

## Birth Reborn

The trusted editors of *Our Bodies, Ourselves*, called “a feminist classic” by *The New York Times*, present a comprehensive guide to pregnancy and childbirth, from prenatal care and emotional well-being to how to handle the pain of childbirth. Pregnancy and birth are as ordinary and extraordinary as breathing, thinking, or loving. But as soon as you announce you’re expecting, you may be bombarded with advice from every angle—well-meaning friends, relatives, medical professionals, even strangers want to weigh in on what you should or shouldn’t do, and it’s easy to feel overwhelmed by their conflicting recommendations. *Our Bodies, Ourselves: Pregnancy and Birth* will help you sort fact from fiction, giving you the most accurate research, up-to-date information, and the firsthand experiences of numerous women who have been exactly where you are today. You’ll get the tools you need to take care of yourself and your baby during and after your pregnancy, from tips on eating well during pregnancy to strategies for coping with stress and depression. Learn everything you need to know about:

- Choosing a good health care provider
- Selecting a place of birth
- Understanding prenatal testing
- Coping with labor pain
- Speeding your physical recovery
- Adjusting to life as a new mother

*Our Bodies, Ourselves: Pregnancy and Birth* is an

essential resource for women that will guide you through the many decisions ahead.

Reveals the surprising history of the Lamaze method of childbirth, also known as psychoprophylaxis, by tracing this psychological, non-pharmacological approach to obstetric pain relief from its origins in the USSR in the 1940s, to France in the 1950s, and to the United States in the 1960s and 1970s.

Birth reborn: What Childbirth Should Be.

Are you going to have a baby soon? Are you apprehensive? Do you want to find out what birth is like without drugs or unnecessary interventions? Do you want to know what couples do to make healthy labours easier, quicker and safer? Does your partner perhaps need some reassurance? Reading through the true accounts in this book will give you a clear idea of what to expect. Even better, it'll help you understand what you need to do in advance to make sure your own big day goes as smoothly and as safely as possible - for everyone involved. You probably don't need telling... that means less worry, less pain and more confidence as you move towards the time when you become new parents - for the first, the second, or the umpteenth time.

Reassuring guide for expectant mothers to wide range of pain control options.

Essential guide to the bewildering array of delivery options available.

Is natural painless childbirth a myth or reality? The

intent of the book is neither to give universal guidelines nor to compete with the work and methods of Midwives, doulas or other related professions. You won't even find recommendations concerning diet or physical exercise here. Those are pieces of information that you can read in books written by many outstanding authors. The purpose of the book is to pass on personal experience, to show a slightly different point of view and to introduce pregnancy and birth as the woman's work on her own personal development. We are all holding the birth pain as well as the whole experience of birth in our own hands. Based on personal experience and story. "The book should be welcomed as a golden opportunity to reinforce the power modern physiology has to challenge thousands of years of cultural conditioning. It can help us to be aware of a sudden paradigm shift regarding our understanding of the birth process and particularly our interpretation of labour pain." From the foreword by Michel Odent, M.D. (author of 13 books including Birth Reborn, Chidbirth and the Future of Homo Sapiens)

Easy-to-use charts, diagrams, and checklists enhance a fully updated and accessible guide for parents-to-be that covers every phase and aspect of pregnancy, including prenatal care, hormonal changes, and birthing options. By the authors of The Well Baby Book. Original. 25,000 first printing.

A text guide covering conception, pregnancy and

childbirth, for Parents, Birth workers and those interested in Transforming Our World through Birth....

'Fetus ejection reflex, 'milk ejection reflex, 'Sperm ejection reflex, 'Orgasmogenic cocktail'... These are examples of terms used by Michel Odent in his study of the ecstatic/orgasmic states associated with different episodes of human sexual life.

