

35TH ANNUAL HOMEBIRTH AUSTRALIA CONFERENCE



DAY 1

Saturday 18th November 2023



JACQUI SOLIMAN

'Root Cause Protocol: a radical and responsible way to address the systemic iron dysregulation plaguing pregnant women.'

In supporting women through homebirth, we are well versed with making radical choices against the status quo. Invariably the question of iron supplementation arises during pregnancy. Women are often told they are anaemic and need iron for a healthy pregnancy and that their apparent low iron levels could impact their decision to homebirth.

Key questions that need to be considered are: Are practitioners lacking a complete understanding of the normal physiology of pregnant women and mistakenly diagnosing them as anaemic? Consequently, are we falling prey to the medicalisation of birth through routine iron supplementation?

What is described as iron deficiency is actually iron dysfunction. Iron is supposed to be recycled; not stored. Copper that is bioavailable, retinol and magnesium are crucial to enable the proper regulation of iron and a lack of these nutrients leads to iron dysfunction. The pregnancy fatigue women experience is regularly misattributed to low iron and extraordinary amounts of iron are often being prescribed, which only leads to further dysfunction.

Here I present the Root Cause Protocol (RCP): a radical and responsible way to address the systemic iron dysregulation plaguing pregnant women. I will share about the science of iron dysfunction and my personal journey of "anaemia" throughout my pregnancies. After previously having 4 low risk births (3 of which were homebirths), in my 5th pregnancy I was diagnosed with cholestasis and used the RCP to avoid early induction, achieve a spontaneous labour and intervention free birth.

Jacqui's presentation will take place at 3:10pm on Saturday the 18th of November