

Childbirth Without Fear The Principles And Practice Of Natural Childbirth Import

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Childbirth Without Fear The Principles

As I stared at my positive pregnancy test before starting sub-specialist training, I worried how my new colleagues would react to my news.

My pregnancy made me fear for my career as a physician. It doesn't have to be that way

Some 85 per cent of mothers who endure severe injuries while giving birth say the wounds profoundly damaged the relationship with their child, new research has found. The study, conducted by MASIC, ...

Mothers who endured severe injuries in childbirth say 'wounds harmed relationship with child'

Sara, at age 38 with two children, thought she was too old to get pregnant again. When she started to bleed heavily, she went to a public hospital in Quito. A doctor diagnosed a urinary-tract ...

The Impact of Abortion Prosecutions in Ecuador

"I was in my mid-30s and not supposed to deal with something like this — especially just after having a baby." ...

The Pregnancy Diagnosis No One Warned Me About

Over the past 15 months we have avoided hugs and handshakes, stayed at home and quarantined, and experienced important life events alone.

How women's experience of birth during Covid-19 can help improve childbirth in future

Melissa F. Western, associate accounting professor, delivered Tuesday's devotional address. She spoke on how principles of Christlike change enabled her to move past fear and realize her divine ...

Devotional: Vaulting to greater heights: Replacing fear with lasting peace

Happy Independence Day. Susan Shelley is an editorial writer and columnist for the Southern California News Group. Susan@SusanShelley.com. Twitter: @Susan_Shelley ...

Freedom is indispensable to the well-being of humanity

Birth and death are the bookends of life ... He has not expressed this fear to his doctors or to his wife, who is already handling so much. I listen. I hold space for his despair and angst.

How End-of-Life Doulas Help Ease the Final Transition

Millions of people around the world know the stirring words of the Declaration of Independence announcing that "all men are created equal" and that they have the rights to "Life, Liberty and the ...

Immigration and the Principles of the Declaration of Independence

I wanted someone I could speak to about my pregnancy concerns without waiting on hold ... the environment filled with happiness rather than fear. Even when I felt the most unimaginable pain ...

'I knew how dangerous things could become': the perils of childbirth as a Black woman

Khoa's motorbike journey on his Honda Wave took him across the world as he became Vietnam's most notable travel influencer.

Tran Dang Dang Khoa's Journey of a Lifetime and the Birth of a One-Man Brand

By the time Altagracia Mejia's daughter was around 2 months old, the 26-year-old mother's episodes of anxiety had darkened into thoughts of suicide.

Postpartum depression on the rise, especially for women of color, during COVID-19 pandemic

The mother of two said she used to visit the doctor every month for routine check-ups during her last pregnancy. "But this time, from fear of the ... getting pregnant without planning to within ...

Safe motherhood day: New mothers skip check-ups for fear of Covid

Bartow lawyer Tonmiel Rodriguez's family came from Cuba when he was 7 to escape persecution because of their religion.

'I still see the United States as the land of liberty'

Biometric Update recently interviewed Lord Christopher Holmes of Richmond MBE about the state of digital identity in the UK.

Lord Holmes discusses state of digital identity in the UK

Because blockchain transactions are anonymous and processed by a distributed network of many computers, users no longer need to cede control of their data to a central authority.

How Web3 Is Overturning The Internet Status Quo

U.S. President Joe Biden celebrated the nation's 245th birthday on Sunday by opening the doors of the White House and calling on Americans to do their part to end the COVID-19 pandemic once and for ...

Celebrating nation's birth, Biden calls for vaccinations to end COVID-19

The suspension of U.S. runner Sha'Carri Richardson over a positive marijuana test has led many to call for changes to Olympics rules—with even President Joe Biden, top White House officials and ...

How U.S. Bullying In The 1990s Led To The Olympics Marijuana Ban Behind Richardson's Suspension

President Joe Biden celebrated the nation's 245th birthday on Sunday by opening the gates of the White House and calling on Americans to do their part to end the COVID-19 ...

Celebrating nation's birth, Biden urges Americans to help end COVID-19 pandemic

The Institute of Marine Sciences is celebrating its 50th year of shark data collection, allowing scientists to learn more about an apex predator that's essential to ocean ecosystems.

Groundbreaking classic of natural childbirth, which started the revolution still going on today. Useful reading for women, pregnant women, mothers, midwives, obstetricians.

A complete guide to natural childbirth explains how to treat labor and birth as exciting, emotionally satisfying experiences, emphasizing the importance of relaxation, bonding with the newborn, nutrition, and other topics. Reprint.

An inclusive, non-judgmental, and empowering guide to pregnancy, childbirth, and postpartum life that puts mothersfirst, offering straightforward guidance on all the options and issues that matter most to them (and their partners) when preparing for a baby. In Birth Without Fear, January Harshé--founder of the global online community Birth Without Fear--delivers an honest, positive, and passionate message of empowerment surrounding everything that involves having a baby. It's a guide that fills in the considerable cracks in the information available to women and families when they're preparing to welcome a child--covering care provider choices, medical freedom, birth options, breastfeeding, intimacy, postpartum depression, and much more. Birth Without Fear shows moms, dads, partners, and families how to choose the best provider for them, how to trust in themselves and the birth process, and how to seek the necessary help after the baby has arrived. In addition, it will educate them about their rights--and how to use their voice to exercise them--as well as how to cope with the messy postpartum feelings many people aren't willing to talk about. Unlike other pregnancy books, Birth Without Fear will also help partners understand what mothers are going through, as well as discuss the challenges that they, too, will face--and how they can navigate them. Shattering long-held myths and beliefs surrounding pregnancy, birth, and the postpartum experience, Birth Without Fear is an accessible, reassuring, and ultimately inspiring guide to taking charge of pregnancy, childbirth, and beyond.

Details an alternative to Lamaze childbirth that includes a more natural breathing method and a totally unmedicated birth that many second-time parents prefer.--

A groundbreaking narrative investigation of childbirth in the age of machines, malpractice, and managed care, Pushed presents the complete picture of maternity care in America. From inside the operating room of a hospital with a 44% Cesarean rate to the living room floor of a woman who gives birth with an illegal midwife, Block exposes a system in which few women have an optimal experience. Pushed surveys the public health

impact of routine labor inductions, C-sections, and epidurals, but also examines childbirth as a women's rights issue: Do women even have the right to choose a normal birth? Is that right being upheld? A wake-up call for our times, Block's gripping research reveals that while emergency obstetric care is essential, we are overusing medical technology at the expense of maternal and infant health.

The first book from the author of 'Childbirth without Fear', reissued to mark the 50th anniversary of the National Childbirth Trust. It recounts the events of an actual childbirth attended by Dr Dick-Read, which was itself recorded and the recording released as an LP. Dr Dick-Read's ideas remain relevant nearly 50 years after his death.

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

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