'After the historic student revolt in France a period of audacious creativity resulted. The watchword was: "It is forbidden to forbid". We took advantage of this transient cultural folly to do what would have been impossible ten years before or ten years after, introducing in the maternity unit of a state hospital an inflatable outdoor pool as a way to replace drugs during birth.' – from the Introduction In this groundbreaking book, Dr Odent takes as his starting point the world-famous work on childbirth at Pithiviers, where he first noticed the strong attraction to water that many women have during labour. As well as discovering the practical advantages of water during the birthing process, he began to consider the meaning and importance of water as a symbol. *Water, Birth and Sexuality* examines the living power of water and its erotic connotations. Odent evaluates what water meant in different cultures throughout history, through myths and legends, and what it means for us today: from an advertiser's tool to a metaphor for aspects of the psyche. He also studies

humanity's special relationship to dolphins, and the related 'aquatic ape' theory. A practical section on the use of water during birth and in various therapies, particularly sex therapy, is included. This edition of this classic work features a new Introduction.

A must-read for women who want to know all of their choices in childbirth. --

Pregnancy and childbirth brings together, for the first time, western and eastern approaches providing a sound amalgamation of theoretical and practical information for bodywork practitioners world-wide. It describes in detail the application of massage and shiatsu from early pregnancy, including work during labour and for the first year postnatally for the mother. This is a useful source of information for massage therapists, shiatsu practitioners, osteopaths, physical therapists, chiropractors, reflexologists, aromatherapists, acupuncturists, yoga and Pilates instructors. For Students and practitioners to use as a learning manual and reference tool, the text provides: Clarity of information Full text referencing Clear diagrams, photographs, and summary boxes Clinical accuracy: reviewed by, and with contributions from, international specialists including midwives, obstetricians, osteopaths, chiropractors, acupuncturists, aromatherapists and massage therapists.

This book is for any woman considering a vaginal birth after one or more previous caesareans. What are the risks? What are the advantages? What is the best choice in your particular case? The author, H  l  ne Vadeboncoeur, takes you through the research and also gives you a glimpse into other women's experiences through the use of first-hand accounts. It was, in fact, the author's experience of two very different births (one a caesarean, the next a VBAC) that inspired her to get a PhD. In her thesis she explored how women experience giving birth in hospital. H  l  ne wanted to consider questions about birth because this is such an important event in women's lives. For over 10 years since then, she has divided her time between teaching and participating in research projects. (She is currently on the Board of the International MotherBaby Childbirth Organization.) She also regularly gives talks at conferences around the world. This means that you not only get the benefit of advice from a woman who's been through both a caesarean and a VBAC, you also get taken through the most up-to-date research (now updated for the 2nd edition). Serious information is presented in an upbeat, readable style. Comment from a consultant: "As a professional who is concerned about the risk in the caesarean rate I would like to suggest that all women who have anything to do with caesareans read this book. The author has collected research data and precious

accounts, which will help women make an informed choice as to how to give birth to their babies."

Feedback from a midwife: "Hélène Vadeboncoeur offers women an important tool to support them if they choose to give birth vaginally after a previous caesarean." Comment from a reader of the original, French edition: "This book is a response to questions. It will serve to demystify fears and inspire confidence."

Nurturing Massage for Pregnancy is one of the most comprehensive books available for massage students and licensed massage therapists who treat pregnant, laboring, and postpartum clients. The author is a highly skilled perinatal massage instructor who is also a registered nurse, childbirth educator, and doula. Written in clear and direct language, this useful guide offers step by step instructions for hundreds of techniques useful during the pregnancy, labor, and postpartum periods, including general techniques and those specific to common complaints. While focused on general Swedish massage, the book also integrates myofascial release, lymphatic drainage, acupressure, and reflexology, as well as complementary bodywork methodologies such as the use of breath and visualizations, stretches, hydrotherapy, and aromatherapy. Contraindications and precautions are examined thoroughly, health intakes forms are discussed with sample forms pictured, and case

studies help highlight concerns and considerations. Video clips are available online for viewing specific technique demonstrations.

