



THE SACRED
WOMBKEEPER'S RECIPE
& RITUAL BOOK

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FROM MY INNER WITCH TO
YOURS.
NOURISHMENT,
INTIMACY
& RITUALS.

FOR PRECONCEPTION,
PREGNANCY,
BIRTH & POSTPARTUM.

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Introduction

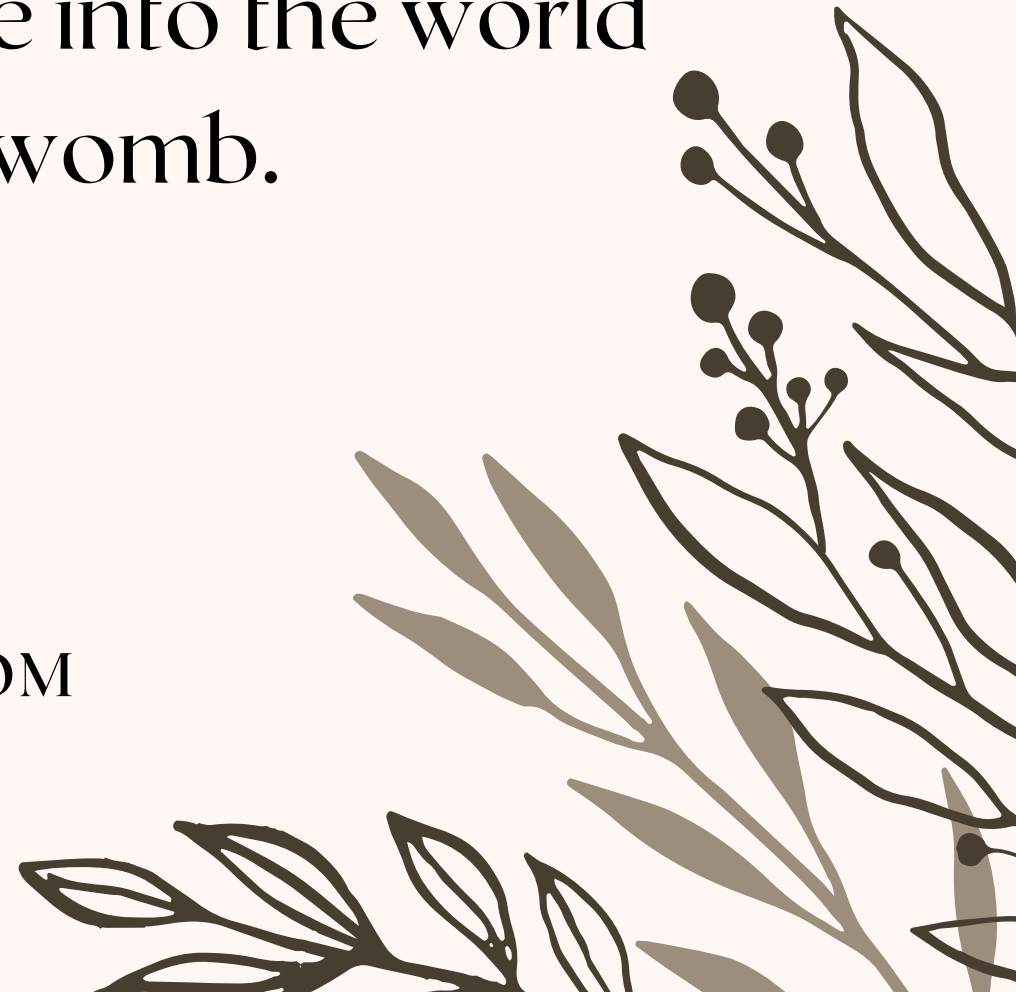
Welcome, sacred wombkeeper.

This mini book is a love letter to the art of nourishment, sensuality, and deep womb wisdom.

Preconception, pregnancy, birth, and postpartum are sacred thresholds—portals of transformation that require deep nourishment, both physically and energetically. Through intentional food, herbal care, and intimacy, we honor the rhythms of the body, ensuring a well-supported journey from conception through postpartum.

This mini book weaves together ancient wisdom and practical nourishment, offering you time-honored recipes, herbal remedies, and rituals to strengthen your body, balance your hormones, and cultivate oxytocin—the love hormone that supports fertility, birth, and postpartum healing.

