



*Take Control Of Your Life With Hypnosis:
Eliminate negative habits; Create healthy changes; Achieve optimal well-being.*

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(You can access previous newsletters at www.hypno-health.net)

COMFORTABLE CHILDBIRTH

The term "natural childbirth" first appeared on my radar screen in 1963 while working on a college Sociology project. I read two books written by British obstetrician Grantly Dick-Read His first, *Natural Childbirth*, was published in 1933; the second, *Childbirth Without Fear*, in 1944. Dr. Dick-Read developed his revolutionary approach using education, reassurance, and muscle relaxation, but no hypnosis. He proposed that "When we are afraid, our body diverts blood and oxygen to essential defense organs. So when a woman is scared during childbirth, blood and oxygen are diverted away from the uterus, a non-essential defense organ, and therefore it cannot perform its functions efficiently without pain." By releasing the fear-tension-pain syndrome, a woman's muscles relax and facilitate a comfortable birthing process." [1] Dr. Dick-Read gave examples of women (one on the edge of a Chinese rice patty), in what were then called "third world countries" simply squatting and easily birthing their babies. They were able to do so because they had been conditioned - perhaps for centuries - to expect such a natural, comfortable process.

Numerous studies attest to the benefits of hypnosis before and during the birthing process. They suggest, among other positives, that mothers who learn hypnosis before birthing suffer fewer complications, need less medication, and are more likely to have healthier babies than are women without hypnosis. [2] While British doctor James Braid reported in an 1853 book a case where hypnosis was used to prevent early labor complications, it was the Russians, lead by Pavlov and Velvovsky, who researched hypnosis to manage childbirth pain and used it extensively in the first half of the 20th century. [3]

Today, we're seeing increasingly more options for enhancing childbirth with hypnosis. Two of the more extensive ones are HypnoBirthing, created by Marie Mongan, and HypnoBabies, the more recent program. Both provide an array of classes and materials, including books, self-study workbooks, CDs, MP3s, and live classes. While there are many others, which can be found by doing a search for hypnosis for childbirth, all project to a mass audience, meaning "one size fits all" (inevitable in other than one-on-one sessions). When I watched the Youtube video on HypnoBabies, and the instructor said birthing her second baby (via HypnoBabies) was comfortable and pain-free, except for feeling like a big blood pressure cuff was wrapped around her body and pumped up very tight. That gave me pause..... An interesting comparison of HypnoBirthing and HypnoBabies, can be found at the community baby center site. Part of it is excerpted here, in reference to the HypnoBirthing book. " I have read this and over a dozen other books as part of my labor doula training. Now, as an expectant mother, I've discussed this curriculum with several doulas, midwives, and midwife assistants. I also audited the class last year.

Bottom line: If you want to learn about childbirth preparation, there are better books (Complete Book of Pregnancy and Childbirth, Kitzinger). If you want to learn about overly interventionist hospital policies and practices, there are better books (Missed Conceptions, Wolfe; Ina May Gaskin, etc.). If you want an emotionally and spiritually connected approach to birthing, Birthing from Within is great. If you want to develop relaxation techniques that work specifically for you, paying a few bucks for the book won't hurt, but the class is over \$400, for that money you could meet one-on-one with a licensed hypnotherapist who could tailor techniques just for you." [4] The author goes on to specifically detail the differences between the two programs, which resulted in a not-so-good fit with her first child and a perfect fit with her second. She exemplifies the need for thorough research and the value of individual hypnosis sessions.

The Comfortable Childbirth page from my website explains the one-on-one process:

Comfortable Childbirth at Hypno-Health

A woman interested in a pain-free childbirth experience came to Hypno-Health for three sessions. She released all habitual expectations about birthing being difficult and painful and created her own positive expectation of giving birth easily, comfortably, naturally, and free of pain.

Three months afterwards she said: "I was in labor 30 hours with my first child. This one was three hours total. It was very fast, easy, comfortable, and enjoyable."

Other pregnant women who prepare for hypnotically enhanced childbirths at Hypno-Health enjoy similar experiences.

Just three Comfortable Childbirth sessions at Hypno-Health can help a woman:

- Understand how it's possible to have a natural, comfortable birth experience.
- Eliminate the fear-tension-pain syndrome so often associated with birthing.
- Trust her own natural birthing instincts.
- Create and reinforce a positive, confident attitude about peaceful childbirth.
- Learn how to enter self-hypnosis, whenever wanted or needed.
- Program her mind and body for success.
- Empower herself to be confident, capable, comfortable and in control.
- Receive a personalized CD or mp3 full of suggestions for success.
- Enjoy a comfortable, peaceful, relaxed, natural, joyous birth experience.

Comfortable Childbirth at Hypno-Health can be successful on its own and can also enhance the teachings, trainings and preparations of other programs preparing pregnant women for natural childbirths.



I believe the most crucial aspect of hypnosis-for-birthing is for a woman to permanently release all connections (in her subconscious mind) with the fear-tension-pain-syndrome and replace them with positive perceptions of how she wants her birthing process to happen.

[1] <http://rachellindop.co.uk/history.html>

[2] www.nwmedicalhypnosis.com

[3] [www.ukhypnosis.com/2010/11/10research-review-of-hypnosis-for-childbirth-some comments/](http://www.ukhypnosis.com/2010/11/10research-review-of-hypnosis-for-childbirth-some%20comments/)

[4] [www.community.babycenter.com/post/.../hypnobirth vs hypnobabies](http://www.community.babycenter.com/post/.../hypnobirth%20vs%20hypnobabies)

HEALTH TIPS

Elson M. Haas, MD (www.haashealthonline.com), Founder and Director of Preventive Medical Center of Marin in San Rafael, CA, recommends:

12 Healthy Tips For A Healthy 2012 & Beyond. 1. Prepare for the worst and expect the best! 2. Keep LOVE Alive in your heart and in all your relationships. 3. Plant Food and Feed the Earth so that she can feed you in return. 4. Drink good clean water. 5. Buy or grow organic foods. 6. Eat your Vegetables! 7. Find your best food proteins. 8. Detox your body and your habits. 9. Assess your diet and health. 10. Be Conscientious with your Eco-Footprint. 11. Love Yourself and Love the World. 12. After you are healed, enjoy your creativity, and find some good things to do for others.

Is there something in your life you need to change, want to change and are ready to change? If so, now's the time! Take this one positive step for yourself, a family member, or friend, and use the Gift Certificate below to support the decision to make a healthy life change.

Gift Certificate

Print this certificate and bring it with you to receive

\$25

off the cost of an appointment with

Hugh Sadlier, M.Ed., BCCH
Board Certified Consulting Hypnotist



Happy Health!

Hugh

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Hypnosis can be done in the office, by phone or
via Skype.