



Parsley Health & Expectful Join Forces



P A R E N T H O R D E G N A N C Y
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When I became pregnant I had no idea what I could or couldn't eat. Whenever it was time for a meal, I would anxiously search the internet to make sure every ingredient on my plate wasn't going to somehow harm my baby.

It didn't help that most of the information I googled was contradictory. Is eating feta safe during pregnancy? In the U.S. yes, but in Greece... hell no. How many cups of coffee are ok? One, two, none? Or perhaps the most questionable, can I have a glass a wine occasionally? No seriously, can I? I still don't know.

In short, I totally "winged it" with my nutrition during pregnancy and new motherhood and I suffered a

lot because of my lack of knowledge. Luckily, my daughter and I are healthy but looking back, I would have loved to have someone guide me through my experience with confidence and ease...

Enter, [Parsley Health](#).

Parsley Health isn't your typical doctor or nutritionist experience. They use functional medicine that addresses the root causes of diseases by looking at your personal history, current lifestyle, environment, emotional factors and genetics.

Pair this method with something as uncertain, challenging, and new as pregnancy and or motherhood, and you have a match made in heaven.

To us, Parsley has the ideal nutrition system because it meets people where they are in any given moment. They take into account all of the aspects of life, like work stress, relationship issues, how you are sleeping and how your hormones are changing.

Which is why at Expectful, we are beyond excited to announce our partnership with them.

Just as we believe that pregnant women and new moms need to have a place to go to for their emotional health, Parsley believes that all people should have a supportive place to go to for their physical, nutritional and mental health.

With Parsley Health offices in New York, Los Angeles and now San Francisco, it is easier than ever to get their high-tech holistic health care.

Here are three reasons why we love Parsley Health.

Specialized Testing: One of the best experiences I ever had at a doctor's office was when I saw an Allergy Specialist after having some stomach issues. During the visit they scraped both of my arms twenty times with different allergens to see if I would have a reaction. I'll never forget sitting in that office and thinking how amazing it was that I was going to learn something new about my own body chemistry. The test revealed that I have a soy intolerance, which explained why my stomach would ache every time I drank a glass of chocolate soy milk before bed. This particular moment opened my eyes to approaching the health of my body in a new light. That's why we think it's amazing that Parsley, uses specialized testing like genetics, stool and parasite, nutritional deficiencies and heavy metals, so they can treat your specific needs.

A Tailored Program. A few years ago I started seeing a hypnotherapist. Every other month I would share my emotional ups and downs with my therapist and he would help me work through them. This regular check in was just the support I needed at the time. It helped me stay on track, allowed me to notice my triggers and in turn made my relationships with myself and others stronger. At Parsley, they understand the importance of support. They create a regimen tailored specifically for your body using best practices from all over the world including diet, lifestyle change, stress management tools, detoxification, supplements, botanical medicines and when necessary, prescription drugs. Your Parsley doctor also sees you up to five times throughout the year to assess, test and progress through your health goals.

Understanding. In my mid 20's I randomly lost my period. At first I thought it was just a fluke but after months of it completely disappearing, I decided to see some doctors. Everyone had a different opinion as to why I wasn't menstruating. One said I was running too much. Another put me on the South Beach Diet, another prescribed me some birth control pills and my most favorite, one said it must be from the Chinese tea I was drinking. Needless to say, none of these recommendations came close to bringing my period back.

Thankfully, after three painful years of uncertainty, I started menstruating again. The one thing that changed were my stress and anxiety levels. Using yoga and meditation as a tool, I stopped stressing out about little things and my period came back within a few months. Looking back, none of these doctors ever asked how I was feeling emotionally, they never got to know me, they just heard my symptoms. At Parsley they know the importance of getting to know their patients on an individual level. They provide one-on-one health coaching, phone and video visits and unlimited email contact. They are there to understand you.

With Parsley Health and Expectful joining forces, we have a greater ability to improve the emotional and physical health of pregnant women, new moms, and their babies. Which is why we are so happy that Parsley's now recommending Expectful's meditations to their clients who are expecting or new to motherhood, just as we are promoting Parsley to ours.

Together, we are doing our best to give babies the best possible start in life.

Parsley Health is a groundbreaking medical practice of highly trained doctors and health coaches in New York, Los Angeles and San Francisco. Parsley Health take a smarter, whole approach to helping you live a healthy life. You deserve a better doctor. [Sign up for a free consultation](#) to figure out how Parsley can help you achieve your health goals today.

Are you pregnant or new to motherhood?

Expectful is a digital platform that makes meditation easy for expectant and new moms. Each one of our guided meditations has been created to support you throughout your pregnancy and motherhood journey.

Our mission is to help you give your baby the best start in life. Go to expectful.com and sign up for our free 30-day meditation trial.

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