

# Episode 246: OUR BIRTH STORY (Part Two)

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## SUMMARY KEYWORDS

laurie, hospital, contractions, epidural, brennan, birth, baby, pushing, labor, feel, point, crane, minutes, literally, abby, nurse, mom, walks, home, talk

## SPEAKERS

Kathrin Zenkina, Brennan O'Keefe

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**K** Kathrin Zenkina 00:14

Welcome to The Manifestation Babe podcast. My name is Kathrin Zenkina and I'm a manifestation expert, master mindset coach and multiple seven-figure entrepreneur, I'm obsessed with helping you achieve everything that you once thought was impossible. If you're looking to massively uplevel your life, your finances, your relationships, your productivity and success then you have come to the right place. My goal in this podcast is to help you see the infinite potential within yourself to be, do and have anything that your heart desires. Think of this podcast as your weekly dose of mindset development, to help you maximize who you are, and where you're going. Leave it to me to provide you with the tools, resources, strategies and teachings that you need to manifest a reality wilder than your wildest dreams. I know we're about to have so much fun together. So thank you so much for pushing play today and now let's begin. Okay, 87 years later, we're finally sitting down for part two, I didn't think it would ever take us three days to finally record a podcast, but here we are. Let's get into it. So, where do we leave off? We left off at when we're going to the hospital right?

**B** Brennan O'Keefe 01:34  
frantically driving over?

**K** Kathrin Zenkina 01:35

No, we haven't even gotten to the driving part. Okay, that's when baby woke up. I remember here, let me just go off of where I last remember, if you're tuning in right now and you're like, why are they just jumping right in. It's because we have a whole part one that you have missed. So make sure you go back one episode, listen to part one, because there's a whole hour of the home birth part or the home birth attempt and now we are heading to Cedars Sinai Hospital to go see Dr. Paul Crane. And there's a reason that Netflix and HBO always have a little 32nd intro that you skip it. So if you forgot, you get caught up, and here's your catch-up. Oh, it's not a catch-up, baby because I'm just gonna dive right into part two. So let me see where we left off. Okay, so I remember being in the shower, making our decision, and then here's the

thing, my midwife Abby, I asked her two weeks prior, I said, Hey, I have zero plans of going to the hospital. Yes, I have a backup OBGYN who they recommended to be Dr. Paul crane. He's freaking amazing and hopefully, he never retires. So everyone who wants to do a hospital birth or has to do a hospital birth can experience Dr. Paul Crane. I asked her like, Hey, I know I have a backup. I have no plans whatsoever of using him. Should I still pack a hospital bag just in case you know, something happens? We have to go to the hospital and that way Brennan is not frantically trying to pack and blah, blah, blah? Or is that kind of like, you know, not recommended? Because then it's always like a plan B in the back of your mind when shit gets hard, right? And she's like, actually, I always recommend a hospital bag a backup one, even if you're like gung ho sat on home birth, and like Under no circumstances are you gonna go because I find that the more flexible you are with your birth plan, the better it goes your way and she's like a notoriously I have clients who will have, they will literally refuse to consider all options and then of course, the universe will give them that option that they least want or force them to go down that route and they're severely underprepared. So she's like, I find that the more flexible you are, the better it is and I relate this to manifesting because the more open you are to the how not being your job, and all of the different options and different ways that your desire can come to you, the more likely it is to come to you because you were dead set on this one way. How do you know if that way is for your highest good or not?

B

Brennan O'Keefe 04:16

We have a saying for this even in the finance world, it's called Max Payne, oh Jesus, Max Payne and Max Payne is, is the same thing. It's when everyone is leaning one direction, the least likely, but the most pain is applied if it moves the opposite direction. So it's all about whatever one's doing what everyone's thinking or in this case, what you're expecting. So with such certainty, if you're leaning too far, one direction and someone pulls that chair you're going to fall meaning that the Max Payne is that other way, Same concept exists universally.

K

Kathrin Zenkina 04:49

We do have some finance episodes with Brennan if you want to go catch up on those but we're not going to go diving down that rabbit hole, please. Okay, so What did I say? My brain is mush postpartum. I've realized, It wasn't until I re-recorded part one where I'm like, I actually have a hard time thinking. My brain is very emotional, I'm very bright-brained, Yeah, but I'm not very logical at all whatsoever.

B

Brennan O'Keefe 04:50

You're so beautiful, but I can see your fontanelle too.

K

Kathrin Zenkina 04:54

Brennan, , where were we? Oh, yes. So I had a hospital bag planned. It was underneath our backup snow. In our nursery. I had Brennan packed I had myself packed and baby packed right, you know, outfits and shit. So when we made the decision, Brennan, I could see panic in his eyes. He's like, Oh, my God, what do I take with me, right? And I just reminded him like,

Brennan, everything is packed, it's under the snow, just grab the suitcase, the backpack, your backpack, the breastfeeding pillow and like something else that I had there and then I remember it took me like 40, I swear to God, it felt like 45 minutes to get out of that shower. Because by the time I walked up, first of all, by the time I turn off the shower, I had another contraction. Then by the time I got out to get my pajamas, I asked specifically for the pajamas and I'm actually wearing right now and I wore these to the hospital. And by the time I put on the pants, I had a contraction. Then I put on the top, I had another contraction. And these are this is when back labor started and the only person who was relieving my back labor at that moment was my mom. So my mom was attached to me to my back literally fists, she would just fist into like my lower back as hard as possible and I would lean back on her, and at the same time clenched my belly, because it was coming from both directions and this I swear to god, if I decided to stay at home, and that was the level of labor, and the fact that it would have been another 13 hours, I have no idea like what I'd do, but everything turned out so perfectly and I'm so happy with how, how it turned out. under pressure is one way that guys can really help out too is like applying counter pressure. I pray to God that you don't have back labor, but if you do, it's a really easy way just apply a lot of strength to the areas and just listen, you won't know where it is. She will show you exactly, she did show me I was like yeah, I was like mom right here and I literally like jammed her fist into the exact place and she was literally like the same way I was married to my combs. Yes, she was married to my lower back. So anyway, by the time I got my slippers by the time I got this by the time we walked down the hall, I remember this is when I was I realized how many people were in our house. Because honestly, at this point, I thought like I just felt this. I felt this like air of like, am I giving up really hardcore because everyone's just walked Like everyone's starting to pack up the home birth. Because of course, like they have nothing else to do because no one else can come to the hospital except for Laurie and you and I just like I felt like I was doing like this walk of shame, like down the hallway. You know, just like, oh, here I go giving up, you know, and it was really tough for me to go through that and like really do the shadow work around that.

B

Brennan O'Keefe 08:15

especially since so many parts of that team are optional too like, not everyone has their birth filmed or photographed, let alone having two separate individuals for each component part. So I think that like we definitely didn't err on the side of like a tight, small birth.

K

Kathrin Zenkina 08:32

Correct. We could have had 50 People here, but at this point, I was like, I felt like I was seeing the light at the end of the tunnel because I was like, Okay, I really don't want an epidural. Like I know the risks that come with epidurals like I know that you know how it affects mom and baby. And if you don't know, just Google it, and I really don't want antibiotics because I don't want to fuck up my gut that I have in perfect condition because I get it tested all the time through lovely poop tests, and the fact that my baby is going to have his, like amazing bacteria that I have been building for him wiped out as well. So there's just so many things I didn't want to do. I really did not desire this per se, but what I wanted more than anything, and the only option for me to receive this was sleep. That was my number one priority. I had to sleep because I had no energy to go through this and like pushing takes a lot of energy. From what I heard up until this point, I had no experience up until this point and so I just wasn't eating, I was nauseous, I was exhausted, et cetera. I remember going down the hallway and realizing

Jesus. There's a lot of people in here and all of a sudden I see our assistant Amelia who spends every single day at her house like six days a week, but she leaves around like 3 pm and we have that late afternoons and evenings to ourselves. Normally, and I know it's late at night because I look see out the window and I know it's been dark for a while and by the time it gets to the hospitals like 2 am or 1:32 am, so I know that this is like 1am Because we live 10 minutes away from the hospital. And I just remember being like, What the fuck is Amelia doing here? And thank God she was there because she packed the car for us. So we called the G Wagen. Amelia pack the car for us and God with the things that I had packed. We set up the what do you call it? The car seat? A week prior it took Brennan ages to finally do it

B

Brennan O'Keefe 10:29

No, that's another whole story. Thank you very much. I could have easily done it in 10 minutes, but Kathrin demanded that I take.

K

Kathrin Zenkina 10:36

Yeah, no, no. Yeah, you demanded. You wanted to buy sandwiches for all the firemen?

B

Brennan O'Keefe 10:42

No, you wanted me to install it correctly with some assistance and I could do it myself.

