

# Birthing in Awareness

A newsletter for empowered pregnancy, birthing and parenting

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## Be knowledgeable

### about the role of labor pain

One of the most emotionally challenging tasks of giving birth for the mother is the necessity of separating from the baby. The baby is perceived by the woman both as an individual and as a part of her. In some ways he is still imaginary, yet he is becoming increasingly real to the mother. Separating from a part of ourselves or from someone very close to us is always a difficult and painful process.

In childbirth, this separation is often partly desired and partly feared. The unknown of the "real" baby contributes to such mixed feelings. The less the mother familiarises herself with her unborn baby during pregnancy, in fact, the more difficult the separation process will be.

In this context, pain has a double function. On one hand, it forces the woman toward a necessary separation, leaving no room for hesitation. Since many women would probably never undertake this separation process voluntarily, pain helps them to acknowledge the unavoidable necessity of giving birth, by concentrating all their attention on the parts of the body most involved in the process. On the other hand, physiological pain becomes the expression of the emotional pain of separation. Intermittent pain, the rhythm of labour with its accelerations and slow transitions, marks the time. In separation processes, time is important and individual.

The midwife can have an important role in facilitating this process. Encouraging a good mother-baby bond even before the birth and encouraging a process that makes the baby more real and less imaginary to the mother will help make the separation process more fluid, the birth faster and the pain of birth less intense.

— Verena Schmid

Excerpted from "The Meaning and Functions of Labour Pain," [Midwifery Today](#), Issue 75



## Be Informed

### about 'off-label' use of medications

#### Unsafe Medications in Pregnancy, Labour, Delivery and Lactation What Your Doctor Doesn't Tell You CAN Hurt You

The use of medications in pregnancy that are not designed nor approved for pregnancy, labour and lactation is called "off-label" use. The chances are quite high that your doctor is guilty of using or prescribing at least one of these drugs to his patients.

#### It even could have been you.

In some instances, the manufacturers and FDA have even provide detailed warnings prohibiting the use of such drugs in pregnancy, labour and lactation, all of which are still being ignored by physicians on a daily basis.

Below is a minimal listing of off-label use of medications in pregnancy, labour, delivery and lactation. These are **NOT** FDA-approved and pose serious risks to mothers and their children: [Read more](#)

#### Research

A 2002 Taiwan study investigating the association between demographic-obstetric factors and perceived labour pain in 90 primiparas having normal births found that their perceived level of pain was related to their expected level of pain. The researchers found no significant association between the pain and newborn birth weight, maternal age, body mass index, confidence in labour or duration of labour. They concluded that the "findings suggest that primiparas' perceived labour pain is correlated with psychogenic rather than physical factors."

— Kaohsiung J Med Sci, 18(12):604-09, 2002

!

Perhaps the main reason for the use of medications and the current state of pregnancy and birthing care in the United States is the misconception that "doctors know best".

# Be Conscious of your choices

## Elena Tonetti-Vladimirova

A Russian-born visionary who after 25 years of intense soul-searching is now sharing her insights on the mechanisms and tools for creating our own reality.

Elena had her first formal training in Russia at the College of Arts in theater. Since 1982 working closely with the waterbirth pioneer Igor Charkovsky, she moved on to organizing birth camps at the Black Sea and delivering babies amidst wild dolphins. Together, they launched a program of natural delivery and birth trauma release for adults as well as for babies.

At the same time she was working wholeheartedly as a facilitator in business seminars called "Games", that were extremely effective in bringing economic changes to the USSR. Also, she was simultaneously involved in "Citizen Diplomacy" - an underground organization created with the purpose of putting an end to the Cold War.

Elena has a beautiful teenage daughter, who is a constant source of her mom's inspiration. :)



Elena visited South Africa in 2008 and held her Birth into being workshop with many couples and individuals. For more info please send an [email](#)



## Peace On Earth Begins With Birth

The quality of our civilization largely depends on the way we procreate. The way we arrive into this world defines our capacity for love, compassion, intimacy. Conscious conception and birth are an integral part of conscious living.

When parents create a new baby in full awareness of the effect their actions and thoughts have on their unborn child, humankind is given another chance to thrive. The quality of our life is defined, first of all, by the quality of attention and love received while we are still in our mother's womb!

Secondly, the life is defined by the quality of our birth itself. There is an overwhelming body of evidence that birth trauma is responsible for addictions, violence, low self-esteem, poor problem-solving skills, short attention span and a host of physical health problems...

Non-traumatized babies, who are conceived and born in love, display an amazing degree of intelligence, kindness, common sense and good health. As they grow they prove them selves to be good communicators, peaceful, caring, alert, self-motivated human beings.



