

Ebook free Spiritual midwifery ina may gaskin (PDF)

Ina May's Guide to Childbirth Spiritual Midwifery Ina May's Guide to Breastfeeding Guide to Ina May Gaskin's Ina May's Guide to Childbirth by Instaread Birth Matters Ina May's Guide to Breastfeeding Summary of Ina May's Guide to Childbirth Childbirth Without Fear Birth Matters Ina May's Guide to Childb Summary: Ina May's Guide to Childbirth Your Best Birth Summary of Ina May Gaskin's Ina May's Guide to Breastfeeding INA MAY' IN DO UM MESELES bir ebenin manifestosu Summary of Grantly Dick-Read & Ina May Gaskin's Childbirth Without Fear Guía del nacimiento Spontaneous Joyful Natural Birth Kraft der Geburt Journey Into Motherhood The Natural Pregnancy Book, Third Edition Childbirth Without Fear The Sacred Nature of Birth: Natural Wisdom for Conscious Birthing Creating Your Birth Plan Memoirs of a Singing Birth The Midwife Challenge The Vaginal Birth After Cesarean (VBAC) Experience Birth in Focus Supported in Birth: Stories of Empowering Wisdom Birthing a Better Way Vaginal Birth After Caesarean Sacred Pregnancy Coming Home Childbirth Without Fear Midwifery Birthing a Movement Imagery, Ritual, and Birth Joyous Childbirth Changes the World Giving Birth with Confidence La gioia del parto Birth Journeys

Ina May's Guide to Childbirth

2008-11-19

what you need to know to have the best birth experience for you drawing upon her thirty plus years of experience ina may gaskin the nation s leading midwife shares the benefits and joys of natural childbirth by showing women how to trust in the ancient wisdom of their bodies for a healthy and fulfilling birthing experience based on the female centered midwifery model of care ina may s guide to natural childbirth gives expectant mothers comprehensive information on everything from the all important mind body connection to how to give birth without technological intervention filled with inspiring birth stories and practical advice this invaluable resource includes reducing the pain of labor without drugs and the miraculous roles touch and massage play what really happens during labor orgasmic birth making birth pleasurable episiotomy is it really necessary common methods of inducing labor and which to avoid at all costs tips for maximizing your chances of an unmedicated labor and birth how to avoid postpartum bleeding and depression the risks of anesthesia and cesareans what your doctor doesn t necessarily tell you the best ways to work with doctors and or birth care providers how to create a safe comfortable environment for birth in any setting including a hospital and much more ina may s guide to natural childbirth takes the fear out of childbirth by restoring women s faith in their own natural power to give birth with more ease less pain and less medical intervention

Spiritual Midwifery

2010-11-09

spiritual midwifery is considered by many to be the bible of the home birth movement this classic book on natural childbirth introduced a whole generation of women to the possibility of home birth and breast feeding at a time when higher levels of technology were the wave of the future the home birth movement testified to the naturalness and normalcy of the birthing process even the sacredness of it ina may gaskin the author is a powerful advocate for a woman s right to give birth without excessive and unnecessary medical intervention now in its fourth edition her voice is needed as much now as then in today s climate of unprecedented numbers of cesarean sections and induced labor knowledge of this birthing process enables women to make informed choices regarding their maternity care and delivery options the birthing stories and section on care of the newborn are valuable to anyone about to become a parent one of the highlights of this book is the collection of amazing birth tales that replaces misconceptions about childbirth with an awareness of the rights of mothers and babies to experience a conscious and loving process birthing tales from ladies who were babies in earlier editions of spiritual midwifery and stories of

amish women from a nearby community who were delivered by the farm midwives bring a fresh perspective also new to this edition is information on postpartum depression and maternal death along with updated information on the safety of natural childbirth and the safety of popular practices such as labor induction and cesarean operations photos of ecstatic faces of mothers and babies permeate the pages the section on instructions to midwives provides excellent clinical information for all health professionals who attend births the stories and information in this volume will remain relevant to women for generations to come