K

Kathrin Zenkina 10:48

That is such a lie. Like, I remember that part. At least brought in? No. Okay. Okay. Okay. All right. See, I told you we banter all the time. Anyway. So, okay, we get downstairs? Oh, yeah. No, no, this is a whole bantering getting down my hallway, to contractions in the elevator to contractions. I'm telling you, they're coming every 30 seconds, I was losing my mind because I couldn't get very far between them. You know, usually you have like, one minute, two minutes. Some women, they're even in transition with three minutes apart, which is amazing. So you have this long break. I'm sure in three minutes, I could have made it down the hall down the elevator through the lobby and into the car. But I had to go through like five or six contractions during this point and I just remember it's like 1 am and there's no cars outside, really, except for Laurie's car and our car and I think maybe one other car. The valets are all, you know, not preoccupied at all. So they're just watching. They're really like, you know, opening doors for us and all this stuff and because usually we have like one person helping us but now we have like three people or four people surrounding us and they're like, is she okay, what's wrong? And Laurie is just like, she's in labor. She's about to push out a baby. Go into the hospital and they're like, oh, okay, okay, be careful. And then I remember this valet guy like telling Brennan randomly to make sure that I had my seatbelt on, like, make sure she has her seatbelt on. And I'm like, what, like that is elite. I mean, obviously, it's a concern of mine but least concern of mine right now. Like I am trying to figure out how I'm gonna get through this back labor now in the car without my mom because my mom walked me down to the car with her fist attached to my lower back. And I remember taking the breastfeeding pillow I got in the backseat. Why did I get in the backseat? I don't know, but I got in the backseat because that was the best option for

me for some reason. I took the breastfeeding pillow which is like kind of like a thicker foam pillow. And every time I get a contraction, I would RAM my back into this pillow and just like just hold on to Brennan in front like his seat in front of me and just like squeeze it as hard as possible. With my combs guys. The combs went to the hospital too I still have my combs on me.

**B** Brennan O'Keefe 13:05

Those combs are immortalized forever like we should put on like a trophy plaque in our house eventually

**K** Kathrin Zenkina 13:13

like we should get the little box with his birth certificate with like, just like make a little memento box anyway. So we're driving and Laurie's in front of us. We're following her she's in her car when our we're in our car. And I would say 10 minutes like, you know there's no traffic obviously we get to Cedar Sinai,

**B** Brennan O'Keefe 13:32

Are we gonna miss that whole part. What whole part? the whole part where I recorded a video on my phone because Laurie's mob and tale. Kathrin's miserable in the backseat. So I drive fast guys, like I'm not even gonna lie. Like I drive pretty quick. Not with Orion, not with Kathrin, but like when I'm by myself, like, I love to drive. It's a need for speed. It's fun. It's great. It's safe, but I like to drive. So driving is very, very, very calming and nurturing. For me. It's where I sit with my thoughts and stuff. So anyway, I'm used to driving pretty quickly. Laurie clearly lives in Malibu, or Topanga because she just books it. She's like, boom, let's go. We're getting to cedars. This is my city. I'm the mayor. Let's get there. And if you know where we live well, none of you guys know really. But we live on the outskirts of Beverly Hills. So we're effectively not Beverly Hills, but effectively we are essentially Beverly Hills. So we literally just drive a straight down lower Santa Monica. Okay. And at two in the morning, there's no cars, but there are stoplights. And the stoplights in Beverly Hills are really dumb. Sorry, Beverly Hills, they're really stupid and so one of them change and Laurie just took off. And I was going to stop and then I was just like, I'm not stopping with Kathrin in the back. I don't know she's wearing a seatbelt like she's miserable. I was I just drove through the red light and Beverly Hills notorious. They have the worst meter maids in the world and a ton of red light cameras. So I definitely got a red light klant camera, no doubt and I actually still have on my iPhone. I recorded like a 45 second video driving to Cedars Sinai basically showing myself being like, I just ran a red light because my wife is in fucking labor and I expect you to remove this ticket immediately and then you showed like a clip of me my showed a clip of her like moaning in the backseat. So anyway, that's the funny part. But yes, we got to cedars. Okay, so let me tell this part. So Laurie pulls up into the parking garage of the wing, the labor and delivery wing and all of a sudden Brennan's like oh, no,

**K** Kathrin Zenkina 15:30

And that was important because why? I'm getting there. Oh sorry what? I'm saying we're

and that was important, because why? I'm getting there. Oh, sorry, what? I'm saying we're pulling up and I'm like, about to go to the next part and you're like, okay, so Brennan See, he goes, Oh, no. And then he sees that the, what do you call it? The height? Not the height, the capacity? What do you call it?

B Brennan O'Keefe 15:53

It's like a height bar. You know, like the bars?

K Kathrin Zenkina 15:57

word for it. It

B Brennan O'Keefe 15:58

says height limit?

K Kathrin Zenkina 15:59

No, it doesn't. There's a specific word. Anyway, you guys know what I'm talking about? Like

B Brennan O'Keefe 16:03

Over sized vehicle? No, no,

K Kathrin Zenkina 16:05

it's a whatever. So there's a bar that tells you like the how high the vehicle can be right to get through to avoid like semi trucks going to certain places. But if you know G wagons are very tall cars. So our max capacity, whatever has to be under 6x. Now has to be higher than six, four. Yeah, six, four, okay. Yes, six, four is the minimum. And we look at the bar and it says six two. And Brennan's like oh shit, and he turns around and starts driving on the hospital like looking for alternatives. And I'm like, Fuck my life, man. Like seriously, like, I'm just gonna we're just gonna contractions in the car are horrible if you've ever dealt with them, and I'm like, oh, here we go. Okay, just get me this fucking epidural, please just drop me off, like do something. But at the same time, I'm like, okay, but I want Brennan to come in with me. So okay. patience, patience Kathrin Let's find some parking. We drive around. There's like nothing going on. He calls Laurie and Laurie's like, Oh, no. But wait, guys, there's a G Wagen in here? No, no. She said, No, no. She said, We'll meet you there. Bring Kathrin to that to the parking garage entrance and just have her walk up to me. And then you can worry about parking yourself. Right? Because she needs to go in, Right? And I'm like, Great plan because I don't give a fuck about anything. I just need to get in there and get that goddamn epidural. So I'm walking up this hill because it's like a hill entrance. And Laurie needs me and of course I get contractions again. And I'm like walking through. I'm trying to get into his hospital so fast. That I'm just

pushing myself through walking through them like and doing my own counterpressure at this point, I think at one point I gave up and Laurie had to chime in and do the counterpressure and then we get to the security. And the security is not letting Laurie in and oh no at this point. Laurie goes Wait, there's G Wagen. There's a G Wagen. parked in here. Why can't you come in and I we call Brennan. We're like Brennan there's a G Wagen. In here just drive up like obviously they fit, which they didn't because Brennan apparently hit something. But that's beside the point.

B

Brennan O'Keefe 18:20

No, it's that is the point. The point is, is that those height limit bars are always actually lower than the height limit. And that's intentional. Yeah. So I didn't hit anything in the garage. But I had to reach out above the car and lift the little height bar thing. And as I drove, oh you did, yes it hit the roof of the car. That's what I was trying to tell both of you but you are too in the labor to

K

Kathrin Zenkina 18:44

Yeah. About the bar in labor sorry.

B

Brennan O'Keefe 18:47

Also, another important point was we did not want to go to the emergency room entrance. For a very specific reason. We went through the actual like the labor and delivery parking garage, where like you schedule a labor and delivery appointment. And that's because well it was because Kathrin was GBS positive. And because she had already been in labor for so long, that being GBS positive. And being in labor for that long basically would have started a process where a lot of our rights lead or a lot of our rights and a lot of our decisions would have essentially been taken away because they're like, Oh my God, you've been in labor so long. We got to get the baby out. This is an emergency. And we didn't want that because we knew with our backup, Dr. Crane, that everything was fine. It was an optional transfer. It was not the end of the world. The baby was fine. Yeah, labor was fine. Kathrin was struggling and that's why we were there. Not because there was an actual emergency that required us to go in.

K

Kathrin Zenkina 19:44

Yeah, and Abby said, I am very confident like 100% that your water did not break because there just hasn't been a single leak like it with the contractions. There was no other gush of liquid that I ever experienced through labor and that just wasn't the case if there's an actual leak. So she's like, I really don't think that your water is broken. So just tell them that your water hasn't broken and they can break your water for you. Should you choose or should they deem it necessary before pushing? So I parked the car, you park while you're parking lorries arguing with the security guard because security guard is not letting her through and she's like, this woman is the only woman in all of Cedars Sinai that never lets me through it. Everyone else like knows me here and so she's frustrated. I'm frustrated because I'm having contractions as they're arguing and like, I'm like, Oh my God, And Laurie's. Like, can I please call the charge

nurse from your phone? And can I talk to someone like we have Dr. Paul crane. He has a room for us. And what an amazing man, literally a 2 am. Laurie calls him and says, Hey, Kathrin needs you. And he shows up in the cutest form I've ever seen. He has bedhead wearing a little sweater with a little bag with him. And he's just like showing up like, it felt like it felt like coming. It felt like your grandpa was visiting you. You know what I mean? It was just so cute. Like he was like, so freaking cute feels

B

Brennan O'Keefe 21:07

it. Here's what my mom, bless her soul. always said to me, I don't care what you do. But I always care that you're safe. I don't care if you've been drinking. Or if you, you know you, you got into a situation you shouldn't be in. If you call me I will never punish you on the spot. You call me you need a ride home. I

K

Kathrin Zenkina 21:25

always said that too. But I would get punished.