Humanity, argues Michel Odent, stands at a crossroads in the history of childbirth--and the direction we choose to take will have critical consequences. Until recently a woman could not have had a baby without releasing a complex cocktail of "love hormones." In many societies today, most women give birth without relying on the release of such a flow of hormones. Some give birth via cesarean section, while others use drugs that not only block the release of these natural substances, but also do not have their beneficial behavioral effects. "This unprecedented situation must be considered in terms of civilization," says Odent. It gives us urgent new reasons to rediscover the basic needs of women in labor. At a time when pleas for the "humanization" of childbirth are fashionable, the author suggests, rather, that we should first accept our 'mammalian' condition and give priority to the woman's need for privacy and to feel secure. The activity of the intellect, the use of language, and many cultural beliefs and rituals--which are all special to humans--are handicaps in the period surrounding birth. Says Odent: "To give birth to her baby, the mother needs privacy. She needs to feel unobserved. The newborn baby needs the skin of the mother, the smell of the mother, her breast.

These are all needs that we hold in common with the other mammals, but which humans have learned to neglect, to ignore or even deny." Expectant parents, midwives, childbirth educators, those involved in public health, and all those interested in the future of humanity will find this a provocative and visionary book. Contents: Our Mammalian Roots (and a little girl in North Dakota) At the Dawn of the Post-Electronic Age (side effects of electronic fetal monitoring) The Hospital of the Future (privacy in the birthplace) On Another Planet (the human environment in the birthplace) The Fetus Ejection Reflex (regarding the birth of non-human mammals) Cats (a diversion) The Old and the New (the main chapter) Colostrum and Civilization (the newborn and contact with the mother) From Holland to Malawi (a Dutch midwife and a traditional birth attendant) Photos and Videos (the invasive camera) Freud as a Midwife (low-profile midwives as the experts on psychology) The Hormone of Love (the hormonal basis of "love") Breastfeeding and Family Structures (two inseparable topics) Lullaby Time (the specifically human lullaby)

There is no other living scholar with Davis-Floyd's solid roots, activism, and scholarly achievements on the combined subjects of childbirth, midwifery, obstetrics, and medicine. *Ways of Knowing about Birth* brings together an astounding array of her most popular and essential works, all updated for this

volume, spanning over three decades of research and writing from the perspectives of cultural, medical, and symbolic anthropology. The 16 essays capture Robbie Davis-Floyd's unique voice, which brims with wisdom, compassion, and deep understanding. Intentionally cast as stand-alone pieces, the chapters offer the ultimate in classroom flexibility and include discussion questions and recommended films.

As an intelligent woman, you are probably used to learning as much as you can before making major decisions. But when it comes to one of the most important decisions of your life--how you will give birth—it is hard to gather accurate, unbiased information. Surprisingly, much of the research does not support common medical opinion and practice. Birth activist Henci Goer gives clear, concise information based on the latest medical studies. The *Thinking Woman's Guide to a Better Birth* helps you compare and contrast your various options and shows you how to avoid unnecessary procedures, drugs, restrictions, and tests. The book covers: Cesareans Breech babies Inducing labor Electronic Fetal Monitoring Rupturing Membranes Coping with slow labor Pain medication Epistiotomy Vaginal birth after a Ceasarean Doulas Deciding on a doctor or midwife Choosing where to have your baby and much more . . .

Michel Odent, the leading pioneer for natural

childbirth, indicates that the period between conception and a child's first birthday is critical to life-long health. In this prophetic book - first published in 1986 and reproduced here in its original form - he argues that different parts of the 'primal adaptive system' develop, regulate and adjust themselves during foetal life and the time around birth and infancy. 'Everything which happens during this period of dependence on the mother has an influence on this basic state of health, this primal health.' He suggests that the later well-being of adults, their ability to withstand the 'diseases of civilization' such as hypertension, cancer, alcoholism and failures of the immune system resulting in AIDS, allergies and viral diseases, can all be traced back to society's ignorance of the vital importance of the primal period. Since the first edition of this groundbreaking work, research has continued apace, offering further evidence to substantiate Odent's ideas. In the important new Introduction and Postscript, the author reviews recent developments and relates them to the central themes of Primal Health. This book is essential reading for all who care about the health of our children and the ongoing health of society as a whole.

