

# Pregnancy: what you aren't told



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# Fun and not so fun facts..

- You can lactate red, blue or even green milk
- You could lactate blood
- Your sweat can turn blue
- Reduces risks of some cancers
- Improved heart health
- Pregnancy can't cause hirsutism - a pregnancy beard
- Protection from multiple sclerosis (MS)
- If a woman hears the crying of a baby she could lactate as a response
- Your teeth could fall out
- The fetus can excrete and urinate in you
- A fetus can dig their nails in your uterus
- Heightened sense of smell - you could start to hate scents you once loved
- The uterus could invert inside out

# Husband stitch

Otherwise known as the daddy stitch, husband knit and vaginal tuck is a medically unnecessary and potentially harmful surgical procedure in which additional unnecessary stitches are used to 'repair' a woman's perineal region,

Side effects:

- Pain and discomfort
- Long lasting sexual dysfunction
- Longer postnatal recovery
- Swelling
- Infections

The real procedure is called an episiotomy it is a surgical incision to allow the baby through easier and preventing more severe tears

The husband stitch is becoming ILLEGAL and is considered medical malpractice..

Performing this procedure without the woman's knowledge or consent (which is very common) is considered medical negligence.

A woman's vagina is an elastic muscle which constricts back to its previous size after a short period of time.

Stitches have no physiological consequence and is debatable if partners can feel a change or not.

# Fetal-Maternal Microchimerism

When you are pregnant, the cells of the baby migrate into the mother's bloodstream and then circle back into the baby. This is called Fetal-Maternal Microchimerism.

For 41 weeks, the cells circulate and merge backwards and forwards, and after the baby is born, many of these cells stay in the mother's body, leaving a permanent imprint in the mother's tissues, bone, brain, and skin, and often stay there for decades. Every single child a mother has afterwards will leave a similar imprint on her body too.

Even if a pregnancy doesn't go to full term, or you can get an abortion, these cells still migrate into the bloodstream.

<https://www.scientificamerican.com/article/scientists-discover-childrens-cells-living-in-mothers-brain/#:~:text=They%20found%20such%20cells%20in,no%20evidence%20for%20neurological%20disease.>

# Fetal-Maternal Microchimerism

Research has shown that if a mother's heart is injured, fetal cells will rush to the site of the injury and change into different types of cells that specialise in mending the heart. The baby helps repair the mother, while the mother builds the baby - this is why certain illnesses vanish while pregnant.

It's incredible how mother's bodies protect the baby at all costs, and the baby protects and rebuilds the mother back - so that the baby can develop and safely survive.

Think about cravings for a quick moment: what was the mother deficient in that the baby made them crave?

Studies have also shown cells from a fetus in a mother's brain 18 years after she gave birth!

Another example includes if you have pin straight hair you could have curly haired genes which are bound up and part of the DNA which is not being expressed. When pregnancy comes along the hormone change which genes are being expressed and could change the features of your hair



**Any questions?**