

Area Resources: Ohio Home Birth, Lora Hart, CPM

Acupuncture:

Danielle Pyolnim Miller, L.Ac

Urban Acupuncture

Master Chen, Acupuncturist; 614-880-0988

Columbus Herbs & Acupuncture

Vitallas Acupuncture

Heidi Vanderpool, Pinned Acupuncture

"Alternative Wellness":

ActiveLife Family Chiropractic Dr. Lisa 614-866-5181

Advanced Wellness Center Dr. Troy Walker Grandview Ohio 614-488-6820

Birth Centers:

Ohio Birth Center - in progress, not open yet.

Family Beginnings Birth Center, Dayton 937-208-6355 website Miami Valley Hospital

Birth Certificates:

Local Health Department Registrars. Columbus Dept. Of Health 614-645-7333 /

Fax: 614-645-8158 www.publichealth.gov

*Metabolic Screenings and supplies vital statistics office for your county.

Blood Banking Services:

CBR <https://www.cordblood.com/landing/what-is-cord-blood>

Viacord <http://www.viacord.com>

Breastfeeding Support Groups:

(Also, see lactation specialists below)

Clintonville Breastfeeding support group

Columbus Public Health Breastfeeding Helplist

La Leche League

Women's Center at Riverside

Certified Nurse Midwives - Hospital Birth Only:

OSU Carepoint Gahanna

CarePoint Gahanna - Becky Wagner, CNM,

Cassandra Sampsell, CNM

Emily Neiman, CNM

OSU Medical Center 614-366-0375

St. Ann's Hospital

Chiropractic Care:

Kyle Alexander, DC 614-547-2020 *Webster Technique
Michael A Fisher (Creskide) 614-472-0992 *Webster
Advanced Wellness Center
Mary Jo Marraffa, DC
Greg Prenger, DC, CCSP New Albany 614-855-6999
Trisha Arndt, DC, DACCP, FICPA
Dublin 614-792-8116
Rise Chiropractic and Nutrition @dr.nicole.short
The Inside Space @theinsidespace

Childbirth Education:

Ashley Oliver -Bradley Method
Angela Capers - Bradley Method
Maloree Munn, HCHI Hypnobabies Ed 806-787-8504
Embodied Birth Childbirth Preparation Class Ash Dasqui, RN, CPM, GenderQueer;
EmbodiedBirthClass.com
Ohio Doulas

Circumcision:

Dotan Hersage, Certified Mohel 614-274-0979 mohelherszage@gmail.com
Recommended reading: www.cirp.org, www.circumcision.org, www.dr.momma.org,
www.circumcisiondecisionmaker.com, www.nocirc.org, www.intactamerica.org

CranioSacral Therapy:

Audra Phillips, CPM
Lisa Gillispie, BSW, LMT, CST
Alison Hazelbaker, PhD, IBCLC, RCST
Eve Hermann, LMT
Rachel Wood, LMT

Doulas:

ROOTT -doulas especially for women of color by women of color
Birthworkers of central Ohio
Elaine Tucker 703-615-3806 elainetuckerbirthandfamily.com
Katie Krabil (Marysville area)
Kelli Blinn @doulakelliblinn
Erin McCaffrey Crespo @thrivedoulacolumbus
Postpartum doula, Chandra Davis
Aly Room @mindbodybaby_columbus (Hypnobirthing certified)
Courtney Louge @13andfindoula (Hypnobirthing certified)

Family Practice Medicine:

Steven J Tornik, DO
Teresa Quinlin, MD

OSU Center for Integrative Health and Wellness, Shelly Blackburn, MD
614-538-9339
Jennifer Ball, ND 614-442-2336
Marvin Im, DO 614-533-3354
Steven Rogers GP 216-839-0702

Farmers Markets/Natural Markets for supplements recommended:
Clintonville Community Market 200 Crestview Rd. Columbus Ohio 614-261-3663
Momentum 98 614-262-7087

Fertility:
The Fertility Connection Holistic Fertility Center

Health Centers:
Neighborhood Health Centers
*Federally Funded Health Clinics for "presumptive eligibility" is a woman is pregnant via medicaid expansion a few years ago, where they will be covered for free care while waiting for official medicaid approval. Some have CNMs on staff.
<http://www.colnhc.org/become-our-patient/locations-and-directions>.

Hearing Screenings at home:
Dr. Maggie Mandle
Ann Clifton, Au.D. CCC 614-602-7195
HelpMeGrow Testing Center

Herbalists:
Caty Crabb
Anya Syrkin, MS, HM, CNS

Labs:
Walk In Labs
Online Labs
CytoCheck Labs, LLC 800-572-4277
Dantic Marketing

Home Birth Midwives:
Lora Hart, CPM Ohio Home Birth 614-648-7735
Eliza Kay, CPM
CHOICE Midwives
Hannah Clark
Mary Cooper
Courtney Swies
Caitlin Hopper @inspiredhomebirth
"Find A Midwife" tab on the web page of Ohio Midwives' Alliance.