B

Brennan O'Keefe 21:28

So she was oh, and I never really used it that I can remember. But the point was, I always knew I could always call my mom. If I was in a situation where my DD had drunk in high school, who knows what it was right and any sort of issue, she would show up. And that was kind of what it felt like, it felt like you're like calling the parent in like the situation. You don't want to call the parent. You really don't want to call them or be there, but you need them and they show up and then he just brought this gentle, calm certain energy into that room.

K

Kathrin Zenkina 21:59

There's just so much before he showed up that I just remember like there's so much before he showed up. But like the point was that she called him and he was on his way. And he already had a room for us. So I felt very VIP. I'm telling you if you're in Los Angeles and you need a doula who will have your back at Cedars Sinai very specifically, I think she has way more connections there than other hospitals. And and all you're doing a home birth like hire Laurie Bregman, I'm telling you she is on fire, freaking amazing VIP experience. Everywhere you go any connection that you need, it's always a VIP experience. So she's like, we have a room, right? So they're like going back and forth. And I think she was like, No, only two of you can go and so I'm like Laurie, I need you because I need you to like literally like, you know, my birth preferences. And you know, what they could or might impose on us and how to shut it down? Or how to ask for what we need and all these things. So I need you more than Brennan initially, like while we're getting set up. And so at some point, I think like the other security guy, because she left was like, it's fine. You guys can all go through together. So we all go through together. And mind you I'm still having contractions like every 30 seconds to a minute, maybe it's spread apart to a minute because whenever you are new to some sort of like new scenario, whenever you're introduced to something new in labor, your body will shift and it will slow down labor either a tiny bit or a lot because your body just doesn't feel safe until it feels



settled. And then it goes back because now it feels safe. So okay, a minute apart now. Great. I have a little break. We go to the front desk, and I'm thinking we're just gonna go straight to a room. No, we're at the front desk and now they're passing me now they're asking me a million questions. I'm like showing my ID showing my insurance card. Again in between contractions. Now there's a woman with an iPad. She's like, I'm just gonna have you signed some things. I'm few things I'm literally like, ma'am, I can I can barely see you right now. I'm just not in the headspace. I just need a fucking epidural. Okay, I don't need any of these signatures. I don't need any talks. I don't need I don't need to talk to any of you just take me to a room insert that needle let me fucking sleep please. Of course I didn't say that. I'm just like, okay. All right. And then in between contractions Brennan like Brennan inter interject, this poor

B

Brennan O'Keefe 24:21

woman did not have any idea what putting an iPad in front of my wife having contractions at three o'clock in the morning or two o'clock in the morning, whatever was going to lead her into but I went full like, call the lawyers, my people talk to your people. I ain't sign and shit unless I read everything. And of course, it's the hospital. So it was like 400 pages. Yeah, and Brennan is reading everything. I'm like reading everything because I had done my research and we knew and what I didn't realize, actually, maybe this is a I hope this helps anyone who's doing a hospital birth. You will sign away a lot of your rights. I'm just gonna say this is just the truth. You're gonna sign away a lot of your rights on paper when you check in. That's that Truth. But that does not change the fact that you have a right to be informed and to make decisions throughout the hospital process. So when they say I'm going to do this to you, you can just simply say No wait, or no, I'd be like, I'd actually like to take a minute to think about this and talk with my husband. Can you explain this more to me? I'm not sure I'm ready for that. I would like to just pause for a few all those things are in your power. Now you technically wave your technical power in terms of like a legal contract sense because you are signing stuff that is basically allowing the hospital the ability to in essence, save your life if something were to go seriously wrong, and I'm down for saying of course exactly. 100% This isn't about like getting in the way of things. Kathrin and I are just being, my preferences are

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Kathrin Zenkina 25:51

more so like no, this no like like how skin to skin right away, like delayed cord clamping, but also collect the blood. And that

B

Brennan O'Keefe 26:01

was all communicated really well with our team with paul with Dr. Crane. He knew that going in what the vibe was

K

Kathrin Zenkina 26:08

Paul crane, let's stay on track. Okay, we're at the front desk signing an iPad. And we keep fucking up because what a stupid system. It's like the same. You know, like when you when a paper asked for your initials versus signature, it's like the initials box is tiny. So it's like very

obvious, this is not my whole signature is my initials. And the signature box is huge. So you're like, Yeah, I'm gonna put my signature here. No, here we have everything the same box and it just says in tiny writing like initial here and signature here. So the amount of times we had to delete my signature and put my initials or delete my initials and put my signature in between contractions or asking me questions or asking me to email my insurance card. I'm like, about to lose my mind. This is like a 15 minute process. Then we get to the room. Thank God, we just walked through the room, there's no triage, there's none of that. It's just like straight to the room. I see the bed and I'm like, oh my god, I see the light at the end of the tunnel. No. First of all, the nurse is like saying something. She's like talking. Again. I'm like, incoherent I barely I'm barely listening. I'm just like, I just need an epidural. And every person that comes to Room, like epidural stat stat stat stat now please, fast, fast, fast.

B

Brennan O'Keefe 27:19

But of course, they have to do all their hospital procedures. And the truth was these nurses were very nice. Oh, everyone was amazing. Everyone was amazing. But I also know that, you know, the type of birth that we were, that was our birth plan that we were intending to do is not very typical hospital procedure. So we you know, opted out of a lot of things and had a lot of requests about certain things. And and, you know, the nurses I think in some ways,

K

Kathrin Zenkina 27:42

I couldn't opt out of like hydration or the antibiotics. So let's get to that part. So there's a nurse, she comes in, and she was like, we're gonna get you hooked up to fluids and I'm like, Can I get an epidural? And she's like, first you need to get fluids for 15 minutes and I'm like, motherfucker, I have 15 contractions until the epidural. So they start and thank God for these combs because the combs you guys they may have barely worked for transitional kind of feeling labor like yeah, they help but at some point it's just so intense. Very very good for early to early active labor phenomenal I still was married to my combs because it was still like I probably almost punctured my hands at some point. But when they stick needles in you oh my god you don't even feel it with the combs. So use the combs for, for anything like just fun fact in life if you have to go get an IV or a shot or something just bring your combs with you. So they go into my left hand and they just start digging, man, they start digging, I think they like blow up three blood vessels and I'm so dehydrated. And I understand why because especially I know I get so many IVs and there's only like two veins that are awesome for IVs and the rest just honestly Oh, they're fine,

B

Brennan O'Keefe 29:03

hold on. They're small. They're small. A lot of people call Katherine a hard stick and if you're in the medical community, you know what that means. It just means she's a hard person to get in line you know, in a in a needle in a line for blood draw for IVs etc. However, someone can always do it. And what I've learned over time is that con everyone who calls her a hard stick is the least qualified person to do it and they always go find some nurse or some doctor who has more certainty more confidence and more experience and they always get it and so the lesson

is, is like really is it Kathrin gets hurt a lot because people don't feel confident and then they miss your veins. Yeah, but long story short three or four veins that's for sure. It was very sweet but she missed three or four veins and your hand hurt for days afterwards.

K

Kathrin Zenkina 29:52

It was, no the other one that hurt but this one was so bruised I had it turned like purple for, for a week. Okay and Ah, she's digging around and I'm with the comb. So I'm like, fine, it doesn't hurt that bad. But I also understand because I was severely dehydrated, like I just threw up all day I did not want water like water was disgusting, but I was forced to drink it and

B

Brennan O'Keefe 30:13

we like 10 pieces of watermelon a little bit of coconut water and some water in like

K

Kathrin Zenkina 30:17

48 hours. Or, yeah 48 hours at this point because I didn't eat anything all night when I was in early labor. So um, okay, so she brings another nurse they go into my other hand and she gets them on the first try. Awesome. But now like it's been 10 minutes, right? Because they have to find the other nurse who they have to come back and do the other. So again, 10 more contractions I'm about to lose my mind you guys. And at this point, like should I just have stayed at home? Like what have the baby you have come out already for I just would have stayed at home because I still have to deal with the contractions anyway. And okay, we're doing hydration and now I'm like, Okay, where is this anesthesiologist? And so like, 10 minutes go by, you know, I have my hydration whatever. And an anesthesiologist walks in and she is like a resident, student, you know, resident student, anesthesiologist, and Laurie goes, Ah, we don't we don't do that here. Like, we want the attending anesthesiologist. And of course, she's like, Okay, I'm not very happy about she's not very happy about that,

