

Killian's Birth story

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SPEAKERS

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Welcome to another episode of the Balancing Hormones Naturally Podcast where we offer actions and steps you can take today to start balancing your hormones naturally. This is your podcast host Leah Brueggemann. I am a Functional Diagnostic Nutritional Practitioner. I am honored and excited to be your guide on your journey to better understanding your hormonal health and how it affects your everyday life. Hey, ladies, so welcome back to another episode. I feel like all these episodes are gonna be like cheers drinking my mushroom coffee because it's pretty much life right now. Ah, so let's what first everyone asked me what mushroom coffee is it's coffee with mushrooms in it. So I like using the spores. Mushrooms was the coffee with mushroom spores because it has a slow release of the caffeine so you don't get that massive cortisol spike, which is really really nice. And helps protect my adrenals which you know, pretty much are toasted postpartum anyway, so the more protection and love you can give them the better. So this episode is all about Killian birth story and navigating postpartum and what I was doing to support myself, hormonally, emotionally, minerally, is that a word? Minerally? I don't know. And so if you don't like birth stories, just move along. This doesn't I don't, I'm trying to think I don't think it needs any sort of trigger warnings. It was a really good labor. So I think you're safe. Because if you're if you're pregnant, and you're getting ready to have a baby, I would highly recommend not listening to any not positive birth stories because you want to protect your bubble. So definitely pay attention to that. But this was a really, really good labor. So I so starting at 36 weeks, I started getting contractions. And they weren't Braxton Hicks. They were legit contractions like you had to breathe through them. And I would get them pretty consistently starting in the evening, and then they would just stop and honestly the hardest part about that was the emotional because it was just, I didn't have that with Landon. So with Landon. He was nine days overdue. And he just broke my water like he kicked really hard and broke my water. And that's how I went into labor. Like I didn't have any contractions really before then. I hadn't had like I was only one centimeter dilated with Landon. So there was no like wondering like, is he coming today? Is it coming today? It was just kind of hoping. But with Killian I just kept having these contractions and so I'm like, Oh my gosh, like what? It was just emotionally draining to just be like, are you coming today? Are you coming today, are you coming tomorrow, like what's going on? I'm sure you can relate to this. So at this point, so during my pregnancy, I did pelvic floor therapy with Dr. Miller, which she is going to be coming on to share, she's been on already twice, but we want to come on specifically to talk about

pelvic floor therapy during pregnancy because you guys night and day difference. It made my labor like holy mackerel. Um, so I have been doing that. So I've been doing my breathing exercises. And with her, and starting about 37 weeks, I was drinking red raspberry leaf tea, like the strong version of it. So I would do like a quart of water with like, a cup of red raspberry looseleaf and I would really what's that called? Where you you? You simmer it? You simmer it? And so it'd be really really really strong. This stuff is really disgusting. I'm just gonna say when you make it that strong, it tastes like dirt. It's disgusting. So I would do that. And then I was doing that. And then 37 weeks no 38 or 39 weeks I started doing the miles circuit. And if you don't know what that is Google it, but it really just helps baby get in good position. And at this point I had another cranial sacral therapy appointment, because I just you guys, I have to be so careful in pregnancy like with my SI joint HS if I am not on top of it with like exercises it was it's it's really, really, really painful. And I'm sure there are other moms out there like that. I mean, I couldn't. I didn't work out the last four or five weeks of my pregnancy all's I did was walk because that's all I, that's all I could do without kind of like messing up my hips. So I just walked and I did my core exercises from Dr. Angie. And I started doing the mile circuit. And that was pretty much it I was having. I didn't have too much trouble sleeping as long as I did my tart cherry juice my deep sleep salve every single night. But it was just once I hit 38 weeks. I started getting contractions in the middle of the night that would wake me up. So that that was fun. And then once we hit 39 or 40 weeks, I had some really, really rough nights because I just wake up and I just be sitting there and having contractions and I would get up and I would get in the bathtub and then you know they would they would go away. And it was uncomfortable. And so I at my so once you hit 36 weeks, you have weekly appointments and so I at 40 weeks, I had my membrane stripped, which I agreed to I was okay with. I was I was I think I was like 50 Yeah, I was 50% effaced, my cervix was soften and I was dilated to one centimeter. And he was dropped and engaged. And so he stripped my membranes. And let