Birth as every woman would like it to be •

Recommended by Lamaze International as one of the top ten books for pregnant women and their

families • Includes a 45-minute DVD of six live gentle births • More than 32,000 copies sold of the original edition

New parents are faced with a myriad of choices about pregnancy, labor, and birth. In *Gentle Birth Choices* Barbara Harper, renowned childbirth advocate, nurse, former midwife, and mother of three, helps to clarify these choices and shows how to plan a meaningful, family-centered birth experience. She dispels medical myths and reimagines birth without fear, pain, or violence. Harper explains the numerous gentle birth choices available, including giving birth in an independent birth center, at home, or in a hospital birthing room; finding a primary caregiver who shares your philosophy of birth; and deciding how to best use current technologies. She also provides practical advice for couples wishing to explore the option of using a doula or water during labor and birth to avoid the unwanted effects of drugs and epidurals. The *Gentle Birth Choices* DVD blends interviews with midwives and physicians and six actual births that illustrate the options of water birth, home birth, and vaginal birth after a prior Cesarean section. The DVD clearly reveals the strength of women during childbirth and the healthy and happy outcome of women exercising gentle birth choices. It is a powerful instructional tool, not only for expectant parents, but also for midwives, hospitals, birth centers, and doctors.

The internationally known French physician and head of the Pithiviers Maternity Clinic in northern France explains his revolutionary natural childbirth methods, which result in some of the lowest infant mortality figures in the world

"This book is a major contribution to the global struggle for control of women's bodies and their giving birth and should be read by all obstetricians, midwives, obstetric nurses, pregnant women and anyone else with interest in maternity care. It documents the worldwide success of programs for pregnancy and birth which honor the women and put them in control of their own reproductive lives."—Marsden Wagner, MD, author of *Born In The USA: How a Broken Maternity System Must Be Fixed to Put Women and Children First*

Intuitive Birthing, a term coined by Ishtara, is not about right and wrong ways of birthing, but to help you access your intuition easily in order to birth how it is right for you to birth. By following the Manifest Sacred Birth Programme you can birth connected and tuned in to follow your unique body signals and intuition, so that your birth can be blissful and pain free. If you are in a sacred place, you hear your intuition easily so you can open your light womb up wide. When you cannot hear the inner voice, you act from a place of fear, you are scared. It is this fear which blocks the birth hormones from being released and prevents you from opening up your womb easily

and without pain. The key intuitive birthing techniques which are an integral part of the 40-day programme include visualisation, mantra, meditation, ceremony and more, and are designed for regular practise from around week twenty of the pregnancy, but to familiarise yourself with from before that time, then to use during the actual birth itself. You can use the Intuitive Birthing techniques contained within this programme for many other birthing and pregnancy issues - resolve conception difficulties; release, heal and forgive past birth trauma; or use them to connect to your intuition as a parent. "Packed full of birthing visualisations, this is the ultimate book in Spiritual Birth. I followed the programme in 2011 and used it to deal with issues that arose during my meditations, and unexpectedly healed old wounds, as well as my relationship, then went onto have an even more beautiful and wonderful birth than the one I imagined and asked for! Thank you Ishtara for these tools to joyfully birth our beautiful baby girl!" Christa Rose, therapist "This is a beautiful and intuitive book exploring the spiritual approach to birth preparation. Connection with your baby is the primary focus of this gentle programme by Ishtara Blue, encouraging each mother to envision and create her ideal birth using visualisation and empowerment techniques, drawing wisdom from a variety of traditional and New Age sources." Claire Arnold, doula  
Pregnancy and child birth bring about significant

