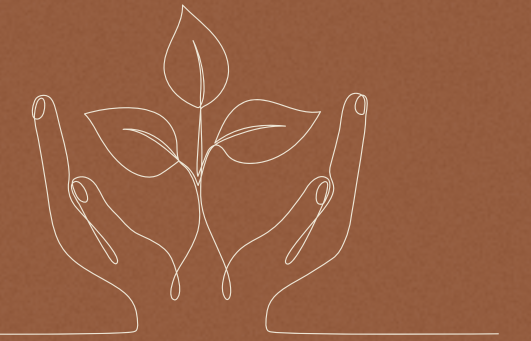




Mother Nature



Harmonizing Medical Expertise
with Whole-Hearted Care for
Holistic Mother and Baby
centred pregnancy, birth and
postpartum

WHOLE WOMEN'S WELLNESS
DR GAURI LOWE
DOULA HEIDI VAN ZYL



Welcome, I am Dr Gauri



Dr. Gauri, a medical doctor as well as womb wisdom keeper - has embarked on a remarkable journey of transformation. Transitioning from conventional medicine, she emerged as a dedicated homebirth keeper, educator, and champion of holistic women's health.

Her approach is functional, holistic, and firmly rooted in the healing power of plant-based medicine, extending from the heart of Mother Nature.

Dr. Gauri's work is to empower women through safe, sacred, and empowering births, blending clinical expertise with the wisdom of the sacred womb.

With her profound experience in rural South Africa and India, she fosters sisterhood communities, nurturing women's health with authenticity and reverence. Dr. Gauri is not only a respected bridge in her field but also a loving mother of two sons, residing in the serene Garden Route.



Hello, I am Heidi



Introducing Heidi, a seasoned doula with over two decades of unwavering dedication to supporting mothers through every facet of their birthing journeys. With the experience of nurturing her own family, including raising four sons and graciously carrying the gift of five surrogate babies, Heidi embodies the epitome of compassion and understanding in the realm of childbirth.

Her journey through various birthing experiences—from breech births to the tender embrace of home births, the structured environment of hospitals, caesarean deliveries, and the unique journey of twin pregnancy—imbues her with a profound wisdom and empathy during this sacred phase.

Heidi's heart beats in perfect sync with the women she cares for, offering not just care but an overflow of love and understanding. Her gentle yet powerful massages during pregnancy and the postpartum period are a testament to her nurturing touch.

Her expertise extends beyond the birthing room, particularly in the delicate art of breastfeeding support during those crucial early days.



WORDS WE LIVE BY

Nurturing Women, Empowering Birth, Embracing Life



MOTHER NURTURE - DR GAURI LOWE AND DOULA HEIDI

Prenatal care



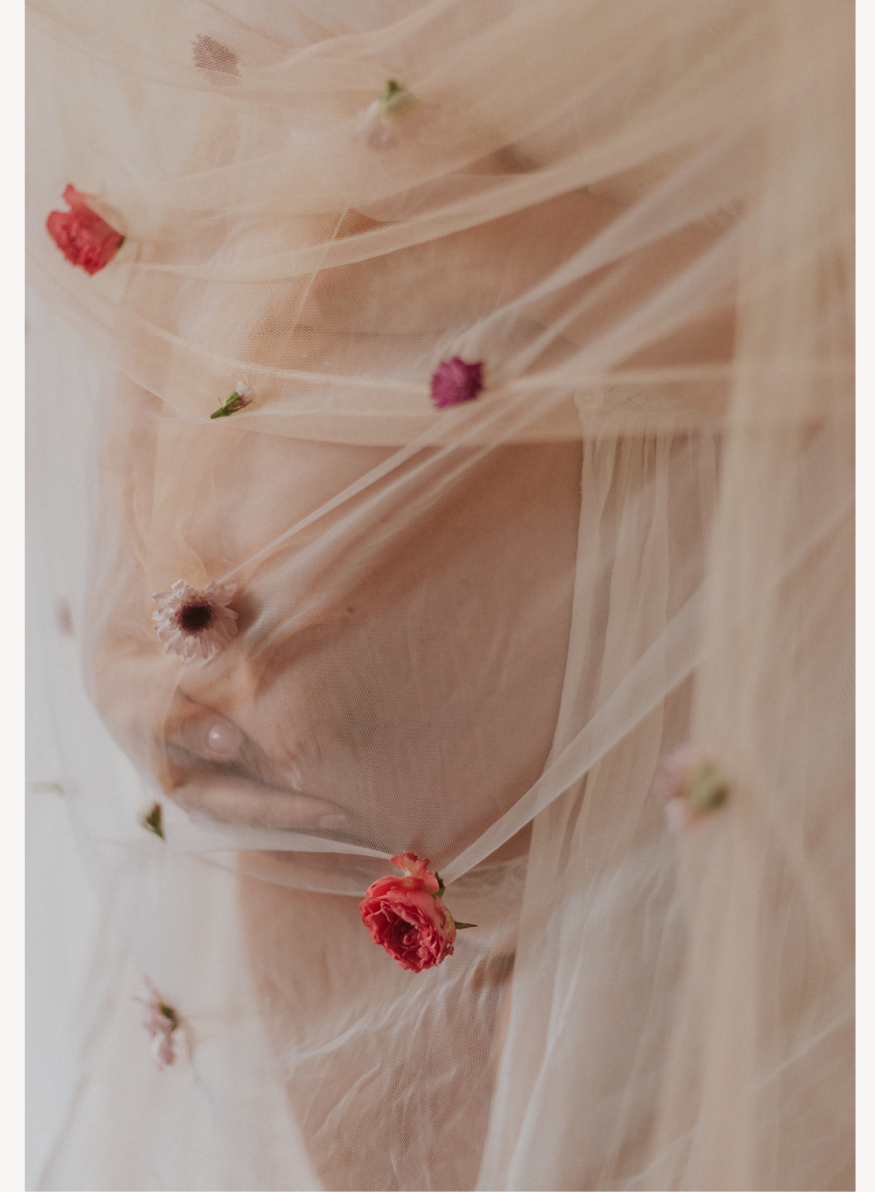
Our approach starts with thorough assessments to understand your unique needs and create a personalized care plan. We blend traditional clinical care with holistic principles to ensure your well-being.