me tell you what happened. Nothing, nothing happened. I so and I'm doing like at this point, I'm walking like two miles two plus miles a day I am doing a miles circuit. I'm just like, come on Killian, because I know everyone's like just wait patiently. I, yeah, I know. I agree. Wait patiently. But at this point, I was uncomfortable. And I was very, very ready to have this baby. It's hard to have contractions like every single night. Have fun, and it's exhausting. And so we I've been doing that. And then so I had my membrane stripped on Monday, which was when I was 40 weeks. And then Tuesday I went in got adjustment from someone a chiropractor and the Webster technique, I think is what it's called. And she was like, I mean, you're you're pretty much in alignment, which I knew because I'd been doing all my exercises and stuff, but she did some adjustment on my hips and kind of like loosened some muscles down there and said that could potentially help them drop lower and then Seb did some trigger point subs my husband, if you don't know and he's a physical therapist, he did some trigger point release on my I'm going to probably say this wrong. Psoas? Is that a thing? I think it's I think that's what it's called. He's it did some trigger point release. And then he had me do some stretches. And then Wednesday I went in for another doctor's appointment. And he was like, oh baby Kilian dropped even lower. And, but he's like, you're still like, cervix is soft and ready to go. But you're still like 50% effaced, and then he stripped my membranes one more time. And I love my doctor. He's really, really good. And, you know, I feel like most obese are like, okay, so like, you know, you can be induced, if you would, like, you know, they typically don't want you to go past like 42 weeks, and I'm only 40 weeks and two days at this point, and you can take whatever you would like from that. I, I, generally, emotionally, I like to give them you know, past 41 weeks, you know, I don't think I really would want to go past 42 weeks, I don't know. But I generally like to wait past 41 weeks at least. And he was like, Yeah, that's fine. You can do that. He's not gonna He's like you can do whatever you want. It's like I can give you my advice, but you can do whatever you want, which your doctor should say that. And so he stripped my membranes again, which I asked him to do. And okay, what then happened so then I went home that night. Oh, this is funny. My car died.

Okay, so I had Landon with me. And we stopped to get gas and the car didn't start. And I'm like 40 weeks pregnant. I'm so tired. I have a toddler in the back. And I'm, the car won't start at the gas station. And I go up to this gentleman. I just like went around. I looked around, and I found this older gentleman, you know, the ones that like, are gonna think they're your dad. And I'm like, sir, I have jumper cables. But like, can you please jump my car? And he goes, Yes, of course. And he comes over. And I just died laughing like internally because he then proceeded to just like, walk me through every step of jumping a car, and I just, I loved it. Because I had, I have no idea what I'm doing. And he did it for me, but he walked me through it. And then he's like safety, you make sure that you never touch these two together. I was like, you're totally my dad right now. But anyway, he started my car, and it was good. I think Landon and I got ice cream that day, because I was just trying to enjoy all the little moments with Landon before we had another little baby. And so that night. I did. I don't even know if I did the mile circuit. At that point, I was just so tired, you guys, I did take a homeopathic remedy. And, again, that none of this is medical advice. And don't do any of this without talking to your provider. You want to be safe. I don't really believe in any of those, like, drink castor oil, Do this, do that, like your baby's gonna come when your baby's gonna come. End of story. I did all the things with Landon. And like he didn't come until he was ready to come. So my goal was just like, let me prepare my body, like get my adjustment, do my stretches do the mile circuit so that when he decides he's ready to come, my body is fully ready. So I don't think like the mile circuit like magically puts you into labor, even though I know some people say it does. So I took a homeopathic remedy which is used a lot by midwives. Where like if you are softened, and your cervix is like 50% or past of being effaced and you're dilated a little bit, it can help your body do contractions. Start contractions. But if you're not ready, like basically, if you're not ready to go into labor, it's not gonna do anything. So I don't know. I did take that and but it wasn't the strong enough dose like you were supposed to take 200 C and I didn't have 200 C. So I took 30 C. So I was like, this isn't gonna do anything. But I just took it anyway. And I started my nightly or my nightly contractions. I don't think I really ate anything that night because I was not feeling well. I was kind of really nauseous. Got Landon to bed. And I went to bed. And then I woke up at midnight. And I was like, oh my goodness, these contractions hurt. I was like, this is just not fair. I keep having all these nights of contractions and they never go anywhere. And I was like, this isn't gonna go anywhere. And I got up and I was on the