

Postpartum Prep Community Resources

Placenta Encapsulators:

Katie Pumphrey
206-931-8971
www.mamaearthdoula.com

Rhea Harrison
206-949-9921
everydaygoddess206@gmail.com

Chiropractors/Acupuncture & Massage:

Glow Natural Health
Madison 206-568-7545
West Seattle 206-257-4126

Renaissance Chiropractic Center
253-473-0300

Mitchell Family Chiropractic
253-722-6150

Pelvic Floor Therapists:

Dr.Mandi Murtaugh
<https://www.drmandimurtaugh.com/>

Childbirth Educators:

Ester Darms
425-922-2928
esther@estherdarms.com

Angelica Grunewald
253-948-5193
info@tacomahypnobirthing.com

Sharon Muza
206-465-1052
sharon@sharonmuza.com

IBCLCs:

Emily Ager
253-655-7817