Natural birth does require some preparation nowadays, for attention to the art of birthing has been in decline for many generations. In tribal life it was supposed to be a mother's gift to her daughter, a natural obvious transmission. But with the modern day stress level and easy access to drugs, in the US 95% of births are considered traumatic. 50% rated as moderate trauma, 45% of them are rated as severely traumatic.

Our species has an amazing built-in mechanism for procreation. Our bodies are designed to reproduce naturally, with grace and ease. To be able to relax in a bath tub during labour was found extremely helpful by millions of women. However, water birth by itself does not guarantee the degree of consciousness, of non-trauma, that we desire and deserve. We, as spiritual beings, have the capacity to experience the transformative power of birth that connects us with deeper understanding of life. When a new human being that did not exist before, enters into our world, the veil separating our reality from the Great Unseen becomes very transparent for a short period of time. This gives us an opportunity to experience, first hand, the ecstatic bliss of ONENESS with all, a state in which separation does not exist, where Love prevails.

When Love is an integral part of the birthing field, a woman has access to the power of creation that is working through her. The more power there is in her field the less force she will need to use, because Love is a highly coherent field. And visa versa: the less power she has, the more force it would require to deliver a baby.

In the beginning every one of us was a tiny infant - speechless, vulnerable, in desperate need of love and care.

In our soft, warm hands we are holding the keys to the thriving of our species! *We have the capacity to enhance the quality of life in one generation* through bringing our loving, conscious awareness into our people-making practices. Birth is a powerful initiation, a rite of passage for all involved, which enables us to create a beautiful Life on this planet. It is our birthright!"

See last page for DVD sales.

# Be Abreast

*with current breastfeeding research*

## Breast Milk Should Be Drunk At The Same Time Of Day That It Is Expressed

[Science Daily](#) (Oct. 2, 2009)

The levels of the components in breast milk change every 24 hours in response to the needs of the baby. A new study published in the journal *Nutritional Neuroscience* shows, for example, how this milk could help newborn babies to sleep.



Breast milk contains various ingredients, such as nucleotides, which perform a very important role in regulating babies' sleep. The new study confirms that the composition of breast milk changes quite markedly throughout the day.

The scientists looked for three nucleotides in breast milk (adenosine, guanosine and uridine), which excite or relax the central nervous system, promoting restfulness and sleep, and observed how these varied throughout a 24-hour period. The milk, collected from 30 women living in Extremadura, was expressed over a 24-hour period, with six to eight daily samples. The highest nucleotide concentrations were found in the night-time samples (8pm to 8am).

"This made us realise that milk induces sleep in babies", Cristina L. Sánchez, lead author of the article and a researcher at the Chrononutrition Laboratory at the University of Extremadura, tells SINC.

"You wouldn't give anyone a coffee at night, and the same is true of milk – it has day-specific ingredients that stimulate activity in the infant, and other night-time components that help the baby to rest", explains Sánchez.

In order to ensure correct nutrition, the baby should be given milk at the same time of day that it was expressed from the mother's breast. "It is a mistake for the mother to express the milk at a certain time and then store it and feed it to the baby at a different time", points out the researcher. .

### The benefits of breast milk

The World Health Organisation (WHO) says breast milk is the best food for the newborn, and should not be substituted, since it meets all the child's physiological requirements during the first six months of life. It not only protects the baby against many illnesses such as colds, diarrhoea and sudden infant death syndrome, but can also help prevent future diseases such as asthma, allergies and obesity, and promotes intellectual development.

The benefits of breastfeeding also extend to the mother. Women who breastfeed lose the weight gained during pregnancy more quickly, and it also helps prevent against anaemia, high blood pressure and postnatal depression. Osteoporosis and breast cancer are also less common among women who breastfeed their children.

# Be Concerned

*by the possible effects of birth trauma*

## The Caesareans

Human beings have not been programmed for long-term thinking. For millions of years our tropical ancestors consumed the food they could find from day to day in their environment, either by collecting shellfish and small fish in shallow water, by gathering plants and fruits, or by scavenging and hunting. After the comparatively recent advent of agriculture and animal breeding, they had to increase their capacity to anticipate. They were obliged to think at least in terms of seasons. Today we have at our disposal such powerful technologies that we must suddenly learn to think in terms of decades and centuries.