May these recipes and practices nourish you deeply as you prepare to bring life into the world and tend to your sacred womb.





Nourishing Recipes for Preconception, Pregnancy, Birth & Postpartum

Preconception & Pregnancy Nutrition: Strengthening & Grounding

Before and during pregnancy, aka as a fertile woman, your body is preparing and sustaining life—calling for deep, nutrient-rich foods that support fertility, hormonal balance, placenta development, and digestion. These recipes provide essential vitamins, minerals, and warmth to nourish both mother and baby.



Bone Broth for Deep Nourishment

Supports immune function, gut health, fertility, and mineral absorption.

Ingredients:

- 2 lbs organic marrow bones (beef, chicken, or fish)
- 1 onion, chopped
- 3 cloves garlic, smashed
- 2 tbsp apple cider vinegar
- 1 tsp sea salt
- 1 tbsp fresh ginger (optional, for digestion)
- 8 cups filtered water

Instructions:

1. Place all ingredients in a large pot or slow cooker.
2. Simmer on low for 12-24 hours.
3. Strain and sip throughout the day. Store in the fridge for up to a week.





Liver Pâté for Iron & Hormonal Balance

Rich in iron, vitamin A, and essential fatty acids—critical for preconception, pregnancy, and postpartum replenishment.

Ingredients:

- 1/2 lb organic chicken or beef liver
- 1/2 cup grass-fed butter or ghee
- 1/2 onion, diced
- 2 cloves garlic, minced
- 1/2 tsp sea salt
- 1 tsp fresh thyme
- 2 tbsp coconut cream (optional, for extra creaminess)

Instructions:

1. Sauté liver, onion, and garlic in butter over medium heat until cooked through.
2. Blend with remaining ingredients until smooth.
3. Store in the fridge and serve with sourdough or vegetables.



Womb Nourishing Dark Chocolate Elixir

A mineral-rich, hormone-balancing drink that supports fertility, pregnancy, and postpartum recovery. Raw cacao enhances circulation, shatavari nourishes reproductive health, and cinnamon promotes warmth and digestion.

Ingredients:

- 1 ½ cups warm milk (raw, coconut, almond, or oat)
- 1 tbsp raw cacao powder (iron-rich, supports circulation)
- 1 tsp maca powder (balances hormones, boosts energy)
- ½ tsp cinnamon (warming, supports digestion)
- ½ tsp shatavari powder (adaptogen for womb health)
- 1 tsp raw honey or maple syrup (optional, for sweetness)
- 1 tsp ghee or coconut oil (supports absorption)

Instructions:

1. Heat the milk in a small pot over low heat until warm (but not boiling).
2. Whisk in cacao, maca, cinnamon, shatavari, and ghee until smooth.
3. Pour into your favorite mug, stir in honey, and sip slowly.
4. Breathe deeply as you drink, sending warmth and nourishment to your womb.



Nourishing Marshmallows

These homemade marshmallows are more than a sweet treat—they're a nourishing elixir for your skin, joints, and soft tissues. Rich in grass-fed gelatin, they supply high-quality collagen essential for maintaining skin elasticity and supporting the regeneration of connective tissue.

Ingredients:

- 1 cup + 2 tablespoons raw honey
- 3 tablespoons grass-fed gelatin
- 1/2 teaspoon vanilla extract
- 1 + 1/2 cups water (divided into 1/2 cup and 1 cup)

Instructions:

Honey Mixture:

In a small saucepan, combine 1/2 cup of water with the raw honey. Over medium heat, bring the mixture to a simmer. Using an instant-read thermometer, cook until the temperature reaches 235°F—this is known as the soft ball stage, where the bubbles begin to shrink. This process should take about 10 minutes. Accurate temperature is key for the perfect texture.

Bloom the Gelatin:

Meanwhile, pour 1 cup of water into the bowl of a stand mixer. Sprinkle the grass-fed gelatin evenly over the water and let it sit for about 5 minutes until the gelatin blooms, thickening into a loose, jelly-like consistency.

Combine Mixtures:

Attach the whisk to your stand mixer. With the mixer running on medium speed, slowly pour the hot honey mixture down the side of the bowl. Gradually increase the speed to high and continue beating for 15 minutes until the mixture turns white, becomes fluffy, and the bowl feels cool to the touch. Add the vanilla extract and whisk for an additional 10 seconds until just combined.