B

Brennan O'Keefe 31:20

understandably. So we talked about this a lot. Like, again, this isn't like this. Listen, this is how you get doctors, you know, you need to have teaching hospitals, you need to have students. These are obviously at Cedars Sinai in Los Angeles. Probably some of the best residents you can possibly imagine on the planet. But again, it's just you're paying for the hospital bill, you want the person who has the most experience putting something in your back spine. Yeah. And, you know, again, I think doctors are incredible. I'm so grateful that there's so many students who become excellent doctors, and it was just a personal preference, but it was funny how Laurie so quickly just said, No, we don't do residents I'll have the attending and that pissed this woman Off

K

Kathrin Zenkina 32:05

Laurie can definitely trigger people but trust me, but she has that shade of mine you want  
Laurie she has your

Laurie she has your

B

Brennan O'Keefe 32:12

back in, in a way that you cannot fathom and whether you hire her, we are in no way affiliated with Laurie Bregman outside of just an outstanding friendship and massive, massive appreciation. But whether you hire her or any other excellent doula, I cannot this is like my number one advice to men especially if you're a guy who's taken the backseat in the pregnancy or maybe mostly just allowed your you know, your, your wife or your partner, your baby mama to take the lead on this. Definitely, be involved with the doula definitely have an opinion. If you can charge it through insurance. I would definitely ask those questions because Laurie was an advocate that I couldn't have imagined not only at home, but also at the hospital and she ended up being with us for almost 40 hours. 50, 50 hours. So

K

Kathrin Zenkina 33:05

alright , let's rewind. So okay, so she's preparing my back. And this is when I start praying like I just remember being like God, angels universe energies of the highest good all the beings of light Don Javier, let's add you in here to like, everybody who in the spirit world, it guides me protects me like police protect my fucking spine right now because I am terrified of epidurals, again, under no circumstances that I want one, even while sitting there, like even when I had one, I still didn't want it. But I was so desperate for sleep. I was so grateful for it in the end because it allowed me to get the rest I needed. So she's preparing my back and I'm getting contractions and it's horrible because I'm sitting there still. The anesthesiologist walks in and she's like, Alright, you're gonna feel a little numbness right now. This is the numbing stuff and, you know, felt some stuff going. It was weird. It felt like my spine was drinking water. Like I could feel liquid pouring down my spine. It's very weird, very weird feeling. And I'm like, okay, and then she puts in another needle. I don't even remember. I think it was like a series. It's like a series of three steps. And she puts in another needle and then she puts a catheter and I think it's yeah, those three steps and again, I feel more liquid pouring, but it's like a warm liquid now. And then she's like, Okay, now it's gonna hit you in like 10 to 15 minutes. Of course, again, I'm like great. 10 To 15-word contractions. Thankfully, hit me like two minutes. Honestly, I felt tingles. I already felt the alleviation. Fantastic. All of a sudden, I can't feel my legs. What I'll tell you guys, if you're considering an epidural or just have had one you'll probably remember this or just something I didn't know. I know that you go numb. I know that you're numbed from your waist down that is very obvious. That's how it works. I know you can't feel, feel your legs. What I didn't realize was that your brain literally disconnects from your legs to the point where you forget that you have legs. I'm not even joking. Because when the nurse Finally she put me on my side so I can sleep and they put me in a position where the baby would never go sunnyside up. Because if you're on your back for too long, the baby can flip. And especially since he was just swimming around in there, he could flip and then that's a position where he's more likely to get stuck. Like it's more painful. It's harder to push, like all those things. They put me on my side, my left side and had me on a peanut ball. So that baby was always in prime position. But in order to do that, they had to like flip me over, right? Well, at this point. I'm like seeing my legs. And the first time I saw my legs when they were doing this, like 15 minutes after I got the epidural and I was numb. I was like, what? I don't have legs. Why don't like whose legs are these? I swear to God, I'm like, whose legs are these? I'm like, I don't have legs. And I'm like, Wait, what the fuck? I do have legs. I have an epidural. But what is so weird, and then touching my legs. Oh my god, especially when pushing and grabbing my own legs. It's like you feel like

you're you're grabbing a dead bodies legs, but they're warm, obviously because you're alive. But it feels like you're holding a dead body. It's so bizarre. So anyway, Dr. Paul crane walks in when I have my epidural my epidural hits me now he walks in. He's like, Hey guys, you know just like very chill, like very calm, the lights are dim, like Laurie puts candles all around. It's just chill now because I'm finally relaxed. I'm not feeling contractions, he comes in and he's like, alright, like, how about we check you? And so like, let's just see where we're at. And he kind of gets a lowdown again from Laurie of what what's happened so far. And he checks me and I was literally like six centimeters, I think five or six barely progressed from the time we left our house. And I was like, well, thank God, I'm relaxed now. So I'll progress a lot faster. And he's like, yeah, just get your sleep. I'll see you in about two or three hours and I'll just check you again. And I'm gonna go take a nap and I'm like perfect. You sleep. I sleep See you later. I just kept like praying that everyone would just keep leaving the room so I can keep sleeping. I was like I'm not pushing his baby out for a while like everyone leave me alone. I'll see you tomorrow. So they dim the lights Brennan good gives me a sleep mask. He sleeps on the couch because there's a little couch and then Laurie grabs a bunch of pillows and makes like a bed on the floor.

**B** Brennan O'Keefe 37:45

I tried to give that woman the couch because she honestly deserved it she was working just as she was working harder than me and I don't I don't mean that to like knock myself like I was being lazy or not she was super, she was doing so much body work. I was super present for Katherine throughout all of this I was doing a lot I'm really proud of myself. I'm proud of the way I showed up. I'm proud I mean even Laurie was like the way you showed up was so magnificent and Laurie showed up even harder than that because she was at least in the shower more than me. One of us was spraying spraying Kathrin but Laurie was also like massaging doing body work, energy work, with with almond oil and scrubs and just like crazy. So

**K** Kathrin Zenkina 38:26

she brings the biggest bags of things with her too, with all kinds of tools you

**B** Brennan O'Keefe 38:30

want. 100% deserve that couch but she refused and I tried

**K** Kathrin Zenkina 38:34

it Brennan and I do this all the time. Like goodnight. Just get your sleep. Shut up. Go to bed like any asleep. Yeah, so we all sleep. I think couple hours go by goes by. Doc comes back in. He checks me. I'm like an extra centimeter dilated. Great. We're out of seven. Awesome.

**B** Brennan O'Keefe 38:51

Thank you. I think we went from five or six honestly, but doesn't matter. Yeah, like

Thank you. I think we went from five or six honestly, but doesn't matter. Yeah, like

K

Kathrin Zenkina 38:55

minimal and I'm like God, God damn. Like I slept. I had an epidural and I'm still barely dilating. But

B

Brennan O'Keefe 39:02

one thing that's important to mention and like you'll hear a lot about, like fetal heart rate monitoring, like like, what's it called continuous monitoring? Yeah, you'll hear a lot about that in the homebirths space as whether that's something that you need intermittent monitoring, monitoring versus continuous you'll hear a lot about that in like the conscious birth space. And when you go to the hospital for an epidural it's just it's a requirement you're they strap you in, I got

K

Kathrin Zenkina 39:25

everything I didn't want yeah is everything I didn't want I just said yes to eventually

B

Brennan O'Keefe 39:30

what happened. And and I'm proud of us for because it's so hard to pivot when you have so much buy in and especially in this world, like when we're wrong or when we have new information we have to adjust to it is really hard because it attacks our identity, everything that matters to us the most to make a decision like think about you know, I don't even want to bring up anything but if you are convinced of something, there is so much pain, a tied to your identity to admitting that you're wrong, it becomes really hard to really hard to admit that you're wrong, or really hard. Not even that you're wrong, but that you have to that you decided that you desire a change, it's hard to get to that place. So anyway, Katherine, this was not what we wanted. But here we are. And it's life. And it's birth and all we cared about was healthy mom, healthy baby. That was what mattered to me. That was what mattered to Katherine. That's what mattered to our team. And everyone supported us from that. But I will say one difference in the hospital, especially as I was falling asleep was, I could now see the contractions on the monitor, because I could now see, the, and Kathrin also didn't really talk about it, but they started running antibiotics and Pitocin. With the with the epidural because typically, as a typically when you get the epidural, it slows the speed and the magnitude of the contractions. And that's why they then add Pitocin, which is synthetic oxytocin to then increase them. Well, the cool thing, ironically, even though this is like everything we learned and read that we didn't want. One irony of it was now I can actually see Kathrin's progress, because I'm a visual charts guy, I'm a money finance guy, and I could see on the charts, I could see these peaks and these troughs in her contractions. So I could tell how intense they were, how long they were, how in between they were and so actually was crazy. One of the craziest things was, you fell asleep fast because the epidural hit your head and you would hit the sack, the sack but I was like on my phone because I was like I was stressed. Like I was honestly I think Kathrin was in pain, but maybe less stress, I might ask was stressed. I was like tweaking a little bit because

I was like trying to defend your choices, the way you wanted this to go all that right. So anyway, I say that because I was watching this screen. And the craziest thing is what she had got there and first got the continuous monitoring. Her contractions were like, I thought they were big, but they were like, actually pretty small. And they were causing her so much pain. It's just so weird. But then when she

K

Kathrin Zenkina 42:03

was sleeping, I think it's because they got really strong after they broke the water, though. It's because the water is preventing my uterus from contracting as hard as it could. Exactly. So I feel it intensely.