ball for a while. And I started listening. Oh, I forgot to tell you what else I was doing. I was listening to these like birthing tracks was an app it was what's it called? Darn here, let me see if I can find the title for you guys. Okay, it was called Christian Hypno birthing. And I was listening to those. And then I also found this YouTube channel and it was called built to birth, I believe bundled to birth, I think it's built to birth. And she has a lot of tracks as well that you can just listen to and it's like getting your mindset right in your body prepared for labor. And so she had some in there for early labor, and I was like, Okay, I'm gonna listen to these while I'm rolling on my ball. So I'm listening to them. And my contractions are 10 minutes apart for a while. And they are they're, like strong enough that I'm not gonna be able to sleep through them. So I got up, I'm on the ball and I get up and I like I'm like, okay, they're probably just gonna go away. I'm going to try and go back to sleep. I try and go back to sleep. It doesn't work. So I get up and I get in the bathtub and I message my mom actually. I don't know why my mom was awake at like 2am in the morning. And I'm like, okay, my contractions are this far apart. I'm in the bathtub. Like they're not going away. Like they're still consistent. And she's like, Okay, I'm gonna come over because she obviously needs to watch Landon. And I'm like, Yeah, but I'm gonna feel so bad. If like you come over because they live 45 minutes away, and then they stop, and you drove all that way for nothing. And then I'm like, Oh, my contractions are like six minutes apart. And they were a minute long. Not anything I couldn't breathe through, like, you know, just whatever. And so mom's like, I'm on my way. I'm still, I'm still in denial. I'm like, everyone goes, you know, when you're in labor, and I'm over here, like, Am I in labor? I don't know. Because with Landon,

he broke my water. So I knew I was in labor, like, there was no guessing it. So at three, or 330, I think I woke Seb up. And I was like, mom's on her way. He's like, we're in labor. I'm like, I don't know, I just don't know. And he was just like, message your OB cuz I'm very thankful. He, you know, gives us his cell phone. And so I message him, and I just tell them, I think I'm in labor. I don't really know. I'm like, I've had contractions for three hours. They're about like six minutes apart. They're a minute long and he goes, Okay, well, you know, when you get to the hospital doesn't magically make your labor go faster. So, you know, just, I typically tell patients wait until you feel like you need pain meds, even if you're not going to get them. And so I'm like, okay, and I'm over here. Like, what qualifies needing pain meds? Yeah, no, because like, I didn't really feel like I would like pain meds with Landon until I was in transition. And these contractions were very different because they gave me Pitocin with Landon. And because he broke my water, and I still wasn't having contractions. Hours later, so I these were just like, I'm telling you guys Pitocin contractions and regular contract and contractions without Pitocin or just night and day difference. If I never have to have Pitocin. Again, I will be so grateful. So grateful. So I don't know, my mom gets there. And I'm just talking to her and rolling on the ball. And afterwards, my mom tells me that she's like, I was so scared. I'm like, get to the hospital, Leah. But she's trying to stay all calm. Anyway. So Seb comes down, he gets ready. And he is I don't need when did we leave? So it's, I think my mom got there about four. And so he's getting the car seat ready and getting my bag in the car. And all of these things, and my contractions are three minutes apart. And so I was like, oh, we need to go. So we get in the car. And it's about a half an hour drive to the hospital. So we got there at 530 I think and I tell my OB I'm like, Okay, I'm going to the hospital and he goes, Okay, dot dot dot. And I can just hear him thinking like, you just texted me 40 minutes ago thinking you were in labor. So I'm just wondering, like, is he over here going? She really in labor? I don't know. My I just always fear I'm gonna get there and they're gonna send me home. I just don't like it. So I'm three minutes apart and we get in the car and I go oh, good directions hurt when you're sitting down. My advice to anybody is like, stand squat. I just don't get in that bed. Don't get in that bed. You guys like contractions are just the devil. Like, why would you want to sit in the why would you want to sit in there on your back getting contractions? Horrible. And my contractions slowed to five minutes apart in the car. And so I was like, Oh my gosh, maybe I'm not actually in labor. Anyways, I still listen to those tracks, we got to the hospital, and we're walking and we got to the hospital. And we're walking to the labor and delivery which is at the other end of the hospital. And while I'm doing this, I'm I'm there's no guesstimate, in my mind, like I'm in labor at this point. Because I had to stop and squat and breathe through these contractions at this point. Like there was no like, talking through them. And just I had to like I had to really focus on relaxing into them and doing my breathing exercises that I got from Angie to do during labor help move baby down, keep baby