Ina May's Guide to Breastfeeding

2009-09-29

everything you need to know to make breastfeeding a joyful natural and richly fulfilling experience for both you and your baby drawing on her decades of experience in caring for pregnant women mothers and babies ina may gaskin explores the health and psychological benefits of breastfeeding and gives you invaluable practical advice that will help you nurse your baby in the most fulfilling way possible inside you ll find answers to virtually every question you have on breastfeeding including topics such as the benefits of breastfeeding nursing challenges pumps and other nursing products sleeping arrangements nursing and work medications nursing multiples weaning sick babies nipplephobia and much more ina may s guide to breastfeeding is filled with helpful advice medical facts and real life stories that will help you understand how and why breastfeeding works and how you can use it to more deeply connect with your baby and your own body whether you re planning to nurse for the first time or are looking for the latest most up to date expert advice available you couldn t hope to find a better guide than ina may

Guide to Ina May Gaskin's Ina May's Guide to Childbirth by Instaread

2017-04-10

please note this is a companion to ina may gaskin s ina may s guide to childbirth and not the original book preview ina may s guide to childbirth by midwife ina may gaskin explores midwifery as an alternative to traditional hospital delivery in 1971 gaskin helped found the farm a commune in tennessee that includes a birthing center inside this companion to the book overview of the book insights from the book important people author s style and perspective intended audience about the author with instaread you can get the notes and insights from a book in 15 minutes or less visit our website at instaread co

Birth Matters

2011

Ina May Gaskin asserts that the way in which women become mothers is a women's rights issue and it is perhaps the act that most powerfully exhibits what it is to be instinctually human. Birth matters is a spirited manifesto showing us how to trust women, value birth, and reconcile modern life with a process as old as our species.

Ina May's Guide to Breastfeeding

2009

From leading midwife and the author of *Ina May's Guide to Childbirth* comes this deeply compassionate and comprehensive guide to making breastfeeding a joyful experience for both mother and child. Drawing on her decades of experience in caring for pregnant women, mothers, and babies, Ina May Gaskin's newest book explores the health and psychological benefits of breastfeeding, inspiring as well as informative. *Ina May's Guide to Breastfeeding* is a powerful and practical guide filled with helpful advice, medical facts, and real-life stories that will help mothers understand how and why to breastfeed.

Summary of Ina May's Guide to Childbirth

2019-06-10

Ina May's Guide to Childbirth by Ina May Gaskin book summary. Abbey Beathan disclaimer: This is not the original book. Ina May draws her 30 years of experience in order to teach you the secrets to have a painless childbirth. Ina May delivers something outstanding: a handy guide for any pregnant woman to depend on. A book made to answer any question that a woman might have regarding the process of giving birth. Believe it or not, giving birth can even be a pleasant activity if you know your way around it, and after this book, you will definitely know how to make it a painless and satisfying experience. Note: This summary is wholly written and published by Abbey Beathan; it is not affiliated with the original author in any way. It is important to keep in mind that our bodies must work pretty well or they wouldn't be so many humans on the planet. Ina May, you don't have to depend on drugs in order to have a painless labor. Your body is a powerful tool capable of achieving wonderful things, including mitigating the pain of birth. Ina May will teach you how massage can deliver a better experience than being medicated while having your children. She will also walk you through what happens during labor and how to make it pleasing. There is a lot of ground to cover, but don't worry: this book is easy to read and really informative. Ina May invites you to trust in the ancient wisdom of a

woman's body in order to have a pleasant birth p s ina may's guide to childbirth is an extremely helpful book which is essential for any woman who is expecting a baby p p s it was albert einstein who famously said that once you stop learning you start dying it was bill gates who said that he would want the ability to read faster if he could only have one superpower in this world abbey beathan's mission is to bring across amazing golden nuggets in amazing books through our summaries our vision is to make reading non fiction fun dynamic and captivating ready to be a part of our vision mission scroll up now and click on the buy now with 1 click button to get your copy why abbey beathan's summaries how can abbey beathan serve you amazing refresher if you've read the original book before priceless checklist in case you missed out any crucial lessons details perfect choice if you're interested in the original book but never read it before disclaimer once again this book is meant for a great companionship of the original book or to simply get the gist of the original book one of the greatest and most powerful gift in life is the gift of knowledge the way of success is the way of continuous pursuit of knowledge abbey beathan