B

Brennan O'Keefe 42:15

Right. But even overnight, because didn't he break in the morning, I think he broke in the mall, he

K

Kathrin Zenkina 42:19

hasn't broken out yet. I'm already on Pitocin and epidural,

B

Brennan O'Keefe 42:21

but Gotcha. So but what I'm saying is that that night, when you were sleeping, I could see on the screen you went from, let's just say a three to a five, six on the scale, because I could see these mountains, mountains, meaning up the mountain is the size of the contraction and down the mountain is is you know when it when it would wean off. And so I could see that. And that was just an interesting thing. It's just funny because Kathrin's strongest contraction she had had the whole night was when in the middle of the night when she was dead asleep on an epidural sleeping and she slept a lot over the next 12 hours.

K

Kathrin Zenkina 42:59

Well, they kept waking me up every 30 minutes to switch positions, which is fine. I barely remember that because I just fall back asleep. That was annoying. But he came back 5am. And he was like, Okay, let's break your water and see if he'll dilate you a little faster. Because he's like, alright, we're not getting anywhere. It's already you know, we're already an hour 35 or 36 or whatever. So let's break your water. And again, we're at the hospital now. So I had no fears of breaking my water because of had cord prolapse. Like they just roll me to the C section immediately. And I'd be totally okay with that. Because I know the dangers of cord prolapse. So but also at the same time, I'm telling Dr. Crane, like, can you just make sure the cord is not going to come out first. He's like, of course. So like of Duh like that's they, that's what they do, right? That's what they make sure of, but I'm like so concerned that I literally am like telling him like, please make sure that the head comes down first before the cord. And also he checked on the ultrasound to make sure like baby's in the right position and all those things so

he can get a view of it himself and there is no cord under the head anyway, so it's perfect. They break the water and I don't I just I feel like a gush of liquid I actually feel that which is very weird because I don't feel anything else but I felt the gush of liquid. And then I go back to bed and Dr. Gaines like Alright, time for another nap. I'll see you in a couple hours. I'm gonna go sleep too. And I don't know where he's sleeping. But apparently there's like a nap lounge or something in the hospital for doctors and so like are a great good night like See you tomorrow and Darcy in a few hours. And every time he'd say, like, I'm gonna go back and or I'm gonna go somewhere and I'll come back later. I'm like, yes, please keep leaving now because I don't love him but because I just wanted to keep sleeping. So he leaves I go back to bed. He comes back in a couple hours. He checks me again, maybe another centimeter and he's like, Alright, I have a woman who's like experiencing some bleeding. I'm gonna go to the office. I'm gonna go check her and you know he has his other patients During the day, and he's with me all night, and he goes to his patients comes back in a couple hours. And I'm like at an eight or nine. And he is like, it's very interesting because same as what Abby said, I'm very like, I have a very thin cervix at this point. So it's very, like pliable and openable. And he was like, even at a nine centimeters, you could probably push this baby out, like we don't have to wait to 10 centimeters. Let's just see how you do with pushing. And Laurie goes, no, let's go get coffee first. And so Laurie, gets coffee with Dr. Crane. Laurie also gets coffee with Brennan at some point, I think those are two different visits,

B

Brennan O'Keefe 45:38

or two different visits. And actually, this was the, this was the moment, I'm gonna be honest, Kathrin had no idea she had no concept of this at all. I didn't find this out until afterwards. But this was the peak doubt of this whole experience. There was actually a C section on the table. Dr. Crane was concerned about certain stuff, because of course, they're they know that when they do a C section, they will deliver the baby safely and help the mother. The downside of C sections if there is any downside because all that all that matters is health of mother and baby, really, everything else is preferences. Like I don't care how convicted you are, that it's home birth. That it's that it's cesarean, that it's scheduled. I'll argue through

K

Kathrin Zenkina 46:22

something because a lot of people say healthy mom and healthy baby and the birth space, and it's actually very undermining of the mom. Because mental health also matters. Emotional Health also matters. So it's not just healthy mom, healthy baby, because a lot of women do get abused in the birth space. And at the end, they just say, well, at least you're healthy and the baby's healthy. But the mom is severely traumatized, and so is the baby.

B

Brennan O'Keefe 46:45

Sorry, I first of all, I really, I really respect that. And I appreciate that feedback. I don't think that's what I meant. But I do appreciate, you know, I

K

Kathrin Zenkina 46:52

know I'm not I'm not saying you specifically. I'm just anyone who's listening just



know I'm not I'm not saying you specifically, I'm just anyone who's listening just

**B** Brennan O'Keefe 46:57

I think it's helpful. I think what I'm trying to say, because I've done a lot of research in this space. And I know what Kathrin's talking about. Let me clarify my comments. What I'm simply saying is when I say health of Mom, I don't just mean physical health, meaning you've been emotionally or psychologically traumatized, but your body's fine. I'm talking about health, meaning all three physical, mental, emotional, psychological, and spiritual, like everything, that's five, whatever. So that's what I mean, when I say healthy mom, I mean, healthy on all of those columns. Okay. But this was where the peak moment of doubt and you

**K** Kathrin Zenkina 47:30

can have a conscious C section. And Dr. Paul crane does deliver those.

**B** Brennan O'Keefe 47:35

Absolutely. And I think, you know, I'd like to, this is not my podcast, this is Kathrin's podcast. But you know, with your permission, Kathrin, I'd love to probably tag in the show notes, where people can find our birth team,

**K** Kathrin Zenkina 47:49

you, you better hire them, we are not affiliated

**B** Brennan O'Keefe 47:51

in any way, there's no benefit to us. We just feel like the LA community has such an incredible special conscious birth community. And, you know, there's so many people that you don't really know what you're looking for until you find resources until you listen to courses or podcasts or whatever. And I would like just to offer the opportunity to, to connect with our team, even if you're not hiring them because you live somewhere else. But just to learn from that is really important to me. But yeah, so we'll tie all those people in the show notes that are there. I think for me, you know, what I'm trying to say about all of this was, I had to accept that probably the thing we wanted the least as a preference was a C section as a preference was a C section. And in these moments where Laurie went and talked to Dr. Crane, and then talk to me, was the peak moment where I realized we were in a situation where we're going to do everything we could to give you the maximum amount of your birth plan preferences as possible. But at the end of the day, we just had to deal with what we had to deal with.

**K** Kathrin Zenkina 49:04

What's interesting, what's really cool, just the side comment that because you always hear I always heard in like hospitals like baby's heart rate is dropping, baby's heart rate is dropping.

And that's normal when you have contractions and things like that. But this little guy on the most consistent heart rate of any like birth that I've ever watched, or heard about his heart rate never dropped once, it was just the most consistent so when you say like a C sections on tables, like how when why like nothing was happening, like everything was fine,

B

Brennan O'Keefe 49:36

right? But I think that's where there was there was a gradient of information flow between you and between, like there was certainly information being passed from crane to Laurie. And then not all of that information was being passed from Laurie to me, and then even less than Abby,

K

Kathrin Zenkina 49:51

Abby was on the phone, too. So anyway, the whole thing made it and what's so cool is my midwife was involved. Obviously like first she slept, I'm sure but when The Morning came and all these discussions happened. And also when I ended up pushing, she was on freakin FaceTime like, in the room with us via FaceTime, she never left my side. So it felt like I had Abby, you know, very much part of the birth regardless.

B

Brennan O'Keefe 50:14

So, when Laurie went and talked to Dr. Crane with Abby, our midwife, you know, I don't want to say too much or too little. But I would just say that it was really kind of like, you know, a temperature check, they wanted to see where everyone was, you know, the doctors job, it's his ass on the line at the hospital to make sure everything goes okay. And I think Laurie and Abby were simply just reassuring him that things look good, and that you are capable and just kind of extending the window like we've got time she's doing well, let's just give it a little bit longer. Let's nurture that they were advocates for Katherine. And for me, even behind closed doors in ways that I couldn't see, which is why I'm such a huge advocate of having those people part of your team. And but then when Laurie also took me aside, and we had coffee, I did not really want coffee, but I was like I was exhausted. But I was also like, not exhausted. But Laurie sat down with me. And she, you know, was pretty clear with me that, you know, there was a chance and that, you know, we were going to just do the best that we can and that you are going to be taken care of. And I think because of the relationship I had with her because I made those appointments with her because I watched the course with her because I had invested the time as the partner as the birth partner to be connected with her. I felt like she understood me. And we were in this. We had this rapport where I knew she was gonna take care of us not according to what she thought, but according to what she knew of us. And so we came back, it was basically like, Laurie And when Laurie and I came back, it was like we knew in the next four hours, we were going to have our best shot next three or four hours was gonna be our best shot. And that we were probably going to have a baby and in the early afternoon was the time.

K

Kathrin Zenkina 52:00

And every time you guys leave the room like yes, please leave. So there came a time when they were very much in action mode. And I couldn't go back to bed and I was fine with it.

