



PARIJAT DESHPANDE

PRESS KIT

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ABOUT

Parijat Deshpande

Short Bio

Parijat Deshpande is an author, speaker and the CEO of a global, boutique company dedicated to reducing pregnancy complications and ending preterm birth. On a mission to end the high-risk pregnancy crisis, she has served and supported hundreds of women through her programs, one-on-one work and bestselling book, *Pregnancy Brain: A Mind-Body Approach to Stress Management During a High-Risk Pregnancy*.

Long Bio

Parijat Deshpande is an author, speaker and the CEO of a global, boutique company dedicated to reducing pregnancy complications and ending preterm birth. She has served hundreds of women through her programs and one-on-one work, helping them manage pregnancy complications and reclaim a safety and trust in their bodies that they thought was eroded forever.

After her own experience with high-risk pregnancy, Parijat went from patient to practitioner to help other women beat the statistics—a journey she chronicled in her bestselling book, *Pregnancy Brain: A Mind-Body Approach to Stress Management During a High-Risk Pregnancy*. Today, she continues to take a trauma-informed, neurobiological approach to reproductive health to help her concierge-level private clients improve pregnancy outcomes after preterm birth or late-term loss. Parijat also consults with progressive companies, organizations, and brands on how to best support their pregnant employees and leadership team through infertility, a high-risk pregnancy, and possible NICU stay.

As an educator and keynote speaker, Parijat trains medical providers, birth workers and allied professionals around the country on how to provide trauma-sensitive support as they work with their prenatal patients to help them increase trust in their care. She also partners with production companies, directors, producers and screenwriters to accurately represent birth trauma, loss, high-risk pregnancy and preterm birth in TV and film.

Parijat is the host of the popular podcast Delivering Miracles® which discusses the real, raw side of family-building including infertility, loss, high-risk pregnancy, bed rest, prematurity and healing once a baby comes home. When Parijat isn't working to end the high-risk pregnancy crisis, she can be found hiking, reading British crime novels, singing and composing pieces on the piano.



AS SEEN IN / ON

Los Angeles Times

Forbes

The New York Times

EmpowHER

THE HUFFPOST

ESSENCE



Parijat Deshpande

IS KNOWN FOR SAYING ...

- The opposite of stress is not relaxation. The opposite of stress is safety.
- We cannot hack our nervous system, endocrine system, or immune system if we want true healing or long-term health.
- You know your body best. No medical professional or statistic can ever override the knowledge you have over your body.
- Statistics are not crystal balls, and humans are not statistics.
- We will not end prematurity until we accept and incorporate stress physiology support as part of standardized prenatal care.
- Our health systems thrive on us not knowing all the information. The more power we have to prevent health complications, the less power we'll hand over to medical institutions.



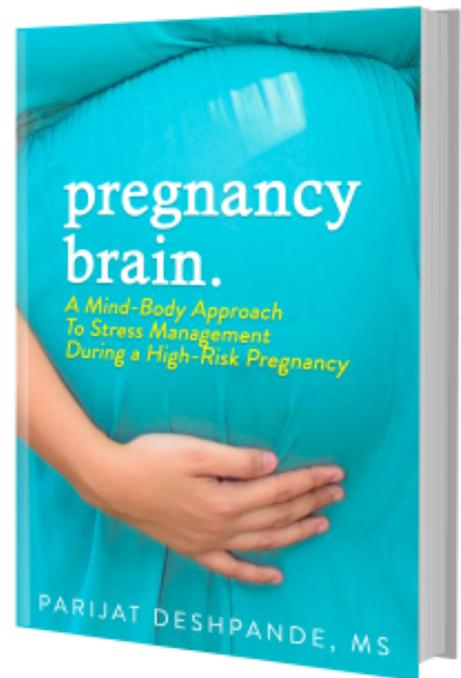
Interview Topics

- Pregnancy Anxiety Is Not a Mental Health Issue (and We Need to Stop Treating it as Such)
- How to Heal from Your Fertility, Pregnancy, Birth, and Medical Traumas
- Why We Need to Take a Trauma-informed, Neurobiological Approach to Reproductive Health
- How She Went from Patient to Practitioner to Help High-Risk Pregnancies Beat the Statistics
- Ways to Navigate High-Risk Pregnancy After Late-Term Loss or Preterm Birth
- Why Stress Physiology Is the Key to Solving the Preterm Birth Crisis in America
- How to Advocate for Yourself in a Medical Industry Thriving on Your Lack of Knowledge
- Your Body Is Your Power: How to Reclaim It and Use It to Find Healing
- Why You Should Ditch Your Current Stress Coping Strategies for a Body-Based Practice
- Your Pregnancy Diagnosis Doesn't Have to Determine Your Outcome

ABOUT THE BOOK

Pregnancy Brain: A Mind-Body Approach to Stress Management During a High-Risk Pregnancy

Not enough women are told how profoundly stress impacts their pregnancy, especially if they are high-risk—but the truth is that stress, if left unmanaged, becomes a serious risk factor for pregnancy complications from preeclampsia and gestational diabetes to preterm labor and poor blood flow to the baby. In this cutting-edge resource—the first of its kind meant specifically for women with high-risk pregnancies—Parijat Deshpande explains why effective stress management is a critical component of prenatal care in order to manage and prevent pregnancy complications. Through peer-reviewed, evidence-based research, powerful true stories and Parijat's own compelling personal journey through a very high-risk pregnancy, *Pregnancy Brain* presents a groundbreaking understanding of the effects of stress and stress management on pregnancy and fetal health—and empowers women to take charge of their health and lower their risk of pregnancy complications and preterm birth.