Childbirth Without Fear

1959

renowned for her practice's exemplary results and low intervention rates ina may gaskin has gained international notoriety for promoting natural birth she is a much beloved leader of a movement that seeks to stop the hyper medicalization of birth which has lead to nearly a third of hospital births in america to be cesarean sections and renew confidence in a woman's natural ability to birth upbeat and informative gaskin asserts that the way in which women become mothers is a women's rights issue and it is perhaps the act that most powerfully exhibits what it is to be instinctually human birth matters is a spirited manifesta showing us how to trust women value birth and reconcile modern life with a process as old as our species

Birth Matters

2011-01-04

ina may's guide to childbirth by ina may gaskin book summary abbey beathan disclaimer this is not the original book if you're looking for the original book search this link amzn to 2fwflb8 ina may draws her 30 years of experience in order to teach you the secrets to have a painless childbirth ina may's delivers something outstanding a handy guide for any pregnant woman to depend on a book made to answer any question that a woman might have regarding the process of giving birth believe it or not giving birth can even be a pleasant activity if you know your way around it and after this book you will definitely know how to make it a painless and satisfying experience note this summary is

wholly written and published by abbey beathan it is not affiliated with the original author in any way it is important to keep in mind that our bodies must work pretty well or their wouldn t be so many humans on the planet ina may you don t have to depend on drugs in order to have a painless labor your body is a powerful tool capable of achieving wonderful things including mitigating the pain of birth ina may will teach you how massage can deliver a better experience than being medicated while having your children she will also walk you through what happens during labor and how to make it pleasing there is a lot of ground to cover but don t worry this book is easy to read and really informative ina may invites you to trust in the ancient wisdom of a woman s body in order to have a pleasant birth p s ina may s guide to childbirth is an extremely helpful book which is essential for any woman who is expecting a baby p p s it was albert einstein who famously said that once you stop learning you start dying it was bill gates who said that he would want the ability to read faster if he could only have one superpower in this world abbey beathan s mission is to bring across amazing golden nuggets in amazing books through our summaries our vision is to make reading non fiction fun dynamic and captivating ready to be a part of our vision mission scroll up now and click on the buy now with 1 click button to get your copy why abbey beathan s summaries how can abbey beathan serve you amazing refresher if you ve read the original book before priceless checklist in case you missed out any crucial lessons details perfect choice if you re interested in the original book but never read it before free 2 page printable summary bonus for you to paste in on your office home etc disclaimer once again this book is meant for a great companionship of the original book or to simply get the gist of the original book if you re looking for the original book search for this link amzn to 2fwflb8 one of the greatest and most powerful gift in life is the gift of knowledge the way of success is the way of continuous pursuit of knowledge abbey beathan

Ina May's Guide to Childb

2010-06-15

the national c section rate is at an all time high of 31 percent are all these c sections necessary or are some of them done simply for the sake of convenience inductions seem to be the norm but are they always needed today expectant mothers are often left feeling powerless as their instincts are replaced by drugs and routine medical procedures what you are about to discover is that you have a choice and you have the power to plan the kind of birth that s right for you whether it is at a birth center a hospital or at home in your best birth internationally known advocates of informed choice ricki lake and abby epstein inspire women to take back the birth experience with essential advice on positive and negative effects of epidurals pitocin and other drugs and interventions inducing vs allowing your labor to progress naturally the truth behind our country s staggering c section rate assembling your birth team and creating your birth plan with chapters such as obstetricians finding dr right epidurals you haven t got

time for the pain and electronic monitors reading between the lines lake and epstein will encourage you to consider whatever your doctor mother and best friend may suggest in a new light the book also includes inspiring birth stories including those from well known personalities such as laila ali and cindy crawford packed with crucial advice from childbirth professionals and delivered in a down to earth engaging voice your best birth is sure to renew your confidence and put the control back where it belongs with parents to be abby epstein and ricki lake have taken a wonderful and constructive approach to ensuring an optimal birthing experience their language creates a climate of confidence for pregnant women and their families who must make key decisions about where how and with whom to give birth in a health care system often unresponsive to our needs this book is like a good friend giving wise counsel judy norsigian co editor of our bodies ourselves pregnancy and birth and executive director our bodies ourselves