Because I think I just like a total of seven hours of sleep at this point, which sounds great. But

because I think I got like a total of seven hours of sleep at this point, which sounds great. But you know, over three nights, not very much. I was still exhausted. But I felt so much better. And I remember asking for apple juice because you guys were like, Oh, this is okay, so at this point, Dr. Haynes, like okay, now I'm gonna be right back and we're gonna start pushing and like the next hour. And so Laurie is like, all right, Kathrin. It's game time. And she starts giving me a whole course. Like literally getting on the floor. She got on the floor, and she would get in position and show me exactly what was gonna happen. Exactly what I would feel what to listen for exactly how to breathe. I had like this entire PhD in pushing, and she was like very Katherine's gonna take a lot of energy. You have to go hard. go as hard as you can give it all you got like, can I give you any like energy, you know, juice, can I give you this? Can I give you jello? Can I give you that whatever they had at the hospital? And I was like, give me apple juice. And so Brennan just started making me chug like brought. No, he didn't make chug. He brought the biggest cup of apple juice I've ever seen. And I

B

Brennan O'Keefe 53:21

was like a top. It's like a trough. Yeah, it was like a trough with ice in it.

K

Kathrin Zenkina 53:24

It was a huge, so I started chugging this apple juice, this apple juice is giving me life. It's like sugar, so delicious. So cold. It's like my only calories I've had in the last 30 hours. It's amazing. So I'm drinking. And Dr. Crane comes back and he's like, okay, we're at like a nine, nine and a half. But let's do some practice pushes, let's just see what your push will do to your cervix. What it will do to your baby, what it's going to do to your vagina, like, let's just see what's going to happen. And at this moment, our nurse or main nurse Judy, she like had to take a mandatory lunch break and so she just like disappears from the room for like half an hour right? And you know, everyone's cool with it because we're like Kathrin's gonna be pushing for at least like four to five hours for sure. Because how this labor is going so far like this pushing we're going to be here until the evening. And so with Laurie's coaching I'm like fuck yeah and a mind you at this point now that I'm rested, now that I don't feel as much pain which I forgot this detail. The epidural started to wear off in the middle of the night and I started to feel my contractions again and I begged them to numb me again and Dr. Cranes like no don't numb her too much. Because then she can't push. And I remember being like, I will give you the best goddamn push in the world, please numb me. And so they brought back the anesthesiologist and he numbed me again. And so that was great. And then he was like, Do you are you still numb? And I'm like, Yes. And he's like, man, we have to take the numbness down because I want you to feel you're pushing and I'm like, I will push lightly. Just give me an Lori's like, just see how She's gonna push the way she is right now. Because we don't want her to be too uncomfortable. And the reason why I was feeling pain at this point was because of baby boys butt being in my ribs, he's been in my ribs for half the pregnancy like very early on because this little guy came out nine pounds one ounce 20, almost 23 inches long. And yeah, yeah,

B

Brennan O'Keefe 55:21

a caboose like daddy, he's so long.

K

Kathrin Zenkina 55:24

Oh my God. And so he was and I have a short torso torso. So he's just in my ribs constantly. And every time I'd have a Braxton Hicks or a normal contraction, like I would feel some it felt like, it felt like my uterus was gonna snap my ribs at any point, it was so uncomfortable. So I wanted to get rid of that feeling because I'm like, this is for sure. gonna distract me from pushing. So he's like, Okay, let's do a practice push. He, you know, gets in front of my vagina to look right. And then Laurie and Brennan and Judy, the nurse are all like, kind of are No, she's not there yet. There's another nurse, there's someone else in the room. And they're all like, you guys are helping me with my legs because I literally cannot pick them up. They're like dead weight. And I don't, I don't feel them. But I also have to hold them myself to behind my knees. And I remember my IV and my right hand kept jolt like jamming against my legs and it hurts so bad, but I just would ignore that pain because that pain was like nothing compared to what I was feeling before. And this is guys where the power of manifestation and the power of visualizing and the power of intention paid off because at this point, I was conscious enough and had the energy for applying let's play a little manifestation here. And I used so much visualization I remember like visualizing energy flowing from the top of my uterus toward towards Dr. Crane. And I would see orian literally coming down and like his head going fast down the canal. And I could just hear everyone's voices being like, oh my god, oh my god, this is great. Holy shit she's pushing so well. I've literally visualize all this big, because I knew that was my only chance. And so of course, we do the K deep breath in deep breath out deep breath in again. And one two, they count to 10 and I push like I'm taking a big poop. And all of a sudden everyone's eyes go wide. Dr. Crane is like Okay, Alright, like and he immediately like turns around and grabs his like gown and gloves and everything because he's like, all right, the baby just moved down a whole inch. And you know, they don't say that they say like plus one plus two plus three, or zero minus one minus two minus three it's like the positions and the pelvis. And he's like baby just went from zero or plus one to like minus one or something like that like something very crazy for one push. And of course in my head, I'm like Hahaha Yeah, fuck cabbages. Like that's that's the power of my visualization and manifestation and every single push I just kept doing the same thing I would direct all my energy and I just had this faith and I just knew that I would have no issues pushing and of course I just kept moving orion along and they were like No, here's the thing they would say like first time moms will push for many many hours and like if you can push in an hour it's considered very fast and you could be hearing this is like a whole hour of pushing That's a fucking long time. The thing is, is that you're only pushing during contractions so if you're having contractions every three minutes like that really breaks it down to only so many pushes. So I'm pushing pushing pushing and every single push they're like oh my god oh my god oh my god we see the hair we see the head with this that like every single push should be progress it'd be like a few where he would go back in a little bit but for the most part he kept coming out and coming out and so that even though I wasn't a 10 centimeter dilation, like his head basically got me there really quickly. And so I was pushing and then Brennan I could just see Brennan because he always wonder like, is my guy gonna like look is you know, Is he one of those people that's gonna hide and like not want to see anything? Or is he legit gonna like enjoy the whole TV show that's happening? You know, between my legs and Brennan's face was so animated. He was so excited he was just staring just staring between my legs and every single progress that would happen he just be like, Oh my god, babe his head. Oh my god, you could just oh my god his head is out. Oh my god. It's just like watching every single step and I'm like Hell yeah, I'm proud of you.

B

Brennan O'Keefe 59:34

Not only that what was I doing? What What was I doing passively during that time?

K

Kathrin Zenkina 59:38

Setting up a camera yeah,

B

Brennan O'Keefe 59:39

so we have our we have a whole top top of the line Sony Alpha One in like this cameras insane. Shout out two of our mentors and mentors, Jeremy Austin and Angie for getting me on the A one train, but literally brought this beast of a camera into the hospital and it's like it has the doctor's view. Okay, it has like the doctor's view. I didn't shoot an 8k cuz it would destroy the camera, but I shot it in 4k, like pretty. It's pretty crazy. Like it's it's pretty crazy like I got

K

Kathrin Zenkina 1:00:12

The whole game, I don't think I pushed for whole hour he because the camera, you set up the camera maybe like five or 10 minutes into pushing because that was for 20 minutes. I think I pushed for 20 minutes and even less because in the camera the baby was out at minute 10 or minute 13 Do you remember that? Yes, yeah. And so that's already 13 minutes and we you set up the camera like five minutes into pushing. So I think it was 20 minutes out, I think about it. So I'm gonna change that part of my story. But everyone

B

Brennan O'Keefe 1:00:35

had a different experience to like, one of the things we talked about, during and after, like mostly after, but especially I talked about Lauria was like, your hard part was all leaving labor and early labor

K

Kathrin Zenkina 1:00:51

was a nightmare for me. And I deserve that easy.

B

Brennan O'Keefe 1:00:53

You deserve the easy pushing. And it was because it's like, some people may have really easy pre labor and early labor, which gets the baby all the way to the cervix. And then like pushing can be really hard because all of that is pushing against that final thing for you. It was kinda like you were spent all your time clearing the way for an easy pushing experience.

K

Kathrin Zenkina 1:01:18

Yeah, sorry, my mom texted something and I got really distracted. That's postpartum brain. So

all of a sudden, baby's head comes out. And then oh, and they set up a mirror so I could see this. So I'm watching this too, because I'm very interested. And I'm not like I'm telling you, the amount of other people's vaginas that I have seen with heads coming out of them is insane. Like, I'm very desensitized. I don't see it as anything traumatic. I don't see it as anything gross. It's a completely normal thing that come across my Instagram. It's like, you know, coming across a selfie. Just a vagina head coming out, because I follow so many birth accounts. And I'm watching myself and I see the head and I see all this hair. And I'm like, there's the heartburn. The

B

Brennan O'Keefe 1:02:02

harbor that was so validating for you, there's all

K

Kathrin Zenkina 1:02:05

that heartburn. And, and they were like, feel the head and like it's like so squishy. And I'm like, oh my god, this is so weird. I remember like poking it like in the camera is the same thing. I like use two fingers, like kind of poke at it. And I'm just like, okay, that's kind of weird. And hi, bunny. Go back to sleep. It's okay, we're almost done. You can sit right next to us on a BabyBjorn Bouncer. So where was I?