Set the Marshmallows:

Working quickly, use a rubber spatula to scrape the marshmallow mixture onto the prepared baking sheet. Smooth the surface immediately before the mixture begins to set. Allow it to rest for 30 minutes so it fully firms up.

Serve and Store:

Once set, cut into squares. Enjoy your nourishing marshmallows immediately, or store them in an airtight container at room temperature for up to one week.



My journey to...

Ancient and Ancestral Nourishment

For nearly a decade, I chased every trendy diet in the pursuit of “health”—from intermittent fasting to the latest raw food craze. I was convinced that restriction was the pathway to vitality. But in reality, I was so unhealthy. I wasn’t feeding my body enough. I was fasting almost all day, and my entire system was crashing. I had unknowingly been starving my body of the essential nutrients it needed to survive, thrive, and create life.

I eventually realized that true nourishment isn’t found in deprivation—it’s rooted in the ancient wisdom of our ancestors. I learned that a fertile woman needs a diet rich in whole, nutrient-dense foods. These are the foods that have fueled our ancestors for generations—foods that honor the body’s need for complete nourishment.

The turning point for me was a beautiful revelation: I needed to break free from modern dieting myths and return to the nourishment that nature intended. I began embracing hearty, nutrient-packed meals that filled me with energy and reconnected me with my innate fertility. When I started feeding my body with real, ancestral foods, I noticed a dramatic transformation. I felt more alive, more connected, and more capable of nurturing new life.

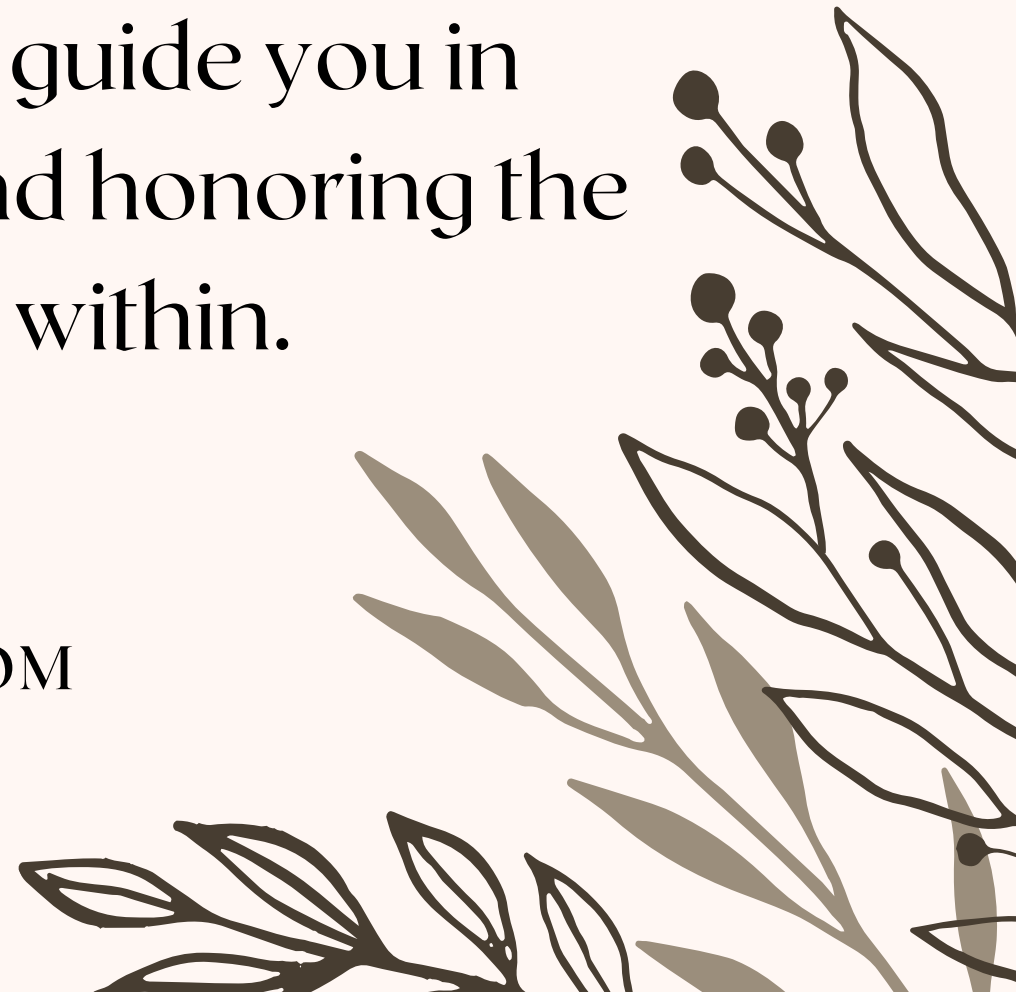
I share this journey with you not as a set of dietary rules, but as a testament to the power of ancient nourishment. It’s a reminder that thriving doesn’t come from restriction—it comes from celebrating the foods that have sustained us for millennia. By honoring the wisdom of our past, we can reclaim our vitality and unlock the full potential of our fertile bodies.