Summary: Ina May's Guide to Childbirth

2018-07-15

please note this is a companion version not the original book sample book insights 1 oxytocin is the hormone that is released during labor and birth and it plays a large role in lactation as well it is also responsible for the letdown reflex which is the stimulation of the breast to release milk when stimulated by the baby 2 the hormone oxytocin is released when we are breastfeeding and it helps to lower stress levels in both mother and baby it also helps to promote a sense of trust and closeness between people 3 the ability to produce oxytocin is shared by all mammals and expressions of maternal kindness and generosity are not limited to our own species the sriracha zoo near bangkok thailand has attracted a lot of media attention for its cross species suckling arrangements 4 the way to have high oxytocin levels is to avoid stress this means not having any interference with your ability to connect with your baby once her breathing is spontaneous and unassisted this is especially important during your baby s first hour of life

Your Best Birth

2009-05-01

please note this is a companion version not the original book sample book insights 1 the history of childbirth is a history of pain and suffering the more advanced a society is the more pain is accepted as a symptom of childbirth 2 the history of obstetrics is very young in the middle of the nineteenth century there was no anesthesia and there was no knowledge of asepsis it was difficult for people to visualize the state of affairs when limbs were amputated abdomens were opened and caesarean sections were performed without any anaesthesia 3 the theory has not been

found wanting and no criticism has been justified by experience vast numbers of women have found comfort and safety in this approach to childbirth the sordid melancholy of prospective motherhood has been replaced by fearless and impatient longing for the moment of life s most satisfying achievement

Summary of Ina May Gaskin's Ina May's Guide to Breastfeeding

2022-05-10T22:59:00Z

en la década de los setenta un grupo de mujeres encabezado por ina may gaskin inició un movimiento para cambiar los métodos tradicionales de parto recorrieron el tennessee rural en una caravana de autobuses para compartir sus conocimientos sobre el parto y la maternidad con otras mujeres y comenzaron a asistir mutuamente sus partos sin necesidad de instituciones hospitales o médicos desde entonces ina may ha presenciado más de un millar de nacimientos en su popular casa de partos la granja pero son mucho más numerosos las matronas familias médicos y estudiantes a los que ha alumbrado con sus libros publicaciones y conferencias a nivel mundial basándose en sus más de treinta años de experiencia la autora expone los beneficios físicos y psicológicos del parto natural instando a las mujeres a confiar en la sabiduría ancestral de sus cuerpos para desarrollar una experiencia plena y saludable sobre la base de un modelo de obstetricia centrado en la madre y su conexión mente cuerpo este libro nos ofrece las herramientas necesarias para poder dar a luz sin intervención tecnológica centrándose en el poder natural de hacerlo con más facilidad menos dolor y la mínima intervención médica

INA MAY' [] N DO [] UM MESELES [] bir ebenin manifestosu

2018-09-24

many women are taking back their right to choose the kind of birth they desire realizing that many birth interventions have adverse effects on mother and baby in this book the author presents a different choice one without medical interventions what is it like to have a natural birth and what are the benefits author natasha panzer has pulled together birth stories from a variety of moms who decided to give birth naturally the book covers birthing in a birth center preparing for natural birth natural birth in the hospital natural vaginal birth after cesarean home births unexpected home delivery the birth stories are sweet and inspiring as you read this book you will feel like you are right there with the mom delivering that baby feeling the triumph the mom feels after delivering her baby naturally and experiencing the parents joy as they welcome their newborn to this world the stories show that natural birth is possible in a myriad of settings even in hospitals if you are looking for confidence building birth stories and some good tips for getting through labor you ll enjoy reading spontaneous joyful natural birth ina may gaskin author of birth