B

Brennan O'Keefe 1:02:32

You almost push?

K

Kathrin Zenkina 1:02:33

Oh, yeah. They were like, Kathrin, grab him. And I was like, I literally grabbed you know, underneath his armpits and pulled him out and like pull them out of my vagina and put them on me. And I will tell you, that initial moment when you finally see the face, like you see what they look like after them being in their womb for 10 months and having no awareness whatsoever, or any idea of who they might look like what they look like, are they Q? Are they not q? Are they gonna be a conehead? Are they going to be super swollen and ugly and this and that, you know, like whatever. And it's such a shock to the system. I remember looking at him and just like it didn't register as like this is it like this is who was in here. And then all of a sudden I looked at him and I was like wait, he has no conehead, how does he not have a conehead? And then I was like, Oh my God, he's so cute. He's not even swollen and he's so handsome. And I just remember immediately like falling in love with him. And then all of a sudden, it's just like, oh my god, relief, like complete relief that he's out. It's over. He's on me. He's so cute. He did his cry. Abby was there she was coaching me to like rub his back and talk to him because there's this moment where babies go from the spirit world, essentially, in the womb, because the womb is a portal. The vagina is a portal to human world. And sometimes they if they if you're actually in fast pushes, that's what Abby told me when the woman isn't pushing very, very long. That's when babies come out really quiet because they're like still asleep. They still think they're in the womb because it happened so fast. But if they've been in the birth canal for a while and it's been like this whole thing of hours and hours and hours, they're a lot more

alert. So we had to kind of help him take his first breath his first cry, she was coaching me on FaceTime. And I remember like hearing Abby's voice like somewhere and realizing that Laurie and her FaceTiming and so he does his first cry I'm like super relieved super happy and then he's on my chest for I don't know like a whole hour we're doing skin to skin long before they and that's what I love like Cedar Sinai is very pro skin to skin as long as it's like you know, safe for baby to do that. There's no problem or issue or anything. No emergency. So he's on me. No one's touching him. No one's grabbing him. No one's weighing him there's none of that. We do delayed cord clamping so we got our wish. With Dr. Crane. He led us have seven minutes of blood. Yeah, seven minutes of blood. Well, it's first of all, what skin to skin. Skin is skin is when your naked and babies naked and babies on your chest and

B

Brennan O'Keefe 1:05:09

what does that do for the baby and the mom?

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Kathrin Zenkina 1:05:12

Well, it helps with a lot of things I know primarily like it helps with stabilizing the baby like because they go from the womb to all of a sudden bright lights, you know, cold air, all these things. And so when you put the baby on your chest, the baby is still hearing your heart rate. Your body is regulating the baby's body's temperature, their heart rate, their breathing rate, all that stuff. So it's so so important. I mean, imagine how this very gentle transition,

B

Brennan O'Keefe 1:05:40

I imagine swimming in the dark, dark, deep ocean, and hitting a wormhole that just all of a sudden compresses you and throws you into like the Atacama desert with no, I mean, literally it's like dark ocean to like bright Atacama desert or, I mean, who cares, Vegas, whatever, just a bright white desert from a dark ocean. That's their experience, literally. So the skin the skin helps regulate them with latching

K

Kathrin Zenkina 1:06:07

even though we had an issue with that, but anyway, so he leans on me, more clamping

B

Brennan O'Keefe 1:06:13

was a big deal for us too. Because we had a back and forth about it, we really wanted the delayed cord clamping so he can get the blood that's been circulating inside the placenta inside his blood system. We really wanted that for him because there's a lot of benefits for that. But also we went back and forth. We talked with our pediatrician, our birth team. I know from my background, just loving on people like Tony Robbins and Peter Diamandis and just like the really smart forward medicine in the world, I knew I really wanted to get umbilical stem cells, that was really important to me. And the irony of that is, is that you hope you never use them. You hope you waste them. But I use life bank, and it was a really great experience with them.

It's not super cheap, but it's not a lot. So it's like, I just figure if he has a rare condition at some point or need something or he tears his ACL and or he hurts his back we have God forbid, but we have an insurance policy for him forever in that his placental stem cells will be banked for an eternity. So we got the best of both worlds because normally delayed cord clamping on seven minutes is a good time normally delayed cord clamping they're they're nervous because they want to give that blood to the baby. But if you ask for the placental stem cell blood, umbilical, sorry, umbilical stem cell blood, the cord blood, they need to get enough. Otherwise, if they don't get enough, then they can't actually harvest those themselves. And it's a waste. So there's this balance between them. We weren't actually sure if we could get both

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Kathrin Zenkina 1:07:51

Well, in the homebirth It was very challenging because I'd have to get out of the tub very fast use gravity to get is it would have been a whole thing that was stressing me out for weeks and weeks and weeks. And it's kind of a blessing that we ended up in the best environment for quarterback coordinating to be very easy. And also to have delayed cord clamping at the same time. It was just like such a possibility because of because of us going to the hospital. So they do that Brennan cuts the cord. And then it's time you know the baby spent a while for me with me. And then finally the big question comes up of like, how much did this baby way because my bump was freaking huge, ginormous and I Dr. Rad who from part one you remember we had an ultrasound right as I was going into labor, he estimated the baby would be well his ultrasound measurement said 10 ish pounds, but he says is always off by a pound higher from his experience. So he's like, I'm guessing you're on nine pounds. And I said I've said nine pounds is whole pregnancy because I was eight six Brennan was nine nine. I'm like this baby's gonna be right in between. He's gonna be nine pounds. And the bigger it'd be honest. Yeah, they weigh him and he was nine pounds, one ounce and he was the freakin cutest thing in the world. I left my placenta came out. You saw it. You're grossed out by it. Now when you're watching it grossed out by it was just Oh, it's just too much blood for you.

B

Brennan O'Keefe 1:09:17

Looks like you know, okay. So you know, like in the ultrasound, how they show the baby's heart with the advanced imaging stuff. And you can see the blue in the red. Yeah, imagine like not a heart like this is a Disney heart but like an actual pumping heart with both ventricles. And you know, you hold them it's like a glob. It looked like it looks like it looks like a if there's a heart balloon that was popped. That's what it looks like. It's just very red, very mucousy bloody blue. And it just, it's an amazing piece of your body that served our son and serve. An organ. It's so cool. It's a disposable Organ, it's™s amazing, but it's pretty crazy.

K

Kathrin Zenkina 1:09:57

It's pretty bloody. I saw it on the video this morning when I was reviewing the footage, it is pretty crazy. And he showed the sack and of course all that collagen that I took made the sack really strong, which then hurt me in the end. But I'm still going to take a lot of collagen no matter what because it's worth it. Like honestly did so many amazing things for my skin through pregnancy. But that's a whole nother whole another topic. So we got our baby. Our pediatrician came by right away.



B

Brennan O'Keefe 1:10:23

Yeah, we requested that. Yeah, that's great, because we wanted to get out of the hospital as quick as possible. Yeah, not like as quick as possible. Like, okay, we're running away now. But just like, we didn't wanna like stay there because we knew that everything was great. He was great. He was healthy. He was good. And the

K

Kathrin Zenkina 1:10:39

beauty of having Abby as the midwife even though she didn't she wasn't, it wasn't a home birth was that she is still our care provider. And so she does home visits for six entire weeks after the baby's born, she comes over, checks me checks the baby. We have long appointments, that OBGYN don't see you until six weeks after birth. So you get none of that care. I've seen Abby like four times. And we're only two and a half weeks past his delivery.

B

Brennan O'Keefe 1:11:06

Not Only that but she's hooked us up with our amazing milk donor too. I mean, there's so many benefits

K

Kathrin Zenkina 1:11:12

Yeah, yeah, but I'm saying that the reason why we could be discharged so quickly is because we were going to do all our newborn exams with our midwife, we had a midwife at home. So it wasn't like we're just going rogue and like just you know, winging it and doing our own thing at home. It's like we had care providers. My mom came we got transferred to the postpartum suite And then of course full circle moment Dr. Rad walks in. And it was hysterical, because I remember Brennan asking me in the middle of my labor. Hey, Dr. Rad asked Abby, if you could attend his first home birth to observe and just see what Abby does. Because he loves like, he really advocates for Abby and Abby advocates for him like they have a great relationship is

B

Brennan O'Keefe 1:11:51

a big deal for him. I feel like I mean, I'm gonna go on the record here and just say like, Dr. Rad is probably the person that I would recommend, given what I know now. He is like, the high risk factor.

