

Ten-Percent Panda's



A Random
Collection of
Possibly Helpful
Resources & Probably
Inspiring Stories





**For all Moms & Dads
on their path to Parenthood,
whatever their age,
whatever the odds . . .**



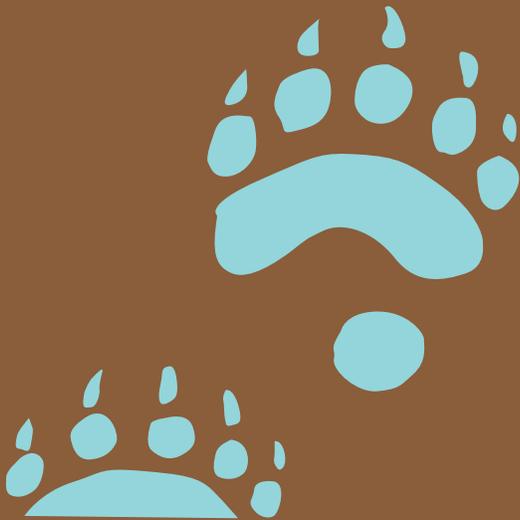
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A Word About 10PP

We Care. A lot! We've been there, done that. It sucks. If you're reading this right now, odds are it has been a long journey for you, too. Don't despair! The 10PP community is about hope, hanging on, and healing. We can not tell you HOW to become pregnant, but we are here with a supporting hand & heart and to share a few insights re: how to survive it all. 10PP is rooting for you!!! Commence w/success!

No amount of
falls will really
undo us if we keep
picking ourselves
up each time.

— C.S. Lewis



Quick, Take Me To:

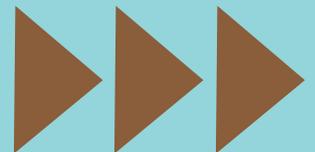
* Motivation, Please?

* Chillax

* What the "Ef" is Wrong w/Me?

* Health & Ed

* Distract Me NOW!!!



MOTIVATION, PLEASE?

Success Stories

Need an infusion of positive mojo? We all need to be reminded that this CAN indeed work out! Look to the following places for some hopeful, happy vibes.

DailyMail.com articles

The UK's *Daily Mail* is a reliable source of later-in-life pregnancy info to gladden the heart. Articles focus on how possible it actually still is to conceive after 40, despite what the IVF industry wants us to believe. Try these:
Is All We Thought We Knew Wrong?
Higher Fertility in 40's than Teens
IVF & The Great Fertility Lie

(click text for links)



Fertile Heart/Julia Indichova

Inspirational pep talks & more from the author of *Inconceivable*. Indichova endured her own agonizing baby quest before succeeding and helping others. The book is a must-read.

Impatient Woman's Guide to Getting Pregnant by Jean Twenge

Did you know the “dismal” statistics often wielded for older pregnancy are based on church birth records in rural France between 1670 and 1830? Twenge debunks the societal pressure to hurry, hurry at all costs and pinpoints why some advice is misguided.

MOTIVATION, PLEASE?

Visualization/Imagery

Seeing is believing. Use these links when you need a boost in imagining what your future will hold.

Awesome Pregnancy Bellies

‘Nuff said. Links to Baby Center's photo gallery of big-bellied moms-to-be.

“Pregnancy: Life In The Womb” App

Stunning award-winning visual guide to pregnancy week by week with interactive info to boot. Costs a few bucks but worth every penny.

DK's “The Pregnant Body Book”

Exhaustive and gorgeous reference book for parents and med folks alike. Details every stage of development with in-depth explanations and endless eye candy to help you visualize all.

Poetry & Quotes

Mary Oliver Wendell Berry

These two know where it's at. Check them out to tap into the goodness of life.

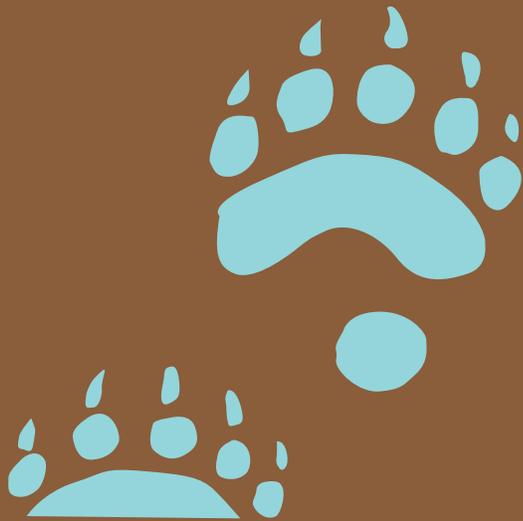
PregnancyQuotes.org

A plentiful selection of uplifting quotes collected on their Pinterest page.



(click text for links)

What lies behind us
and what lies before
us are tiny matters
compared to what
lies within us.



