

FROM THE NATION'S LEADING MIDWIFE

# INA MAY'S GUIDE TO CHILDBIRTH

UPDATED  
WITH  
NEW  
MATERIAL

"My most fervent prayer for all pregnant women is that they read this book and heed its wisdom. In doing so, they will remember their women's wisdom and never forget it. Thank you, Ina May, from the bottom of my heart for writing this guide to natural childbirth. This information can change the world."

—CHRISTIANE NORTHRUP, M.D.

*Author of Women's Bodies, Women's Wisdom and The Wisdom of Menopause*

INA MAY GASKIN  
AUTHOR OF *SPIRITUAL MIDWIFERY*

Ina May Gaskin

## Ina May's Guide to Childbirth



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What you ought to know to have the best birth experience for you personally. *s Guide to Natural Childbirth* takes worries out of childbirth by restoring women's Episiotomy--is it really necessary? Based on the female-centered Midwifery Style of Treatment, Ina May's • Filled up with inspiring birth stories and practical assistance, this invaluable resource contains: • It necessarily tell you • What really occurs during labor • The dangers of anesthesia and cesareans--what your physician doesn't leading midwife, shares the huge benefits and joys of natural childbirth by showing women how to rely upon the old wisdom of their bodies for a healthy and fulfilling birthing encounter. *s Guide to Organic Childbirth* gives expectant mothers comprehensive information on everything from the all-important mind-body connection to how to give birth without technological intervention. And far more! Ina May's Tips for maximizing your chances of an unmedicated labor and birth • How to prevent postpartum bleeding--and unhappiness • Orgasmic birth--making birth pleasurable • Reducing the discomfort of labor without drugs--and the miraculous roles touch and therapeutic massage play • The very best ways to work with doctors and/or birth care providers • How to create a safe, comfy environment for birth in virtually any setting, including a medical center • Common ways of inducing labor--and which to avoid at all costs • Drawing upon her thirty-plus years of experience, Ina May Gaskin, the nation's faith within their own natural capacity to give birth with an increase of ease, less discomfort, and less medical intervention.

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Great information about how the body functions during birth, the birth tales are excellent but a few have become "Earthy" I loved this book! As a first time mom anxious about childbirth this reserve gave me so very much confidence in my own body to do its job. The book is established in 2 parts: component 1 is merely birth stories, component 2 can be medical information regarding birth. The birth tales were wonderful to learn. Yes, a few had been very "New-Agey" and kind of "hippie" like but just hearing about different females who successfully gave birth was very helpful to combat all of the people informing me to simply "Get an epidural once you can." and all the horror stories people somehow think are acceptable to tell to a pregnant woman. Not absolutely all of the stories are for everybody, but that's okay. Even though you just want to listen to some positive birth tales, you will love them. There's a snarky comment about the knowledge of one woman who visited assist in another's birth and I think it's inappropriate. She's also—which should come as no surprise—a HUGE hippie. You don't have to agree with it, just move on to another story if it isn't your cup of tea. I think it's a beautiful exemplory case of how this community functions.! Keep in mind this is normally coming from the perspective of a midwife, not really a doctor, so it is not going to have the same voice as those in a medical occupation.) Not really for anyone planning a hospital birth Not sure why this book has such glowing reviews. I tried my hardest not to be too judge-y . . . outdated Most of the birth stories are very outdated from the 60's-70's where they depict hospital births being barbaric and discuss being tied down to tables and the woman being ignored, which is just false and not the case today. I started having contractions and feeling big waves of energy moving. I surrendered again and again to the fantastic, oceanic, engulfing waves. She also offers many many references and assets to back up her promises and the statistics of the midwives she showcases speak for themselves. We began suffering from her contractions together.) by giving "practical wisdom, information, and inspiration. I visualized my yoni as a big, open up cave beneath the surface of the ocean, with huge, surging currents sweeping in and out. Good information I liked this reserve. You must get an epidural! I'm all for a natural birth program, but this publication is so far in that direction, that it paints an unfair picture of a birth that does utilize modern medicine. The women at The Farm (the community that Ina May founded for those who wish to pursue natural birth) see the value in assisting other females through birth and we as a Western culture forget that this used to become the only way ladies experienced any assistance during birth before hospitals and OBGYN's. In the early-'70s, Gaskin, her spouse, and some friends began a commune in rural Tennessee known as The Farm. The intentional community brought collectively nonviolent, vegetarian, spiritual people bound by a "shared psychedelic vision." To each her personal, Perhaps .S.)! Ina May is indeed empowering and uplifting! (I didn't reach labor with my initial due to very serious complications. There were only 148 transports to the hospital and only 50 C-sections. I recall I fastened on a specific word and meaning: surrender. The first part is a selection of birth tales, told in first person by moms who delivered at The Farm. They are intended to fight the barrage of negativity that women that are pregnant hear frequently (It's so unpleasant!5 for the next half (practical advice) What it's about: Ina May Gaskin is the best-known midwife in all the property. I loved this publication. The Farm Midwifery Center's statistics are fairly astounding. I have recommended it to several people and am loaning it to my cousin who's due in March. I took my clothing off (aside from my underpants and pad since I was still bleeding from Jon's birth) and crawled up on the bed with her.5/5;Ranking: 2.5/5 (for the first half of the book, I'd give it a 1. Gaskin condones unmedicated births (unless intervention is definitely medically necessary), and her practices and advice highly reflect that bent. Pamela was naked, propped up on pillows on the bed, securing to her