matters a midwife s manifesta and ina may s guide to childbirth

Summary of Grantly Dick-Read & Ina May Gaskin's Childbirth Without Fear

2022-04-04T22:59:00Z

providing both inspiration and education this guide to natural childbirth offers 48 personal accounts of labor and delivery without medication revealing the many options women have beyond birthing location the testimonials offer insight into the joys concerns and realities of natural birth from delivering at home with a midwife and hearing the right words from a hospital nurse at just the right moment to describing a combination of the bradley method and acupuncture at a birthing center and discussing a child s birth at home in warm water this resource combines personal insight with referential information a glossary of terms and a resource guide to books magazines websites videos and cds and listings of childbirth classes and instructors nationwide are also included

Guía del nacimiento

2020-11-09

a revised and updated edition of the classic handbook for women seeking a safe organic eco friendly and natural pregnancy featuring an integrative based approach with new medical herbal and nutritional information over the last two decades the natural pregnancy book has ushered thousands of women through happy and healthy pregnancies addressing women s health from conception to birth dr romm describes herbs that can promote and maintain a healthy pregnancy and allays such familiar concerns as anxiety fatigue morning sickness and stretch marks she also discusses the components of a healthy diet with an emphasis on natural foods new to this edition is integrative health advice based on dr romm s new credentials as a yale trained physician combined with her twenty years of experience as a midwife and herbalist

Spontaneous Joyful Natural Birth

2016-09-13

groundbreaking classic of natural childbirth which started the revolution still going on today useful reading for women pregnant women mothers midwives obstetricians

Kraft der Geburt

2013

an inspirational book on conscious birthing and parenting for parents of the new millennium this book is a rich collection of wisdom for pregnancy birth and postpartum by a conscious birth emissary and mother learn about natural healing and sacred birthing for the optimal health of your family children and self read about simple practices for connecting with your unborn baby healing arts for mothers and families and preparing consciously for your best birth cover p 4

Journey Into Motherhood

2005-09

helps expectant mothers make informed decisions about their pregnancy and childbirth furnishing information on what to expect when delivering in a hospital birthing center or at home how to select an advocate the natural stages of labor natural alternatives to drugs surgery and technology and explanations of various medical interventions original 25 000 first printing

The Natural Pregnancy Book, Third Edition

2014-08-05

singer and artist elena skoko shares her life thoughts and discoveries on the path to motherhood that takes her from croatia to rome from rome to bali in search of the perfect birth memoirs of a singing birth is a story of a personal quest for natural birth that ends up in a rural village in the heart of the island of gods with the help of guerrilla midwife ibu robin lim while giving birth this rock n roll woman sang you will find out how she succeeds to overcome the labor pains by using her voice the book describes in detail the practice of lotus birth above all this is a magic love story about a woman a man and their child part of the proceeds from the sale of the book will be donated to yayasan bumi sehat a non profit natural birth center in bali

Childbirth Without Fear

2006-12

featuring international midwives this book compares the position of midwives in different medical systems in industrial

and developing countries the problems they face and their future hopes this book is designed to be of interest to midwives health workers and to women generally

The Sacred Nature of Birth: Natural Wisdom for Conscious Birthing

2012

it is the book for every woman who hopes for vbaac in fact many first time cesareans could be avoided if this book were read first it is thorough it is compassionate esther zorn cesarean prevention movement a landmark book these vbaac stories are inspiring as well as very informative about the nature of labor and current u s obstetric practice in a may gaskin the birth gazette this is not a dry text book remote from reality but a powerful manual that burns the knowledge women need in an indelible way on heart and mind aims quarterly journal here for the first time are intimate stories of the vbaac vaginal birth after cesarean experience as told by mothers fathers midwives obstetricians labor coaches and others whose lives have been affected by vbaac the stories demystify in a powerful way the idea of once a cesarean always a cesarean by example each story is a telling critique of birthing practices in general and the cesarean outcome in particular as well as a primer for mothers fathers and professionals on the vbaac experience