in good position. So we get to the hospital at 5:30. We get to triage and they ask you a million questions a million times and it's annoying because my contractions were back up three minutes apart. Anyway, so they checked me and she's like you're five centimeters. No I just like hallelujah. And it was so funny because I just going hallelujah because if they told me it was two centimeters, I was gonna cry tears. And my husband's mom, when we messaged her, she's like always, she's gonna have a long time. She's only five centimeters. So we get from triage, to oh, by that time, so then we're walking to the labor and delivery unit. I don't even know. Yeah, my water breaks somewhere. Now, once we get in there. Thankfully, they give you those like massive diapers to wear. So anyway, I get in there. And so it's like six at this point. Yeah, at six. And the nurses start really moving things around, like fast. And I'm like, why are you guys all in a hurry. I'm just like talking in between my contractions. And so I was just so chill that I'm assuming that I have hours to go hours because I just, I just was like, you can't be this chill in between contractions if you have that long to go. So all the nurses are rushing. And I'm like, why are you guys rushing? They're like, because it's your second baby and your five centimeters. And like, just the way things are

going, you're gonna have this baby soon. I'm like, No, I'm not take your time, you guys. And so they're all like rushing and moving. And we're just talking like, how long have you been a labor and delivery nurse. And every time I would get a contraction, I would just squat and breathe through it. And I think it was like the third contraction or something by the time I was in there is when my water broke. And then I was like, Okay, I really have to pee you guys. And they're like, Okay, if you feel like you have to push, you tell me. And I'm like you guys, the little baby's not coming right now. Like we have plenty of time. And I think six. So I've been in there half an hour. I don't know, I feel like time was flying at this point. My OB gets there. And we're talking and he checks me and I was eight centimeters and like 75% effaced, and all the way softened. And he was all the way down. And I was like, Oh, that's awesome. I'm eight centimeters. Like this was cool. And so we get up. And then I started feeling like a, you know, when, if you have never had a baby, when you start getting ready to before you're ready to push, you basically feel like you need to poop. Be honest. By the way, if you are like so TMI, I don't listen to this episode, because I have no TMI. So I'm going to I'm going to tell you what it's like. And I started to feel that and like my contractions were getting really, really, really strong. And so I was I had a comb, and I would squeeze the comb, and I was squatting and I'm squeezing the comb, and I'm just like imagining my body riding this wave. Every contraction. And I was just like, I really feel like my body is like pushing, not like full on pushing, but bearing down. Yeah, bearing down. That's a good word. And I'm just gonna pause this really quick to just be like, I'm so thankful for the education I got from my pelvic floor therapist, and my OB. And just all of like the things I watched and learned before this because my OB has all of his patients have very short pushing times. Because he doesn't, he's like you don't push until baby's right there, you do what's called laboring down. And he's like, well walk you through that when you're at that point, you never walk me through it because we never got to that point. But I knew like gravity really helps like squatting really helps. I knew the position my pelvic floor therapist had given me to help like, open my pelvis and breathe that baby down and get him down. And I'm just so thankful for that because I just knowledge implementation so helpful. And the nurses are just like, you know, like, do you need support? What do you need to do? I always love our labor and delivery nurses are so nice. And I was just like, Man, I mean, I'm good. Like said would massage my shoulders and like help have me squeezes hand and I'm just the person when I'm in labor, and I'm doing I have a contraction. I just need everyone to be like you're doing amazing. You've got this, you're rocking it, you're doing a good job breathing. That's what I need. I just need all the positive affirmations. And so they were really great. And I felt like I was really bearing down. And so I was like, Can you check me again? And I know some people really don't check. I don't like it. I want to be checked. I want you to tell me. And so he checks me. He's like, Oh, you're still only eight centimeters. And I just looked at my doctor and I'm like, don't tell me. And he goes I'm so sorry. Yeah, and And so then I looked at the one labor and delivery nurse who had said, Do you want to try different positions? I said, what can what position? Can you get me in? What's going to help that she was okay. There is a position that's going to help, you know, can help move baby along. I was like, Okay, tell me what it is. Because at this point, my contractions were really strong. And I was like, Okay, these are getting really hard to breathe through. And I, you know, I this, how much longer is this going to take, you know, so she puts me on the bed. This is really