*Nourishing Rituals for
Preconception, Pregnancy,
Birth & Postpartum*

**Sacred Rituals:
Honoring the Womb Through Every Season**

Rituals are a way to weave intention, presence, and reverence into your journey—whether you are preparing to conceive, carrying life, birthing, or healing postpartum. These sacred practices are designed to support your connection to your body, your baby, and the lineage of womb keepers before you. Through movement, breath, touch, and ancestral wisdom, these rituals guide you in deepening trust, releasing fear, and honoring the transformation unfolding within.





Sacred Womb & Yoni Steams

Yoni steaming is an ancient practice that supports womb health, enhances fertility, releases stagnant energy, and encourages postpartum healing.

Preconception & Postpartum Healing Steam Blend

Ingredients:

- 1/2 cup dried rose petals (gentle, heart-opening)
- 1/2 cup dried calendula (anti-inflammatory, tissue healing)
- 1/4 cup dried mugwort (cleansing, moves stagnant energy)
- 1 tbsp lavender (calming, anti-microbial)

Instructions:

1. Boil water and pour over herbs in a heatproof bowl.
2. Let steep for 5 minutes, then sit over the steam with a blanket wrapped around you.
3. Breathe deeply and relax for 15-20 minutes.



Intimacy & Oxytocin: The Forgotten Birth Prep

Oxytocin is the body's love hormone—it enhances fertility, softens the cervix, eases labor, and supports postpartum bonding. Intimacy, pleasure, and sensual touch can support your journey, from conception to birth and beyond.

Partner Connection Ritual for Fertility & Birth Preparation

- **Eye Gazing:** Sit facing each other, holding hands, and gaze into each other's eyes for 3 minutes.
- **Breath Syncing:** Breathe together, allowing your inhales and exhales to match.
- **Gentle Touch:** Have your partner slowly trace circles on your back or belly while breathing deeply.
- **Affirmation Exchange:** Speak affirmations to one another, such as:
"I trust in my body's wisdom. I surrender to the rhythm of creation and birth."



Daily Womb Ritual for Connection & Embodiment

A simple practice to connect with your womb space, release tension, and cultivate intuition throughout preconception, pregnancy, and postpartum.

Morning Womb Meditation

1. Place your hands over your womb and take slow, deep breaths.
2. Imagine a warm golden light filling your belly, softening and nourishing your womb.
3. Ask your womb, What do you need today? Listen for any sensations or emotions that arise.
4. Close by massaging your lower belly in slow circles and thanking your body for its wisdom.





Story time...

Welcome to my inner circle ladies.
Let's talk about intimacy and love making.

My partner and I discovered that the deep connection we both crave isn't something that happens by accident—it's cultivated by making intentional time for each other.

Every Wednesday, without fail, we hire a sitter for the night and gift ourselves a full 24 hours of togetherness. These hours aren't just about being physically present; they're a sacred space for deep conversations, heartfelt vulnerability, and genuine truth-telling—even if it means ruffling a feather or two.

In those uninterrupted moments, we share our dreams, our fears, and everything in between. We allow ourselves to be fully honest, knowing that this kind of raw truth only strengthens our bond. It's not always easy—sometimes our truths clash—but we've learned that through those honest exchanges, our trust deepens and our love making reaches a whole new level.

For us, intimacy is more than a physical act; it's a continuous dialogue of the heart. By dedicating regular time to nurture our relationship, we've unlocked a deeper, more passionate connection that transforms our love making into an act of pure, shared vulnerability and strength.