Creating Your Birth Plan

2006

birth in focus offers the reader a chance to see birth made real water birth breech birth twin birth caesarean birth all are shown in photo stories with accompanying text written both by the woman and her midwife and sometimes also the partner or a child who was present clear images of the birth process provide an excellent educational tool for students as well as offering inspiration to those who may not have had the opportunity to see birth in this way a chapter on reflection points for practitioners will help professionals and birth supporters explore further the issues highlighted in the individual stories there is a foreword by ina may gaskin iconic american midwife and author of spiritual midwifery and an introductory chapter exploring some of the most important issues in birth today foreword by ina may gaskin

Memoirs of a Singing Birth

2012-06-27

i ve done this before i knew the powerful potential building inside her her heart beat faster my breaths grew deeper

when her face disappeared into the soft sea of birth i knew the sacred dance was in full swing i remember birth isn't for the strong or brave or cunning it's for those who are supported for those who feel safe in surrendering to motherhood in supported in birth stories of empowering wisdom mothers share their colorful experiences involving healing challenges blessings and the wild emotions in the moments of becoming a mother their wisdom and strength along with our essential birthing guide will leave you feeling empowered and wholly supported in your passage through birth and into motherhood

The Midwife Challenge

1991

a must read for women who want to know all of their choices in childbirth

The Vaginal Birth After Cesarean (VBAC) Experience

1987-09-30

women are over four times more likely to have a caesarean birth than they were some years ago intended for women who have had a caesarean or repeat caesareans this title provides suggestions for constructive ways to achieve vaginal birth when it is the right option for mother and baby

Birth in Focus

2016-07-28

in today's western cultures the typical pregnancy focuses on the baby to the exclusion of the woman herself so that the entire experience has become more about preparing for the baby's arrival than looking closely at oneself to prepare emotionally for all of the changes that creating a new life brings sacred pregnancy was written to help the pregnant woman journey within herself to prepare for the birth of her baby sacred pregnancy is a gorgeous four color book especially created for mothers to be to reflect on the many personal milestones of the full gestation period of a pregnancy with beautiful professional photos that correspond to each topic sacred pregnancy also features a journal space for the pregnant woman to record her thoughts and feelings each week the mother to be is given information on her baby her body and her spirit and is asked to reflect on these via the topic of the week which touches on a variety of issues such as sexuality fears about labor becoming a mother courage rite of passage adornment body image meditation and sisterhood to name a few mothers to be are invited to look deeply at the issues unique to their

journey and find a centered peaceful place to live their pregnancy fully lastly sacred pregnancy includes place for the new mother to record her birth story and a large resource section on various birthing options and supports for pregnant women from the spiritual how to visualize your perfect birth to the practical a large section on birthing options this pregnancy journal is a spiritual adviser and supportive doula all in one fit pregnancy magazine for more information visit the sacred pregnancy website

Supported in Birth: Stories of Empowering Wisdom

2017-05-15

by the mid twentieth century two things appeared destined for extinction in the united states the practice of home birth and the profession of midwifery in 1940 close to half of all u s births took place in the hospital and the trend was increasing by 1970 the percentage of hospital births reached an all time high of 99.4 and the obstetrician rather than the midwife assumed nearly complete control over what had become an entirely medicalized procedure then seemingly out of nowhere an explosion of new alternative organizations publications and conferences cropped up documenting a very different demographic trend by 1977 the percentage of out of hospital births had more than doubled home birth was making a comeback but why the executive director of the american college of obstetricians and gynecologists publicly noted in 1977 the rising tide of demand for home delivery describing it as an anti intellectual anti science revolt a quiet revolution spread across cities and suburbs towns and farms as individuals challenged legal institutional and medical protocols by choosing unlicensed midwives to catch their babies at home coming home analyzes the ideas values and experiences that led to this quiet revolution and its long term consequences for our understanding of birth medicine and culture who were these self proclaimed midwives and how did they learn their trade because the united states had virtually eliminated midwifery in most areas by the mid twentieth century most of them had little knowledge of or exposure to the historic practice drawing primarily on obstetrical texts trial and error and sometimes instruction from aging home birth physicians to learn their craft while their constituents were primarily drawn from the educated white middle class their model of care which ultimately drew on the wisdom and practice of a more diverse global pool of midwives had the potential to transform birth practices for all women both in and out of the hospital