weird. So she lays the bed down, and she drops the lower part of the bed and they put this rolled up towel underneath my hips. I'm kind of like in this weird, backwards S shape almost. I have one contraction there. You guys are one, and I just go that is so painful. It's so painful. I'm like, I don't want to do this. And that's when I look at Seb and I'm like, I can't do this. Those aren't so bad. And he goes, Yes, you can remember those courses you took. And you know, at that point, I he said that, at that point, I just have like no filter. And I just I'm like, No, it's not working, like the courses are not working. And so the labor and delivery nurse was just like, give me one more contraction in this position. And I was just like, I can't do this. I can't do this. But Sebs like yes, you can. Yes, you can. Yes, you can. And so at this point,

like my contractions were coming, like a minute apart. They were so fast. And this contraction, I said, He's coming like he is here. Like, I feel he's here and the nurses like, oh, okay, like, I guess I'll check you. They're all just kind of like, you just had one contraction. Anyway, so she checked me she was Oh, get the doctor in here. Like he was crowning already. He was literally right there. And my OB barely made it in. I think so I had that contraction. They got him in there. I mean, it was one minute they got him in there. And the next contraction he he was out basically, I don't even remember pushing. Seb said that. My doctor one time was like, push. But yeah, I don't. I don't remember the pushing back. Really, I just my body just took over. So it was so funny, because I went from eight centimeters to him being out in seven minutes. And they didn't even have time to change positions or anything. It was literally like I was in that position to try and dilate like move my server like move him down a little bit more. And it worked because we went from there to him being out so fast. I didn't I mean, once you get to that, like there's just so much blood like in you just can't really move. I mean, I couldn't move. Anyways, so I am just so thankful for labor and delivery team because I feel like once I get to that point like those last seven minutes and it was just I it was such a good labor you guys because up in the last seven minutes were hard like they were really really hard but up until those seven minutes like such a doable labor such a doable labor. And I give like all that credit to my vote for therapists because made such a difference. And he, yeah, I mean, he didn't even have like a conehead or anything, because he just came so fast. I did tear a little bit and it's I just when I feel that real fire, I just My body's just like we're not slowing down. I feel like have no control over those pushes. I'm gonna be honest, like, I feel like I'm not even pushing my body's just taken over. So it was really, really good. He did have a cord wrapped around his neck. But you know, I had the cord wrapped around my neck when I was born too and they it's just sad. I have no idea what's going on once we reach those last couple of minutes. Like I'm just so thankful for the team and them like putting you in a position they need you and telling you what to do because there's no way I can do anything at that point. And Sebs like you went from you know, just having those two nurses in your room and they say get the doctor in here and he goes and all of a sudden there were so many people in the room I have no idea. I just blacked it all out. I have no clue. But But yeah, he was good. He latched right away. And my doctor stitched me up. I didn't have I didn't have a big tear. Thank heavens, was much better than with Landon. And he actually did a stint with plastic. So like, even though the tear was like, miniscule compared to with Landon because I had a episiotomy with landon, live and learn, you live and you learn, you don't know what you don't know. But he took like, a million times longer to stitch me up, because I don't know, he just didn't plastics and he like, does all sorts of stuff, weird stuff. But I'm really grateful because like, my stitches, like, healed so much faster this time. And yeah, I don't know, just major difference between having an episiotomy and not having a episiotomy. My labor was maybe a half quarter amount of time that was with Landon. But he did the FSM machine on me right away, which is something that he has programs specifically to do. He has programs specifically for like postpartum. And basically, so he let me think about how to say this, hold on. So he has these specific programs, he does its frequency specific microcurrent. It helps with speeding up the healing of your body, and pain and all that. So he runs one specifically right after birth for like bleeding and hemorrhaging. And then the next day, he runs another one for just overall healing. And then I went back to the office weekly and had the program run to help healing overall, I definitely feel like it made a massive difference because I could, I felt different when I walked in, got the treatment and walked out. So that was really nice to have that but he also did cranial psychotherapy on Killian as soon as he was after, like, after he was done stitched me up. So I don't know seemed like forever. Just to help the head, make sure heads in good position. And you know, the body just hit he just came out of the birth canal. So you want to make sure everything's going back in, you know, good positions for baby and he released his hard palate, he already had a good latch before that. But after that he had like a really, really strong latch. So it was really nice. And he actually