K

Kathrin Zenkina 1:12:08

Yeah, if you have a high risk pregnancy,

B

Brennan O'Keefe 1:12:10

pregnancy, he is the guy at Cedars Sinai. And so our preference and like why we chose Dr. Crane didn't have anything to do with Dr. Rad. Dr. Rad has an incredible doctor, we just knew that we wanted to go in a certain direction. But like, if my wife was , had, you know, God forbid something dangerous, like if she had to go in for an emergency C section, my desire may have actually shifted to Dr. Rad, he would be the one I would want to operate on you. Because he is that skilled. And the most important thing about Dr. Rad in my opinion is it's like he is the best at these emergency C sections or high risk C sections or high risk, vaginal births. But like he also cares about the birth space, the conscious birth space, the home birth space. So he wanted to learn from midwives from who he has a great relationship with, but like, how honorable is that to be like in Los Angeles at the best hospital one of the best and still being like, wow, what don't I what what what don't I know? Where are my holes? Where can I learn and evolve more? How can I have a more conscious experience? For someone who has no option of a home birth? They have to have an emergency C section? Because of their situation? How can I still give them as many benefits as possible, given their situation? So Kath, I just I admire him, I adore him for that. And he was actually requested to come to your home birth and he didn't hear anything and thank God he didn't come and he was nervous because he didn't hear from Abby, I don't think for a while. But he ends up coming over to cedars because this is his hospital, right? And he ends up in our postpartum suite. It was his funny full circle,

K

Kathrin Zenkina 1:13:53

come to the home birth, because here we are. And he was really cute. So we my mom got to meet him. So we did that we got discharged at like 1am that night and I gave birth at 2:45 You know, and you know, backtracking. So we showed up at 2am to you know, that night 2:45pm. The next day I gave birth I delivered and then 1am That night, we got discharged and thank God we had the car seat. So we got to take baby home they got I brought everything with us because you never had to go anywhere, go home to pack things. We didn't have to spend a night there except for the night that I was in labor. And there's just honestly an amazing experience and we got discharged we went home and my mom stayed with us for nine days total to help us with that initial newborn chaos that ensues you know, middle of the night changes and feedings and crying and this and that but overall like I think we had a great experience even though it didn't go exactly according to plan. I think that everything that made, it would have made it an amazing experience like is what had happened. And also this is this is awesome. There's a specific astrology chart that I was kind of manifesting for Orion and of course I would never, I would never be like, oh orion you have to come at this time because I truly believe you know, and communication between unborn baby and mother. But I knew that he was choosing his astrological time and time of birth. Jesus, I can't even talk date and time of birth to have a specific chart a specific human design chart, right? We choose that our higher selves Choose, choose that before birth. And I would wonder like, Okay, what is he choosing? And at the same time, I'm like, Oh, my God, I really don't like that sign, or I really don't like that aspect until like, a certain time, you know, and I was like, when I went into labor on the fourth, I was like, oh, no, he's gonna choose that aspect. Okay, I mean, that's up to him. And it's so funny, because he came right as one of the aspects changed, like, a few hours after it changed. And I was like, of course, you did like you, of course, he chose to come on the sixth at this time. And I always wonder, you know, would I have lasted that long? At our home birth? Another 13 hours, like, what would that feel Like? Would I even have the energy to push? Like, what if I didn't have the energy to push baby got stuck, and I had to end up with emergency C section. So overall, I'm so happy to listen to my intuition. And like I said, in part one, my intuition speaks to me and flashing images very often. And so the fact that I saw Dr. Crane flash at me three

hours before I finally decided to go to the hospital, says something. And it really taught me to listen to that, and not judge that even though I did judge myself in the moment, and I had to question Is this my ego or not, but then I had to understand that my ego has been talking to me for the last 20 hours already, because I was, you know, like in labor, your my ego was already talking to me the night before, and I already overcame 24 hours of ego. And so this was coming from the higher self and being able to make that distinction in such a high intensity state, just really empowered me to trust more decision making that I would make in my next birth or other high intensity states that life brings, you know, our way.

B

Brennan O'Keefe 1:17:32

And also, just like, I think, to understand too, that what preferences are preferences are not life or death preferences or preferences. Like Kathrin, I have a very holistic view of life and health and vitality and medicine. You know, we spend a lot of money on providers that are helping us be healthy now not waiting for something to go wrong. And I think both of us if I'm being honest and vulnerable here have held a little bit of a bias towards Western healthcare in some ways. Not, you know, hugely, like, you know, we're gonna get shot with a gun and then, you know, go sage it out, or like, you know, use some Reiki to pull the bullet to the

K

Kathrin Zenkina 1:18:08

Universe or something and typically, Western medicine is last resort for me,

B

Brennan O'Keefe 1:18:11

and yeah, exactly. And I think, you know, we had done a lot of a lot of the conscious birth space is really focused on like, where Western medicine gets it wrong, and all the things bad about it. And I think I'm going to kind of shift and pivot and just kind of refute some of that and be like, you know, all these tools exist, just like Kathrin teaches in manifestation, babe Academy, you know, all these tools exist for us to use. Some of them may work better than others. Some may resonate with you more, you may not love meditation, but you may love tapping, you may not love tapping, but you may love breathwork, you have to choose the tools that are available for you to help you where you're at, at that juncture. And those tools may change. But having an open mind, especially in this closed minded world is so important. And I think for me, you know, the irony was is like, we had this beautiful beautiful birth all things considered inside the Western medical system after kind of doing a more eastern style approach from the get go. And you know, yes, layup, it's okay. There are there is good energy in the building, you can let it just pass through. That's our French Bulldog layup for those so no. And, you know, it was, I was laughing because in the postpartum suite, we expected to be discharged pretty quickly. We were not. And I have this saying that if I can buy your company, your hospital if I can buy a company in my stock portfolio, that owns the profits of your hospital, they are in business number one and healthcare number two, they are in the business of money number one, and the business of health number two, and if you disagree with that, or you want to fight me on that I respectfully will not inclined to engage with you. I will just agree to this disagree. But you know, when you have to be profitable because your shares are bought, bought and sold on Wall Street, that becomes a focus whether or not you want it to. And so the irony of that was we were kept in, in the postpartum suite, not till 11:58, not till 11:59, not till midnight, or midnight

or 1 we were kept until just past one o'clock, even though basically everything had been ready for hours, because hospitals gotta get their money. They gotta charge you for one more day at the

K

Kathrin Zenkina 1:20:31

hospital idea, they'll charge us for another night, we had no idea that they were gonna charge us.

B

Brennan O'Keefe 1:20:35

They just waited, you know, hospital procedure waited to discharge us an extra hour, just so that they could bill us for that whole day and night extra. And, you know, that's typically the way I look at health care. And I think after this birth, I was so appreciative to see the best and most beautiful elements of Western medicine, come together, support us, support our vision, support our plan, support what we wanted. And I think I walk away feeling like, well, it didn't go exactly how we wanted it. But we weren't given what we wanted, we were given what we needed, maybe to restore some of that, that faith in that system back to us.

K

Kathrin Zenkina 1:21:17

And that is the birth of Orion King O'Keefe. We're gonna leave it here, because this has been already a two part episode. I don't know how long you've been talking now. But we are so grateful. We're now 18 days postpartum, our little angel is freaking perfect. If you haven't caught up on all my posts and stories up until this point, there should be a little highlight called Orion King, okay for Orion king. And there's a couple posts where you can see some cute baby pictures. And of course, a lot of people ask because, you know, everyone knew I was having a home birth, but the picture I shared of Orion was with a hospital wearing a hospital gown and a hospital bed with a hospital blanket. And so had to answer that question in a two parter episode of what exactly happened. And why did we end up delivering a hospital? I hope you guys enjoy this episode. Thank you so much for listening. Did you want to say something, then?

B

Brennan O'Keefe 1:22:12

Yeah, I just want to quickly say that this was such a blessing to record, this boy is such a blessing in our life. And we're going to make sure that our team includes in the show notes, all of the information about the providers that we use. And if you're interested in finding out about what this whole experience was actually like, you know, your girl, Kathrin Zenkina, has got a YouTube channel, she's gonna post the video, it's probably going to be more than you want to see, it may not

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Kathrin Zenkina 1:22:39

know it's gonna be blurred out. And then we're gonna do a whole frontal on YouTube. But you'll see both sides of the homebirth as well as the hospital birth, everything that we talked about, you'll see in visual form, but I don't want to sit in front. Like I don't want to do a whole

you'll see in visual form, but I don't want to sit in front. Like I don't want to do a whole dissertation with, you know, pictures and videos. So it's going to be two separate things. So that will be coming soon. I'll definitely announce that video when it's ready. Thank you guys so much for listening. Go ahead and tag me if you share this episode in your stories or posts or anything like that. I so appreciate your feedback. As always, I love love love getting tagged and hearing your excitement about the new episodes and also when you leave a review that really helps us podcast grow. So thank you so much for doing that as well. Love you so much. And I will see you in the next episode mwah bye. Thank you so much for tuning into today's episode. If you absolutely loved what you heard today, be sure to share it with me by leaving a review on iTunes so that I can keep the good stuff coming your way. If you aren't already following me on social media, come soak up the extra inspiration on Instagram by following @manifestationbabe or visiting my website @manifestationbabe dot com. I love and adore you so much and can't wait to connect with you in the next episode. In the meantime, go out there and manifest the magic