We also focus on education or information so you can make your own choices for yourself and our baby.

Holistic and Nutritional care

Our dedicated nutritional support ensures that both your body and spirit receive the essential nourishment they require during this special journey.

Alongside this, we offer holistic practices designed to nurture emotional well-being, alleviate stress, and foster an inner sense of tranquility. These holistic approaches work in tandem with clinical care, honoring the sanctity of your pregnancy.



Botanical medicine



We love using our herbal allies to provide nourishment, healing and support during pregnancy, birth and postpartum.


We offer recipes and herbal products to support this time.

Using herbs and plants during this time invites a beautiful connection with Mother Nature while you are growing your baby and family.

LABOR AND BIRTH

Sacred and Safe Birth Support



A decorative line starts from the top left, curves down and to the right, then curves back up and to the right, ending near the top right. In the top right corner, there is a stylized leaf motif with several leaves on a branch.

The moment of birth is a sacred threshold, and our support extends to this transformative experience.

Natural birth preparation

Home labor and birth support

Homebirth

Postpartum Care

At Mother Nature, we don't just provide services; we create a sacred circle of support around you. Our goal is to empower you, allowing you to embrace the miracle of pregnancy and birth with confidence, knowledge, and deep connection to your inner wisdom.

Your journey is our journey, and we're here to ensure every step is taken with love, care, and reverence for the sacred gift of life.

Honoring the Sacred Circle of Pregnancy and Birth



POSTPARTUM CARE

SUPPORT AND MENU PLANNING

preparation

NEWBORN

check

POSTPARTUM CARE

nurture



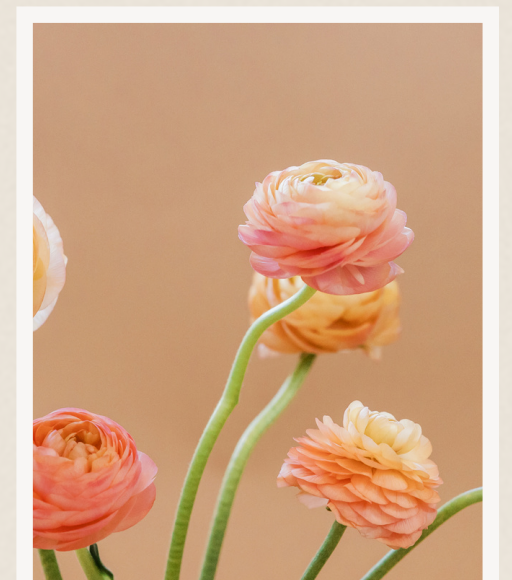


TESTIMONIALS

From Gauri's course, I have learnt how to understand and support postpartum women through a deep and global approach. I really love how she teaches on different levels so we can make connections.

She teaches knowledge for the brain and for the heart, that's what makes this course so special!

Caring for a Postpartum Course member





VRINDA

Thanks to Gauri - I had the homebirth of my dreams.

Her gentle and caring approach helped me to find the strength to birth my baby the way I was meant to.

P U J A

T've always wanted to have a natural birth. I knew that a hospital was not going to be the relaxing and calm environment I was envisioning. By Lord's mercy I got Gauri Mataji contact. I asked about her services and my concerns. She answered all my questions and concerns. She made me feel really comfortable throughout pregnancy. She shared several books, Home birth video and documentaries. They all supported my birth philosophy—birth is natural, my body was designed for birthing, and birth does not have to be feared.

When my Labour pain started, Gauri Mataji arrived shortly. I remember hearing her voice, calm and reassuring. She along with her assistant supported me so lovingly during my labours... I gave birth to my lovely son in water pool. He was warm and wet and perfect. I remember crying out as his head passed completely from me, but it wasn't a cry of pain. It was a cry of triumph and joy. The pride of bearing this child into the world on my own overcame my otherwise quiet labor.

This was by far the Most Amazing Experience of my life.





CONNECT WITH DR GAURI AND HEIDI

to find out more about courses and
consults

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