Birthing a Better Way

2010

rich personal stories shed light on midwives at the frontier of women s reproductive rights midwives in the united

states live and work in a complex regulatory environment that is a direct result of state and medical intervention into women's reproductive capacity in birthing a movement. Renée Ann Cramer draws on over a decade of ethnographic and archival research to examine the interactions of law, politics, and activism surrounding midwifery care framed by gripping narratives from midwives across the country. She parses out the often paradoxical priorities with which they must engage: seeking formal professionalization, advocating for reproductive justice, and resisting state-centered approaches. Currently, professional midwives are legal and regulated in their practice in 32 states and illegal in eight where their practice could bring felony convictions and penalties that include imprisonment. In the remaining ten states, certified professional midwives (CPMs) are unregulated but nominally legal. By studying states where CPMs have differing legal statuses, Cramer makes the case that midwives and their clients engage in various forms of mobilization at times simultaneous and at times inconsistent to facilitate access to care, autonomy in childbirth, and the articulation of women's authority in reproduction. This book brings together literatures not frequently in conversation with one another on regulation, mobilization, health policy, and gender, offering a multifaceted view of the experiences and politics of American midwifery and promising rich insights to a wide array of scholars, activists, and healthcare professionals alike.

Vaginal Birth After Caesarean

2010

Every human being is born and has gone through a process of birth. This book explores how imagery is used in religious, secular, and nonreligious ways during the contemporary rituals of birth through analysis of a wide variety of art, iconography, poetry, and material culture.

Sacred Pregnancy

2012-05-01

No matter how science has progressed, childbirth in essence has remained unchanged from ancient times. It is the last natural process left to us. Writes internationally lauded obstetrician Dr. Tadashi Yoshimura, the fact that it has remained unchanged means that there is truth in it. The truth and power of birth is the subject of Dr. Yoshimura's first book published in the United States. Yoshimura describes babies born so directly into the arms of their mothers that they do not cry and women so transformed with pride and passion in their ability that they are joyous and forever changed. Instead of a medical emergency, Yoshimura describes birth as a transcendent and natural process that cannot be perfected and that when performed through the innate power of women reveals what he calls a mystic

beauty full of delightful stories of birthing women and peaceful smiling infants and helpful tips from his childbirth preparation program joyous childbirth changes the world is a must read for all expectant parents and those who care for them yoshimura s clinic serves as a testament to the kind of compassionate birth culture that is possible if we prioritize the health and experience of women and babies

Coming Home

2019-01-16

for a safe and healthy birth your way giving birth with confidence will help take the mystery out of having a baby and help you better understand how your body works during pregnancy and childbirth giving you the confidence to make decisions that best ensure the safety and health of you and your baby giving birth with confidence is the first and only pregnancy and childbirth guide written by lamaze international the leading childbirth education organization in north america written with a respectful positive tone the full version of this book presents information to help you choose your maternity care provider and place of birth practical strategies to help you work effectively with your care provider information on how pregnancy and birth progress naturally steps you can take to alleviate fear and manage pain during labor the best available medical evidence to help you make informed decisions previously titled the official lamaze guide this 3rd edition has updated information on how vaginal birth keeping mother and baby together and breastfeeding help to build the baby s microbiome how hormones naturally start and regulate labor and release endorphins to help alleviate pain maternity care practices that can disrupt the body s normal functioning the latest recommendations on lifestyle issues like alcohol vitamins and caffeine room sharing and cosleeping the controversy recommendations and safety guidelines out of hospital births are on the rise new research and advice on planned home birth including acog s revised guidelines which support women s choices and promote seamless transfer to hospital if needed the importance of avoiding unnecessary caesareans for mother and child includes the new acog guidelines on inductions and active labor the research in support of the lamaze international s six healthy birth practices which are let labor begin on its own walk move around and change positions throughout labor bring a loved one friend or doula for continuous support avoid interventions that aren t medically necessary avoid giving birth on your back and follow your body s urges to push keep mother and baby together it s best for mother baby and breastfeeding