An overview of the "Primal Health Research Data Bank" (<http://www.primalhealthresearch.com/>) will convince anyone that our health is to a great extent shaped in the womb. We have now compiled hundreds of studies detecting correlations between states of health in adulthood, adolescence or childhood and situations when the mother was pregnant. There is also an accumulation of data suggesting that the way we are born has long-term consequences, particularly in the fields of sociability, aggressiveness, or, otherwise speaking, capacity to love.

It is so in many fields of human activities. It is so, in particular, in the field of childbirth. At a time when the safety of the caesarean can be compared to the safety of the vaginal route in well-equipped departments of obstetrics, a great part of the world population is "born from above". We must urgently train ourselves to think long term. What are the long-term consequences of being caesarean-born? What is the future of a civilization born by caesarean?

Read more of Michel Odent's findings on the long term effect of birth traumas [here](#).

# Be Patient

*and take the time you need*

**Patience during stalled labour can avoid many C-sections, study shows.**



Pregnant women whose labour stalls while in the active phase of childbirth can reduce health risks to themselves and their infants by waiting out the delivery process for an extra two hours, according to a new study by researchers at the University of California, San Francisco. By doing so, obstetricians could eliminate more than 130,000 caesarean deliveries – the more dangerous and expensive surgical approach – per year in the United States, the researchers conclude. The study examined the health outcomes of 1,014 pregnancies that involved active-phase arrest – two or more hours without cervical dilation during active labour – and found that one-third of the women achieved a normal delivery without harm to themselves or their child, with the rest proceeding with a caesarean delivery. The findings appear in the November, 2008 issue of *Obstetrics and Gynaecology*, the official journal of the American College of Obstetricians and Gynaecologists (ACOG). While ACOG already recommends waiting at least two hours with adequate contractions in the setting of no progress in active labour, it is routine practice in many clinical settings to proceed with a caesarean for "lack of progress" before those ACOG criteria have been met, according to Aaron Caughey, MD, PhD, an associate professor in the UCSF Department of Obstetrics, Gynaecology and Reproductive Sciences, Division of Maternal-Foetal Medicine, and senior author on the paper. "One third of all first-time caesareans are performed due to active-phase arrest during labour, which contributes to approximately 400,000 surgical births per year," said Caughey, who is affiliated with the UCSF National Centre of Excellence in Women's Health. "In our study, we found that just by being patient, one third of those women could have avoided the more dangerous and costly surgical approach."

[More on this...](#)

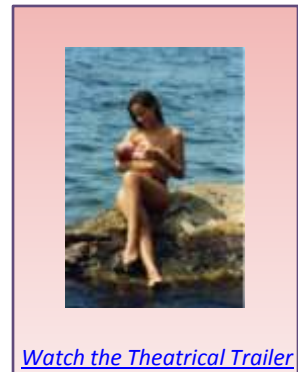
# Be Tuned

*to your baby's limbic imprinting*

Experience *Birth As We Know It* in this groundbreaking new film featuring 11 births, all completely unique and all natural.

*Birth As We Know It* is a treat for both the heart and mind, comfortably intertwined on a path toward realizing the full potential of birth. A new style of documentary film creates a refreshing arena for the story of Birth to unfold.

A triumphant orchestration of stunning cinematography, empowering instrumentation, and a calming narrative, warms our hearts as we are reminded of the beauty of Life, and awakened to the ultimate possibilities of Birth!



[Watch the Theatrical Trailer](#)



*Birth As We Know It* was initially a film for pregnant couples.....but adults and children alike are discovering that it is a heart-warming, thought provoking, life enhancing film experience.

"It is a gentle, yet powerful exploration of ourselves - at any age - reminding us of our fragile beginnings, and inspiring in us a new appreciation and understanding for the miracle of life." .....

"Birth As We Know It is as much for birthing parents as it is for the rest of the world" \_ This **Special Edition DVD** features a rare 75 minute **Director's Cut** of the film, as well as two more ways to play the film - an in depth and **Personal Commentary** with **Director Elena Vladimirova** , and a moving Instrumental version - creating a beautiful, stunning, informative and inspirational centrepiece or backdrop for any age or gathering. Also included on the Special Edition DVD are **Additional Scenes** and **Interviews** on unique Birthing Topics.

[Order your copy now!](#)

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To comment or make a suggestion please em:  
[rosalia@birthing.co.za](mailto:rosalia@birthing.co.za)

*Be Updated with these details*

**Birthing in Awareness**

[www.birthing.co.za](http://www.birthing.co.za)

Taking birth  
one breath at a time.

48 Dundalk Avenue,  
Parkview, 2193,  
Johannesburg,  
South Africa

Phone: +27827808965

Email: [newsletter@birthing.co.za](mailto:newsletter@birthing.co.za)