Midwifery Reimbursement Assistance:

Mary Canada 740-891-6195

Pam Sanborn 614-774-6193

Blessingway Midwifery Billing 330-274-8307

National Billing Service MBSI 800-874-2540

Lactation Consultants:

Elaine Tucker 703-615-3806

Stephanie McCarrell 614-296-1144

Jess Buell, MA, IBCLC at Spirit of Healing

Jill Davis, RN, IBCLC, RLC

Alison Hazelbaker, PhD, IBCLC, RCST Spirit of Healing

Jen Kennedy, CLC, IBCLC

Julie Oberholzer 614-407-4305

Northwest Columbus 614-326-3504

Kelly Green-Green Living and Wellness

Erin McCaffrey Crespa @thrivedoulacolumbus

L&M Lactation

@NurtureColumbus

Breastfeeding Equipment:

Women's Boutique at Riverside Methodist 614-566-5353

Massage:

Wendy Everett, LMT

Nicole Karras, LMT Inner Wisdom Healing

Kristi Blankenship Replenish Spa Co Op

Eliza Hechmer, LMT 614-725-0253

Naturopathy:

Jennifer Ball, ND

Dr. Hanisha Patel, DO

Nutritionist/Dietician:

Jamie K Thompson, Rd

Adrienne Raimo, RD

@KatherineWohl

@AlyssaBroadwaterrd

OB/GYN:

OSU OB/GYN Dr. Casto, Dr. Goist, Dr. Worly, Dr. Byron (supportive through long inductions)

Integrative doc at OSU also does CST on infants-Leah Welsh

Women's Integrative Health Dr. Ransom, Dr. Rouse
Dr. Heidi Arbona VBAC doc at Northside women's health
Dr. Sarah Russel Mt. Carmel
Tammy Chan, MD
Arnol Arora, MD
Alan Murnane, MD with Westar at St.Anns
William Hammett, MD
Christina Charles, MD
Dr. Goldfarb (Circleville area)
Dr. Nicole Zochowski at St.Anns gives great informed consent conversations and willing to catch breech babies.

Pediatricians:

Roots and Wings
Dr. Jonathan Shafer
Dr. Carine, MD Integrative Pediatrics
Dr. Steven Tornik 614-873-6700 *Does not have vaccines in his office*
Linda Chun, MD Wexner Integrative Medicine
Lawerence Heiny, MD
Allen Lewis, MD Integrative Pediatrics of Ohio
Stacy Morran, MD
Trevor Maurer, MD (Marysville area)
Dhanu Sant, MD Whole Kids Pediatrics and Yoga 614-298-5437
Carl R. Backes, DO 614-851-7337
Olentangy Pediatrics Dr. Littleton, Dr. Maher 614-442-5557
Dr. Marita Moore IMHEALTH.ORG
Dr. P Fay AHNI.com

Postpartum Support:

POEM
Postpartum Support International 800-944-4PPD
Caresource is accepted at the following psych nurse practitioners for medical management of PPD/PPA:
Kimberly Rankin 614-412-3993
Alenna Smith 833-581-0537
Lisa Wahoff 614-698-1246
Tele MD 614-665-8343
Hygge Behavioral Health and Wellness 740-240-0789
Kelli Blinn
4th Trimester

Placenta Encapsulation:

Columbus Placenta Encapsulation Reggie mcCloskey 614-288-7223
Deb McCann 740-971-8264

Ally Star @thenurturedmotheroh
Courtney Louge @13andfinndoula
Placenta preservation Columbus Jenny Sigler

Photography:

@colleenmurthaphotography
@ramseybakerphotos
@Morganwhitneyphotography
Lindsay Scholz Photography
Natural Element Photography
Rachel Joy Photography

Physical Therapy/Women's Health:

Dr. Missy Gallow, DPT *Specializes in prenatal/postpartum care and pelvic floor*
614-441-8723
Carina Siracusa Majzen, PT
Fitness Matters Columbus Ohio
Concierge Physical therapy (In Home Offerings)
Dr. Kayla Borchers
Amanda Townsend @amandaamcdpt
The Educated Pelvis Sam Parkhurst @theeducatedpelvis
Dr. Emma Lengerich @emma_pelvichealth
Sarah Highland @pelvicfloorandmore

Reflexology:

HAPI feet

Speech Therapy:

Kimberly Martin at flourish Integrative Therapy 614-545-8300

Therapists and Counseling;

Columbus Women's Wellness Psychological & Consulting Services, Tiffany Rose-
Wilhelm, MSW
LISW, CLEC Ashley Bush
Berhane Messat, Ph.D
Amy Smitke, MSW, LISW-S
Nancy Johnson, Ph.D
Dawn Friedman, MEd, LPC
Michelle Riser, LISW-S
Tracy Sidesinger, Psy.D
Donna Sigl-Davies, PCC-Sc
Julie Shuptrine, LISW
Mary Ware, PC, SEP, RCST
Sonder Psych @sonder-psych

Tongue Tie Assessments/Revisions:

Dr. Jordan

Joel Richards

Dr. Hazelbaker Spirit Of Healing

Ultrasounds:

Ultrasona

Vaccine Information:

<http://vaccines.procon.org/CDC>

Yoga:

Balanced Yoga On High

@TheYogaCarriage

@drkaylaborchers Be Well Collective