ABOUT

The Trauma-Informed Inner Circle

Perfect for women and nonbinary people in all stages of conception, pregnancy and birth, the Trauma-Informed Women's Health Inner Circle is a private discourse giving subscribers access to the trauma-informed lens Parijat uses to work with her private clients. Inside the Inner Circle, Parijat debunks common myths and professional advice, provides education on how stress physiology is often a common thread in high-risk pregnancies, and discusses where to find answers on topics ranging from endometriosis and PCOS to pregnancy complications and preterm delivery—answers women have previously been told don't exist. Subscribers walk away with invaluable insights about health, healing, and health care after fertility/pregnancy/birth/medical trauma.

“ PRAISE FOR PARIJAT ”

“I was very stressed and anxious before joining the program with Parijat. I’d had three miscarriages before and I didn’t think there was hope left. I found the program helpful because it gave me tips to cope with anxiety. It helped a lot that Parijat had gone through a similar experience. By the end I felt relief from my constant anxiety which I didn’t think was possible.”

—Meg, Path to Baby™ Client

“Finally, a program that deftly navigates an otherwise overlooked topic - high-risk pregnancy, preterm delivery and birth trauma. The focus on paying attention to your body in order to release grief, anxiety, despair and other negative emotions is unlike anything I would have expected or have experienced. This is far different (and better) than just talking to a therapist. I recommend this program to anyone who is looking for a way to 'get out of your head' and have a healthy pregnancy.”

—Sonal, Path to Baby™ Client

“I love how positive and encouraging Parijat is. If you’re pregnant or trying to conceive, she is definitely one to follow. Thank you for being such an encouraging presence. We need more people like Parijat.”

—Dr. Kathryn Hale, OB/GYN

“Right from the beginning, my pregnancy after stillbirth was filled with intense fear and anxiety. Through my work with Parijat, I learned so many new things about my body and started to experience a relaxation and peace that I didn’t know was possible in a high-risk pregnancy. I credit this amazing experience to the work I did with Parijat. I am confident that had I experienced this situation without having done the work, I would have been an emotional wreck. I highly recommend Parijat! If you put in the work required, you won’t regret it.”

—Amalia, Path to Baby™ Client

“To anyone considering working with Parijat during a high-risk pregnancy, I would tell her that it was a necessary part of managing a high-risk pregnancy and worth every penny. I credit Parijat with helping me keep my baby inside of me as long as possible (overdue in fact!) and teaching me to manage my body and feelings during a really difficult time. There are very few people who truly understand what it’s like to go through a high-risk pregnancy but Parijat does AND has ways to make it easier.”

—Rima, Path to Baby™ Client

“Parijat is a tremendous resource for my patients and all of my patients appreciate her approach.”

—Dr. Aimee Eyvazzadeh, Reproductive Endocrinologist

“When my baby was born prematurely, I didn’t know where to turn for support and understanding. Parijat has been one of my biggest supporters since my 23 weeker came home from the NICU. I am grateful for her compassion, knowledge and understanding.”

—Andrea, Client

“If you’re thinking of joining the Path to Baby program, Parijat will keep you sane; with her, you will find your safe place to get pregnant, stay pregnant and navigate through whatever challenges come along. You seriously made all the difference, despite the circumstances. Thank you THANK YOU so much.”

—Anneke, Path to Baby™ Client

Suggested Interview Questions

- 1.** You have an interesting story of how you got into this line of work. Can you tell us more about your own pregnancy experiences and what inspired you to become a high-risk pregnancy specialist?
- 2.** How does your background in clinical psychology and personal experience with high-risk pregnancy tie into your current line of work?
- 3.** Why don't high-risk pregnancies get more attention in the broader conversation around pregnancy?
- 4.** What's the biggest misconception about high-risk pregnancy? How do we destigmatize high-risk pregnancy?
- 5.** What's your take on how the medical industry interacts with and cares for high-risk pregnancies?
- 6.** You talk a lot about the power of the body. What does that mean and how do we harness the power of our bodies?
- 7.** What do we gain by taking a trauma-informed, neurobiological approach to reproductive health?
- 8.** You base a lot of your work with high-risk pregnancy on stress physiology. Can you tell us more about what entails?
- 9.** Why is pregnancy anxiety NOT a mental health issue?
- 10.** How does stress impact pregnancy? Is there a cure for it?
- 11.** What's an easy first step that individuals with a high-risk pregnancy can take to integrate some of your practices into their everyday life?
- 12.** What would you say to the person who thinks their pregnancy loss or preterm delivery is their fault? What about someone who thinks a similar outcome in the future is inevitable?
- 13.** How do we heal from fertility, pregnancy, birth and/or medical trauma?
- 14.** What inspired you to write your book, *Pregnancy Brain*?
- 15.** How does *Pregnancy Brain* help mothers dealing with high-risk pregnancy? What tools do they walk away with?

RAPID FIRE WITH Parijat Deshpande

1. Who are the pregnancy thought leaders and experts you follow?

The Black OBGYN project, Erica Chidi, Britta Bushnell, Dr. Steve Rad, Dr. Aimee Eyvazzadeh, Brandi Jordan, Mars Lord, and Latham Thomas.

2. What's a pregnancy product you (and your clients) can't live without?

The pregnancy pillow!

3. If you could solve one problem for all pregnant individuals, what would it be?

To stay pregnant until full term and bring their babies home.

4. What's the most underrated part of being pregnant?

That you're literally building a human while also going about your regular day.

5. What's a favorite memory of yours from your own pregnancy?

Feeling flutters and movement for the first time.

6. What's your favorite way to de-stress on an ongoing basis?

Singing or chatting with a good friend.

7. What are the somatic practices that you come back to over and over?

Gentle joint squeezes. Activating all of my senses. Being aware of how my body wants to move or not move.



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