had slept for like four hours, his first night. I mean, he would cluster feed, and then he would sleep. And that was amazing to have that type of sleep after having a baby. It was also nice that he was born at seven like 50 in the morning. So like by the time I got to my room, it was six, and then I had him at 7:50. So it was just really, really fast. And I just was kind of after Labor was just kind of in awe. I'm like, Oh, we're done. Okay, that was nice. I don't know, it was just such a long labor with Landon, that this just felt like night and day difference. I just kept being like, Oh, I'm done, like labor's done. Okay, cool. That's so weird. Um, the other thing that I did notice, and this made a massive difference, because of pelvic floor therapy is with Landon. When I stood up, I felt like my organs were gonna fall out of my stomach, like, you just feel like everything's floating around. And I stood up after I had Killian the first time you go to the bathroom and everything, and I was like, I don't feel like my organs are gonna, like fall out. So that I felt like was such a massive difference there. I'm going to do an episode with Angie and talk about all of the differences I felt in my core because I'm telling you night and day difference night and day, night and day. I mean, we went from eight centimeters to him being out was so funny. My OB was like, well, you made my pushing stats, like his pushing stats, like his mom's don't typically push for like 15 to 30 minutes, even if like a first time mom. And so he's like You made my pushing stats, like, get really, really good. But yeah, it was a great labor. I mean, really, really good recovery. I'm so thankful, so thankful for the FSM machine. So thankful for the pelvic floor therapy that I got to do right afterwards and then I actually sent my hair in for an htma like the next week, and then I got my personalized mineral supplements that I can start taking that. I'm also taking I also was taking beef organs and what else beef organs. I did take Ned CBD the hormone balance blend help with minerals. I talked about this in the Black Friday episode but I took leafy prana for like pain management for engorgement, life changing life changing. I also drink electrolytes like they're going out of season, postpartum as well. And I really focused on blood sugar balance and getting nourishing foods and really watching for like overdoing caffeine. I don't want to overdo caffeine, even though you're like, I'm so tired, and I'm not sleeping. He doesn't sleep very well. But he slept better than Landon. And what I finally we finally started doing which has been life changing is we put him to bed at eight ish ish. Now he kind of just goes to bed at eight. And I pump before I go to bed, which is like 930 10. And then I go to sleep in the guest bedroom and said we'll sleep next to him, like he's in his bassinet and set will sleep in the room with him. And then his first wake up set will give him the bottle that I pumped and then I will get him with the next wake up. So because I was he was waking up every two hours and I was I was just so tired and you have to take care of another toddler I'm like, Oh my gosh, I'm starting to see double because I'm not sleeping. So that was really really great. Because I was getting like a four hour stretch. And then turns out I don't know he sleeps better with Leah not in the room because there's been a couple nights he's made it like eight to two or eight to three which has been awesome because it's been a seven hour stretch so and then several give him his bottle at three and then he would wake up again about 5:30 and I would go in to feed him so I was getting to sleep from like 11 to 5:30 I got that for two nights, which was felt like a new human. Um, so that's that was really great. He was really like cranky like his stomach hurt really, really fussy. We had we did another cranial sacral therapy appointment for him. Just for like little valves aren't always like close, you know, intestines to stomach and all that fun stuff esophagus. And that really, really helped. And also cut out eggs and corn seem to be the culprits for him. So that really helped with his sleeping and then yeah, it's just you know, it's hard, you know, postpartum you're not sleeping and your adrenals are poopy so just really supporting my adrenals with lots of good minerals, personalized mineral supplement beef organs, not overdoing caffeine, you know, sleeping when I can ask him for help and we get outside. So we'll talk more about like the workout exercise portion when I talk with Angie because it's just been so life changingly different this time around. But that's what I've been doing and such a great labor so I'm really really thankful for that experience. Thank you for listening to today's episode of Balancing Hormones Naturally. If

you found this helpful, I would love for you to share it with a friend and post it on your stories and tagged balancing hormones naturally podcast so we can get this message out. You can find me on Instagram at @leah_brueg and I would absolutely love to hear from you.