physical changes and challenges. Most parents, however, also have spiritual and philosophical questions which most pregnancy books don't address. *Pregnancy, Birth and Beyond* covers both the practical and spiritual aspects of having a child. Erika Gradenwitz-Koehler explains how diet, state of mind and the desire for a child can all affect chances of conception. She gives advice for a healthy pregnancy in body, soul and spirit and helps prepare parents for the physical and emotional experience of birthing. Chapters on infant care include advice for nurturing the spirit, as well as discussing feeding and emotional attachment. This is a comprehensive but alternative guide to all aspects of conception, pregnancy, birth and infant care.

A passionate placement of childbearing at the core of human culture and society, *Bearing Meaning* is that rare combination of warm and genuine experience with profound, important scholarship. From Homer to obstetric texts to *Our Bodies, Ourselves*, and where the humanities and social sciences overlap and intertwine, Robbie Pfeufer Kahn has crafted a beautiful book that awards the meaning of childbearing to all, not just to women or to families with children. Taking into account how the politics of patriarchy has sought to define and control the birth process, Kahn liberates and releases this central human experience into the heart of society and culture where it can be shared, enjoyed, and understood in greater depth than it has ever been before. As personal and touching as it is far-reaching and

analytical, *Bearing Meaning* is fresh, original, and exciting, moving effortlessly among textual analyses, social theories, and the invaluable experience of motherhood. Kahn makes an unprecedented contribution to the understanding of the maternal in culture and society - which will, in turn, have a powerful impact not only on the reading and teaching of standard materials on birth and motherhood but on the rethinking of social reform as well.

Compelling essays which underline the central place pregnancy and childbirth hold in women's writing. Embracing three centuries of prose and poetry, the anthology traces the evolution of American maternity literature, exploring the difficulties mothers faced as they struggled to transform themselves from objects into maternal subjects. Women as diverse as Anne Bradstreet, Anne Sexton, Sharon Olds, Kate Chopin, Toni Morrison, and Louise Erdrich all labored to reclaim the birthing process by giving voice to experiences and emotions long devalued by a patriarchal culture. Their voices resonate throughout this collection.

This stunning sequel to Brigitte Jordan's landmark *Birth in Four Cultures* brings together the work of fifteen reproductive anthropologists to address core cultural values and knowledge systems as revealed in contemporary birth practices in Brazil, Greece, Japan, Mexico, the Netherlands, New Zealand, Tanzania, and the United States. Six ethnographic chapters form the heart of the book, three of which are set up as dyads that compare two countries; each demonstrates the power of anthropology's cross-cultural comparative method. An

additional chapter with ethnographic vignettes gives readers a feel for what fieldwork is really like on the ground. The eminently readable, theoretically rich chapters are enhanced by absorbing stories, photos, quotes, thought questions, and film suggestions that nudge the reader toward eureka flashes of understanding and render the book suitable for undergraduate and graduate audiences alike.

A pioneer in the childbirth movement for thirty years provides insights into society and human behavior, arguing the value of mother-child bonding through home birth and breastfeeding

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are all special to humans - are handicaps in the period surrounding birth. Says Odent: 'To give birth to her baby, the mother needs privacy. She needs to feel unobserved. The newborn baby needs the skin of the mother, the smell of the mother, her breast. These are all needs that we hold in common with the other mammals, but which humans have learned to neglect, to ignore or even deny.' Expectant parents, midwives, doulas, childbirth educators, those involved in public health, and all those interested in the future of humanity, will find this a provocative and visionary book.

