

# Birthing in Awareness

A newsletter for empowered pregnancy, birthing and parenting

Volume 1, issue 4  
July 2009



## Inside this issue:

Be Balanced	1
Be Accurate	1
Be Energized	2
Be Protective	3
Be Natural	3
Be Protected	4
Be Knowledgeable	4

## Be Balanced in pregnancy and beyond

### Chiropractic Care in Pregnancy for Safer, Easier Births

By Jeanne Ohm, D.C.

Chiropractic care is essential for the pregnant mother. Her systems and organs are now providing for two and their optimal function is critical for the baby's healthy development.

Specific chiropractic care throughout pregnancy works with enhancing nervous system function providing greater health potential for both the mother and baby.



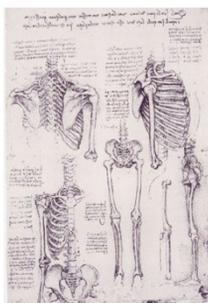
Another important reason for care throughout pregnancy is to help establish balance in the mother's pelvis. Because of a lifetime of stress and trauma to her spine and pelvis, her pelvic opening may be compromised, resulting in a less than optimum passage for the baby. Williams Obstetrics Text tells us that, "Any contraction of the pelvic diameters that diminish the capacity of the pelvis can create dystocia (difficulty) during labour."

They further state that the diameter of the woman's pelvis is decreased when the sacrum is displaced. Dr. Abraham Towbin, medical researcher on birth tells us that the bony pelvis may become "deformed" this way by trauma. Chiropractors define this displacement/ deformation as spinal misalignment or subluxation primarily caused by the stress of trauma.

Continue [reading on...](#)



*Doctors of Chiropractic are not only trained in problems dealing with the spine, but are formally educated in clinical examination and diagnosis of the entire human body.*



The mother's spine and pelvis undergoes many changes and adaptations to compensate for the growing baby and the risk of interference to her nervous system is increased.

## Be Accurate with good research info

### Effect of timing of umbilical cord clamping at birth of term infants on mother and baby outcomes

At the time of birth, the infant is still attached to the mother via the umbilical cord, which is part of the placenta. The infant is usually separated from the placenta by clamping the cord.

The timing of this clamping is one part of the third stage of labour (the time from birth until delivery of the placenta)

which can vary according to clinical policy and practice. Early cord clamping is believed to lead to a reduced risk of bleeding after birth (postpartum haemorrhage). This review of 11 trials showed no significant difference in postpartum haemorrhage rates when early and late cord clamping were compared.

For neonatal outcomes it is important to weigh the growing evidence that

delayed cord clamping confers improved iron status in infants up to six months after birth, with a possible additional risk of jaundice that requires phototherapy.

View the [research](#).



### [Spinal Care whilst Standing](#)

Try to keep the normal curves in your back at all times. High heels may cause the low back to arch excessively. Wear comfortable shoes with a good arch support.

#### Do

- If you stand a lot shift positions frequently and rest one foot on a low stool or shelf. This takes the strain off the lower back.
- If you cannot use a foot stool, stand squarely, balanced equally on both feet.
- Try to hold your head in the neutral position looking straight ahead.
- Keep your work close to you and at a comfortable height.

#### Don't

- Don't stand in one place for too long.
- Don't bend forward with straight legs.
- Avoid wearing high heels. The higher the heel, the greater the postural stress.

# Be Energized and beat exhaustion

## Mother's Energizer!

By Dharmisha Cvetkovic  
South African Art of  
living facilitator

Motherhood is a journey of elation and exhaustion – all at the same time. Sleep deprived mothers know full well the value of eight hours of sleep or the luxury to wake up at one's leisure. This lack of proper rest, combined with the demands of a baby and family, are the key ingredients to disharmony in the home. Trust me, I was there. Without adequate rest, one is not able to function optimally. People who are sleep deprived are characterized as moody, irritable, short tempered, prone to depression etc. The twenty-four hour Mother can very easily slip into this pattern without adequate support. The danger is that a Mother is the pillar of her home and her discontentedness subtly filters to the rest of the family whether they acknowledge it or not. So, are there any solutions and if so what? First, let's look at the four main sources of energy: sleep (what's that again?), food (not enough time for that!), a calm & meditative state of mind (with a crying baby?) and breath (\*sigh\*). Mothers suddenly find themselves lagging in the first three categories, which leaves the BREATH to be explored.