— Oliver
Wendell
Holmes

CHILLAX

Deep Peace to You

Relaxing body & mind, or trying to, during the grueling TTC process is a sound idea. If it's gonna be crappy and take forever... you might as well attempt to be calm & sane for some of it (within reason).

Yoga With Adriene

Adriene's the best. Tons of free YouTube content, rewarding routines, supportive environment, regular exposure to a genuinely happy spirit. Check out her *Yoga Camp* and *30 Days of Yoga* series for a daily dose. She also provides *Foundations of Yoga* videos to learn basic poses.

(click text for links)



Circle + Bloom

Wonderful company offering relaxation and visualization audio. Several programs are designed specifically for women who are trying to conceive.

Heart Math

How to explain Heart Math? Well, the idea is that your heartbeat should vary rather than stay the same. The more it fluctuates, the better your stress response. You WANT a healthy stress response (and others around you want you to have one too!). There's an app & an ear thingy. It's good.

Get Yer ZZZZs

Sleep is essential! Don't skimp on it. These apps, devices, etc. are really helpful for tracking how you're doing in this dept.

Sleep Cycle App

This one's free and super simple to use.

Jawbone Up3

You'll need to buy the fitness tracker, but the app offers in-depth stats for different sleep phases.

Pandora's Liquid Mind Channel

Ever wonder what that soundtrack is when you get a massage? These low-key tracks can help you nod off in no time.

Meditation Isn't That Weird

I know, I know: hard to believe. But a little stillness isn't so bad. And breathing properly is pretty handy too! Why not give it a shot?

Headspace

Good intro to how to do it, by a British guy named Andy. Cute animations as well, so you can't go wrong.

Calm App

Also really well-done, with some free basic ed.

Meditation Oasis

A wealth of free audio & solid guided meditations.



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CHILLAX

I am not what has
happened to me.

I am what I
choose to become.

— Carl Jung



WHAT THE "EF" IS WRONG WITH ME?

Know Your Genetics

Your genes matter. A lot. Understanding your body's unique make-up may give you some clues as to what's been happening (or not happening).

23andMe

Start here. This company provides you with the raw data you need based on a saliva test.

StrateGene

Once you have your 23andMe raw data, procesing it via StrateGene maps your genes to key body processes, which can reveal any problem areas.

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MTHFR.net

A common genetic SNP (a change in an enzyme) is named MTHFR. Many people have this SNP, and knowing your status is important.

SHEI

Seeking Health Educational Institute is an invaluable resource for learning essential info about how your body should work. Ben Lynch offers numerous free videos and resources, including a directory to find the better physicians in your area.



WHAT THE "EF" IS WRONG WITH ME?

Could It Be Your Thyroid?

Izabella Wentz

This lady knows her thyroid stuff. Check out her *Root Cause* book to learn about Hashimoto's (Hashi-what?). (P.S. Thyroid problems are highly underdiagnosed.)

Get The Basics Down

Dr. Mark Hyman

Helpful info re: blood sugar control and general nutrition. Hyman's books *The Blood Sugar Solution* and *Eat Fat To Get Thin* are both chock full of useful advice.

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Mood Matters

You are not your mood! Well, not solely... Turns out your individual biochemistry has a lot of influence over how you think, feel, and respond to life. The two books below are excellent discussions of the various neurotransmitter imbalances that can make us miserable.

The Edge Effect

by Eric R. Braverman

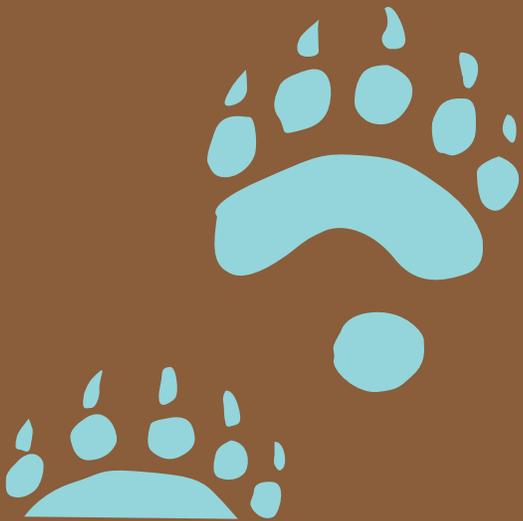
The Mood Cure

by Julia Ross



What is planted
in each person's
soul will sprout.

— Rumi



HEALTH & ED

Maintain & Sustain

Keeping it all going ain't easy! First: Knowing what to even do. Second: Executing it. These resources can hopefully help you figure out a few ways to get functioning, and staying, at your very best.

Dr. Sara Gottfried

Dr. Sara is the author of *The Hormone Cure* and *The Hormone Reset Diet* and knows a ton about how the female body works. She offers helpful girlfriend-to-girlfriend advice about the “Hormonal Charlie’s Angels”: Thyroid, Estrogen, Cortisol as well as overall good nutrition tips.