Environmental awareness and sustainability are vitally important concepts in the twenty first century and, as a low environmental impact healthcare profession, midwifery has the potential to stand as a model of excellence. This innovative volume promotes a sustainable approach to midwifery practice, philosophy, business administration and resource management. Drawing on an interdisciplinary body of knowledge, this international collection of experts explores the challenges, inviting readers to critically reflect on the issues and consider how they could move to effect changes within their own working environments. Divided into three parts, the book discusses: The politics of midwifery and sustainability Midwifery as a sustainable healthcare practice Supporting an ecological approach to parenting. Sustainability, Midwifery and Birth identifies existing models of sustainable midwifery practice, such as the continuity of care model, and highlights the potential for midwifery as a role model for ecologically sound health care provision. This unique book is a vital



Pinter & Martin;

Stop listening to the horror stories. Be reassured, excited and inspired. Find out how beautiful and powerful birth can be.

Discover the keys to planning your own positive birth, the best beginning to motherhood. Birth Journeys is a diverse collection of 29 encouraging and inspiring birth stories by real Australian women (and men). It includes a wide range of birth experiences and choices: hospital, birth centre, homebirth, unassisted birth, water birth, IVF, caesarean, VBAC and twins. Some stories are warm and lighthearted, some are serene and peaceful, while others are a wild whirlwind experience. Each story is positive, uplifting and empowering. Birth Journeys also contains contributions from health care professionals, academics, birth educators and authors including Dr Sarah J Buckley, GP and author of Gentle Birth, Gentle Mothering; Hannah Dahlen, Associate Professor of Midwifery at the University of Western Sydney; Renee Adair, founder and principal educator of the Australian Doula College; Jane Hardwicke Collings, founder of the School of Shamanic Midwifery; and David Vernon, editor of Men at Birth.

A practical, expansive guide to natural parenting features plentiful advice and instruction on how to raise intelligent, welladjusted children the natural way. Original.

A book for pregnant women who would prefer to give birth with as little intervention as possible, so as to make things as good as possible for both themselves and their babies. The 'countdown' takes the reader through 10 key topics, and all discussion of issues is supplemented with birth stories and comments from all kinds of women and professionals too.

The tone is practical, reassuring and even inspirational because the many positive birth stories show how it's possible to have a really happy, healthy experience of birth. Contributions come from Janet Balaskas (the woman who

realised we're better off not lying down when we give birth!), Michel Odent (pioneer of water births) and Bill Bryson (the travel writer)... as well as from many other experts and 'ordinary' but extraordinary mothers, who made this book possible. The advice is based on current research evidence and in any cases where the evidence is controversial the research and relevant issues are discussed in an optional extra 'notes' section at the back of the book. There is a comprehensive Glossary of pregnancy terms and a user-friendly Index, so as to make it an optimally useful book in all sense of the word. In short, this is a handbook which could make a real difference to a pregnant woman's experience and also to that of her baby. A comment from an antenatal teacher: "What every woman will want to know, put simply and clearly." A comment from a midwife, perinatal researcher and adjunct professor (Betty-Anne Daviss): "Sylvie has created a prescription for healthy birth in a 10-step approach to keep parents focused on what is important in a potentially disastrous birth environment... She has... provided us with a book that encapsulates anything you wanted to know about keeping your birth normal and healthy..." And a comment from a mother: "Had a very late night Friday as I could not put your book down. Wow!"

A book to help midwives and other health care professionals think through the practicalities of optimising pregnancies and births. After explaining precisely how 'optimal' is defined, nine reasons are presented to justify why this kind of birth is best. Finally, key practical issues are considered and reflective questions provided, so as to give caregivers a clear basis for clinical practice, wherever their place of work. This easy-read, accessible book, which is fully referenced, is equally useful for students of midwifery (or obstetrics, or medicine generally), practising midwives, doulas, and maternity care assistants. This third edition includes changes based on

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feedback and some additional material.

In his latest wide-ranging survey of current scientific thinking, revolutionary thinker and birth pioneer Michel Odent proposes that we view the genus Homo as a 'marine chimpanzee', with consequences for every area of human development and experience.

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