Childbirth Without Fear

1984

il libro indispensabile per prepararsi alla nascita la famosa ostetrica americana Ina May già autrice del libro *Spiritual Midwifery* si rivolge alle giovani donne con un messaggio rassicurante e incoraggiante potete vivere la nascita del vostro bambino e goderne in tutta sicurezza propone racconti di nascite positivi autentici emozionanti a volte difficili ma sempre vengono dal centro dell'esperienza delle persone c'è tanto bisogno di racconti positivi le giovani donne in attesa vengono sommerse da messaggi negativi e mantenute nella paura costante di una minaccia astratta di rischi teorici che le separa dalle percezioni reali del loro corpo e del loro bambino il parto tecnologico diventa asettico privo della vivacità e spontaneità del parto delle donne e si colora di pericoli e dolori dovuti a interventi non necessari nella seconda parte del libro Ina May descrive in tono vivido le leggi del corpo come reagisce agli stimoli esterni e interni come si può aprire e chiudere in base all'ambiente e agli interventi esterni allo stesso tempo entra nel merito delle pratiche ostetriche oggi comunemente usate nei paesi occidentali come il taglio cesareo l'analgesia epidurale la ventosa e altre ancora analizzandole con la lucidità della instancabile ricercatrice con il distacco acquisito con gli anni dell'esperienza e con una visione ampia della scena mondiale del parto rischi e benefici denuncia senza veli abusi e bugie del sistema medico vuole le donne consapevoli su tutti i livelli vuole che possano scegliere veramente in base a una conoscenza a 360 gradi non in base alle paure o alle convenzioni travagliare partorire e nascere è possibile è sicuro è intenso è esaltante è rafforzante questo libro è per le donne per le coppie e per le ostetriche ricco di storie di parto illuminanti e consigli pratici questa preziosa guida offre suggerimenti su come ridurre il dolore del travaglio senza farmaci e quale miracoloso ruolo possono giocare tatto e massaggio cosa realmente accade durante il travaglio l'episiotomia è veramente necessaria i metodi comuni per indurre il travaglio quali evitare come evitare emorragie e depressione postpartum i rischi dell'anestesia e del taglio cesareo quello che i medici non dicono il modo migliore per collaborare con i medici o con chi si occupa di parto e molto ancora per aiutare le madri in attesa a partorire con più facilità meno dolore e meno interventi medici in ospedale in un centro nascita o nella tranquillità della propria casa il libro è bellissimo ti racconta ciò che nessuno dice ti infonde forza sicurezza determinazione e positività una guida spirituale lo consiglio a tutte le donne in dolce attesa recensione l'autrice Ina May Gaskin è autrice del famoso libro *Spiritual Midwifery* nel 1970 ha contribuito alla fondazione della comunità di The Farm a Summertown nel Tennessee con il marito Stephen e altri 250 giovani persone spostando l'attenzione del mondo sul parto naturale e stata anche la fondatrice nonché la direttrice del centro nascita di The Farm sito nella comunità ad oggi il centro ha portato alla luce più di 2200 bambini Ina May ha fondato ed è stata presidente del *Mana Midwives Alliance of North America* che ha rappresentato al meeting delle coalizioni per la *Safe Motherhood Initiatives USA* vive ancora a The Farm con il marito Stephen

Midwifery

1997-12-01

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 women and men it includes a wide range of birth experiences and choices hospital birth center 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

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