Like a fish in water, we are in air. Like a fish cannot survive without water, we cannot survive for more than a few minutes without the breath, - yet we take it for granted! Breath is the main source of energy and it is available freely. We are sitting in an ocean of energy without knowing how to get to it – until now.

As mothers, what we teach our children becomes the future of the planet. The pearls of wisdom taught on the course can be applied to daily life as well as taught to our children, as each and every one of us contributes to the global consciousness of humanity. One of the best tools for strengthening one's self is regular practice of Sudarshan Kriya.



The Art of Living teaches a powerful, revitalizing breathing technique called Sudarshan Kriya\*, proven to facilitate physical, mental, emotional, and social well-being. It relieves stresses and emotions from a cellular level and leaves one fully refreshed and energized. The mind comes completely into the present moment – not as a concept, but as a conscious reality. One is able to experience very deep rest, deeper than the deepest. As a result, intuition is greatly heightened, strengthening the mother-child relationship. Independent research, including the Harvard Medical School has proven some of the benefits of Sudarshan Kriya.

A strong Mother, can raise a strong family. For a mother to be strong, she must make time for her *self* Twenty minutes a day is all it takes!

## More info

The foundation is hosting a special mother's wellness workshop, 7-12 September 2009, 9am to 12pm in Norwood, Johannesburg.

Pre-registration is essential as seats are limited.

For more information, contact Dharmisha Cvetkovic, Art of Living Part One Facilitator at [dharmisha@artofliving.org.za](mailto:dharmisha@artofliving.org.za).

Alternately, attend one of our regular workshops

[Art of Living](#)

*\*Not suitable for pregnant women or breastfeeding mothers*

# *Be Protective and avoid unnecessary interventions*

## Protecting Our Unborn Babies

Labour should be induced only when medically necessary, never simply for convenience or because a woman is sick of being pregnant. The risks in these situations far outweigh the perceived benefits. Determining post-maturity or a woman's readiness to give birth are complex processes. We are just beginning to understand the long-term effects on the foetal brain of drugs such as Pitocin, and the exact long-term effects of inducing or augmenting labour are unknown. Pregnant woman wanting information on the safety of a drug can consult the Physicians' Desk Reference or call the product safety officer at the pharmaceutical company where it is manufactured. Not all babies appear to be harmed by the inducing or augmenting of labour, but these procedures do carry risks.

According to Doris Haire, "The fact that Pitocin can shorten the normal oxygenating intervals that occur between contractions is a threat to the integrity of the foetal brain and can have lifelong consequences for the affected baby."



Pregnant women owe it to themselves and their unborn babies to do everything they can to stay healthy and thereby minimize or prevent the need for medical induction. Babies born from natural, spontaneous labours have the best overall outcomes, and their mothers experience easier labours and quicker postpartum recoveries.

Contemplate the [full article](#).

In his classic book *Husband-Coached Childbirth*, Robert Bradley, MD, compares the arrival of human babies by nature's schedule to fruit ripening on a tree. Some apples ripen early, some late, but most show up right in season. Along with Grantley Dick-Read, the father of what we now call "natural childbirth," Bradley advocated relaxation, trusting nature, and allowing babies to show up when nature intended.

# *Be Natural and rethink the tampon*

Despite all the technological progress that's been made since the early 1900s, little about tampons or sanitary pads has really changed since they were first introduced almost one hundred years ago. Miacup™ is a modern, liberating way to deal with menstrual hygiene and one that solves many of the problems associated with traditional, antiquated methods.

