acupuncture, massage, yoga, and more.”

✿ Books/Zines Recommendations:

[Grow your own Abortion-Herbal Abortion Guide](#) by Holistic Abortions

[Holistic Healing After Abortion](#) by Samantha Zipporah

✿ Fertility Awareness:

Book: [Taking Charge of Your Fertility](#)

Book: [The Tao of Fertility: A Healing Chinese Medicine Program to Prepare Body, Mind, and Spirit for New Life](#)

[Moon Calendar](#) By Chelsea Granger

✿ Podcasts:

[Self Managed Abortion Podcast](#)

[Samantha Zipporah | Womb Sovereignty, Dark Feminine, and Mythopoetic Pregnancy](#) on Medicine Stories Podcast

[Ending Pregnancy at Home: Holistic Abortion Options](#) by Medicine Stories

[Cera Merrick | Abortion as Ancestral Medicine and Body Literacy](#) on Weaving Harmony

[Samantha Zipporah on the Womb Continuum](#) on For the Wild

✿ **Fertility Awareness:**

[Your Cycle, Your Self: Period Empowerment, Fertility Awareness & Risks of Hormonal Birth Control](#)
on Medicine Stories

✿ **Abortion Care Package:**

[Abortion Care Package](#) by Holistic Abortions

Herbal & Flower Aftercare Support

✿ **Herbal Apothecaries:**

[Rosemary's Garden](#)
[Wish Garden Herbs](#)
[Sacred Vibes Apothecary](#)

[Anima Mundi Apothecary](#)
[Herb Pharm](#)
[Herb Folk](#)

✿ **Herbs that may be helpful for healing and recovery:**

Think of *herbs that are ~ iron rich, nutritive, nervous system supportive, warming, immune enhancing, & liver supportive.

*Please *refer to and work with* an herbalist when taking herbal remedies as some herbs can have contraindications. It is important to ethically harvest and honorably source herbs that are organic, sustainable, and safe for consumption and application. Read more about honorable harvesting, [here](#).

✧ Nettles
✧ Alfalfa
✧ Moringa
✧ Red raspberry leaf
✧ Oat Straw
✧ Milky Oats
✧ Tulsi

✧ Peppermint
✧ Motherwort
✧ Passionflower
✧ Skullcap
✧ Rose
✧ Ginger
✧ Dandelion
✧ Raw Cacao

✧ Lemongrass
✧ Lemon Balm
✧ Yarrow
✧ Astragalus
✧ Chaga Reishi
✧ Lemon
✧ Milk Thistle
✧ Burdock

✿ **Herbal syrups:**

[Strong Women Syrup](#) by Taproot Medicine

✿ **Tinctures:**

[Nausea Relief Tincture](#) by Wish Garden Herbs
[Kick Ass Immune Activator](#) by Wish Garden Herbs
[Rebalance After Birth](#) by Wish Garden Herbs

✿ **Flower Essences & Glycerite:**

[Bach's Rescue Remedy](#) Essence
[Grief Relief](#) Flower Essence
[Wild Rose](#) Flower Essence

[Passion Flower](#) Glycerite
[Dreamy Drops](#) by Abbey Joy Healing

☼ **Physical Support: Aftercare**

- Rest, rest, rest! After any sort of birth release, your body enters a post-partum period where it is important to slow down in order for your body to physically, energetically, and emotionally process and heal.
- Warmth. Your body goes from a hot to cold state after a birth release. Allow heat to return back into your body via ~ heat packs, warm baths, foot soaks, and pelvic steams.
- Warm, easy-to-digest, nutritious food & drinks to build nutrients and vitamins and restore tissue (think bone/seaweed/veggie broths, herbal teas, soups, stews).
- [Meal Train](#) Free meal train platform to help organize meals for a loved one going through a big life event.
- Bodywork ~ womb/pelvic care, belly binding, uterine massage, breast/chest massage, acupuncture.
- Support~ Calling a close friend or friends, therapists, or support group for emotional support and processing.
- Journaling your birth release experience.
- Joining an emotional support group or hiring a abortion doula to help process your experience.
- Having a post-partum ritual or ceremony to honor this tender and transitional time.
- Wait as least two weeks to allow your cervix to close & bleeding to stop before inserting anything (like tampons, cups, toys, fingers) or having penetrative sex. Infection rate could be high during this time.
- Know the signs of possible complications, depression, and when to seek medical attention, [here](#).