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Girls Gone Strong

Lady Power! These gals are a great resource for strength training, body image, and just generally being awesome. Learn how to lift weights correctly, plus think better about your sweet self.

Blue Apron

Groceries to make healthy meals delivered to your door every Friday, and for a not-too-crazy price! Blue Apron provides fun, simple(ish) recipes and ships you the exact ingredients you need to make a decent dinner. No shopping, no planning, flexible options.

Books

There’s so much great stuff out there to read, but below are some of 10PP’s faves—for a TTC mission and beyond.

Taking Charge of Your Fertility

by Toni Weschler

The Infertility Cure

by Randine Lewis

Full Catastrophe Living

by Jon Kabat-Zinn

Happiness

by Matthieu Ricard

You Can Heal Your Life

by Louise Hay

“Mindful” Magazine

Podcasts

Podcasts rock! Learn a little in your car, go for a stroll, or lie down and soak up some knowledge and inspiration.

Better Everyday

Dr. Brooke Kalanick + Paleo cookbook queen Sarah Fragoso = a super duper team to discuss lady issues, lady parts, lady life.

SHEI Podcast

Ben Lynch’s extremely informative podcast. Find out why folic acid is actually quite terrible for pregnancy.

Health Bridge

Pedram Shojai discusses various interesting topics.



(click text for links)

HEALTH & ED

Don't throw away
your suffering.
Touch your suffering.
Face it directly and
transformation is
within your reach.



— Thich
Nhat
Hanh

DISTRACT ME NOW!!!

Laughter (Kinda Really Is) The Best Medicine

Feeling down? Scared? Frustrated? Confused? Sometimes when there's just too much to feel or think about, the best option is to give it all a break. Swap the negative thoughts for more uplifting emotions. Escape. Funny (and/or cute) stuff can be a helpful strategy.

Carpool Karaoke

Laughs AND music = a potent combo! Watch James Corden and misc. traveling companions singing on their

way to “work” and you just might end up wanting to join the joyous ride too.

Between Two Ferns

Utterly mindless diversion. Zach Galifianakis ineptly interviews/fights with real celebs on a faux-PBS set.

Fave TV Show Bloopers

What's your favorite TV show? Search for YouTube bloopers from the series and let some fun begin.

Comedians In Cars Getting Coffee

Jerry Seinfeld's highly enjoyable web series featuring exactly what the title lists.

Cute Animal Videos

Who can't warm up to big-eyed kitties and innocent pups doing silly things? Add a continuing supply to your Twitter feed and have a source for reliable smiles throughout the day.

Flight of the Conchords

Hammy New Zealand duo singing zany, catchy songs. Start here at their website to get a taste, then move to YouTube clips.

Bad Lip Reading

YouTube channel full of familiar footage overdubbed with alternate dialogue.

How To Be Human 101

Reminders of the good, even amazing, things in life can help shift perspective. Here are some vids, articles, links etc. to help reframe the yucky thoughts.

106 y.o. & Dancing w/the Prez
Arthur Does Yoga

This is Water

Couple Married 82 years

Adam Levine Helps Kid

Having Panic Attack

40 Years of Same XMas Photo

Mean Tweets

Will You Ever Heal?

DISTRACT ME NOW!!!

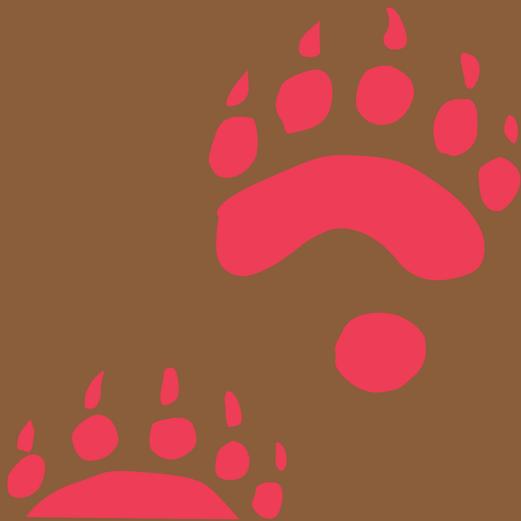
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Opportunities to
find deeper powers
within ourselves come
when life seems
most challenging.



— Joseph
Campbell

HER FIRST CALF

© 1973 Wendell Berry

Her fate seizes her and brings her
down. She is heavy with it. It
wrings her. The great weight
is heaved out of her. It eases.
She moves into what she has become,
sure in her fate now
as a fish free in the current.
She turns to the calf who has broken
out of the womb's water and its veil.

He breathes. She licks his wet hair.
He gathers his legs under him
and rises. He stands, and his legs
wobble. After the months
of his pursuit of her, now
they meet face to face.
From the beginnings of the world
his arrival and her welcome
have been prepared. They have always
known each other.



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