### Benefits

- Can be worn for up to 12 hours at a time. Can be worn overnight.
- Easy to clean. Nothing to throw away. Easy to sterilise.
- Easy to use. Comfortable. No strings.
- More reliable. Perfect for swimming & other sports.
- Contains no harmful substances. Leaves no fibres behind.
- Does not interfere with the body's natural processes.
- Does not irritate or dry.

Produced entirely in South Africa using imported medical-grade, latex-free silicone rubber, Miacup is a great new alternative to menstrual pads and tampons.

To order your very own Mia Cup send an [email](#).



# Be Protected and save your heart with breastfeeding

"Heart disease is the leading cause of death for women, so it's vitally important for us to know what we can do to protect ourselves," said Eleanor Bimla Schwarz, M.D., M.S., assistant professor of medicine, epidemiology, and obstetrics, gynecology and reproductive sciences at the University of Pittsburgh.

"We have known for years that breastfeeding is important for babies' health; we now know that it is important for mothers' health as well."

According to the study, postmenopausal women who breastfed for at least one month had lower rates of diabetes, high blood pressure and high cholesterol, all known to cause heart disease.

Women who had breastfed their babies for more than a year were 10 percent less likely to have had a heart attack, stroke, or developed heart disease than women who had never breastfed.

Dr. Schwarz and colleagues found that the benefits from breastfeeding were long-term - an average of 35 years had passed since women enrolled in the study had last breastfed an infant.

"The longer a mother nurses her baby, the better for both of them," Dr. Schwarz pointed out. "Our study provides another good reason for workplace policies to encourage women to breastfeed their infants."

The findings are based on 139,681 postmenopausal women enrolled in the Women's Health Initiative study of chronic disease, initiated in 1994.



The longer women breastfeed, the lower their risk of heart attacks, strokes and cardiovascular disease, report University of Pittsburgh researchers in a study published in the May issue of *Obstetrics & Gynecology*.

## Be knowledgeable of evidence-based research

Pregnant women who receive treatment for substance abuse early in their pregnancy can achieve the same health outcomes as pregnant women with no substance abuse, according to a Kaiser Permanente study published online in the *Journal of Perinatology*.

The study, which is the largest to date, examined 49,985 women in Kaiser Permanente's prenatal care program and found that integrating substance abuse screening and treatment into routine prenatal care helped pregnant women achieve similar health outcomes as women who were not using cigarettes, alcohol or other drugs.

This is also the largest study to examine multiple substances: cigarettes, alcohol, marijuana, methamphetamines, cocaine and heroin.

"This program can happen everywhere and should become the gold standard for women who are pregnant and using cigarettes, alcohol or other drugs," said study lead author Nancy C. Goler, M.D., an OB/GYN and Kaiser Permanente regional medical director of the Early Start Program for the organization's Northern California operations.

"The study's big finding was that study participants treated in the Early Start program had outcomes similar to our

control group, women who had no evidence of substance abuse."

The study compared 2,073 pregnant women who were screened, assessed and received ongoing intervention during pregnancy through the Early Start program at 21 Kaiser Permanente Northern California outpatient obstetric clinics from 1999 to 2003 to women in three other groups: 156 women who were screened but did not accept assessment or treatment; 1,203 women were screened, assessed and received brief intervention only; and a control group of 46,553 women who showed no evidence of substance abuse.

The study found the risk of stillborn, placental abruption (when the placental lining separates from the mother's uterus), pre-term delivery, low birth weight and neonatal ventilation were dramatically higher for the 156 untreated substance abusers than the 2,073 women in the Early Start program:

❖ Risk of stillbirth was 16.2 times higher for women who were screened but did not accept assessment or treatment than those who received Early Start treatment.

Continue reading about the risks [here](#)

## 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)

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

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

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