knees.5/5)For me personally, this examine like two separate books. That's not all. Although she is clearly for having as natural a birth as possible, she definitely gives what I think of as an unbiased view on these things as she can. She defines the interventions for you personally and tells you possible side effects. . but it's really difficult when reading passages like this: "On the afternoon before my son, Jon, was created, I was reading Ram Dass's publication *Be Here Now* and feeling very centered and high with it. Gaskin's reserve is presented in two parts (accompanied by numerous Appendices). Though she actually is clearly trying to show you the advantages of utilizing a midwife vs. 1. As the wave of water rushed into my cave, my contraction would grow and swell and fill up, reach a full peak, then ebb effortlessly back out. traditional doctors, she makes intelligent points and is actually just trying to inform her readers. IT'LL CHANGE HOW YOU FEEL ABOUT HAVING A BABY, SWEAR. Great reference for expectant mother's curious about natural birth. It was all I possibly could do to complete the first part (the birth stories section). A couple of days after giving birth to Jon, this particular mother visited be with a friend who was simply "tired and scared" during birth. Here's her description: "I needed to connect deeply with her and talk about my recent encounter to help her rest and open. for the next, a 3."The second part of the book is written by Gaskin and provides practical advice (some opinion-based, some scientifically/medically-based) about labor and delivery. I laid next to her—face to face, breast to breasts, womb to womb. I informed her about my cave and ocean and the fantastic rushing, swelling, and starting. I told her about surrendering again and again and letting proceed. I think this is an excellent book for anyone trying to learn more on the subject of the childbirthing process, anyone who is anxious or doubting their capability to carry out it, or anyone who just wants to understand their options in treatment. We held one another and rushed and soared collectively. My womb, though empty, was swelling and contracting too. I could feel bloodstream rushing out with the contractions, but not too much—I knew it was alright."The Farm is currently well known because of its midwifery practice (one of the first out-of-medical center birthing centers in the U. . . but that is a little much for me personally. The thought of one of my BFFs coming to become with me during labor, stripping down, and telling me about her oceanic "yoni" while I'm having contractions is certainly, frankly, laughable. Contact me unenlightened if you must. I must say i could have skipped the 1st section of this reserve entirely. However the second section was much more helpful and useful (despite also having a solid hippie vibe). It's never something I'd have just thought I liked, I downloaded the free sample, and flew during that and couldn't wait to buy it so I could read on. There is plenty of discussion on "Sphincter Laws," the "set of fundamental assumptions about birth" that Gaskin and her companions follow: 1) sphincters (excretory, vaginal, and cervical) work best in private, 2) they can't be opened up at will and don't respond well to commands (like "Drive!!The medical information in the next half has helped my confidence immensely in choosing to have a "natural" hospital birth. I've read this again and again. Some stuff I didn't care for but got what I possibly could from it and did have an intervention free hospital birth putting some of the things from this publication into practice. Gaskin definitely knows her stuff. And, although her perspective can be a little more New Age-y than my own, she provides the right tips for people who are looking to avoid medications (and c-section) during birth. In the event that you fall into that category, this book is worth at least a skim. Every pregnant mama who planing on giving organic birth shohld read Great read for mama Good read lots of info Very helpful book Great guide for all expectant mother's."But wait! She says those you can definitely refuse without endangering yourself or your baby if you choose to, but as I read through this I under no circumstances felt like I would be considered less of a mother easily chose any one of the

things. She is, in fact, the just midwife to possess a medically-recognized procedure named for her (The Gaskin Maneuver, a method used to resolve shoulder dystocia). A few of the information in the second area of the book is effective, however Personally i think that the bias towards anything apart from an all natural birth was overwhelming. EVERY PREGNANT WOMAN NEEDS THIS BOOK 100% possess recommended this book open public ally on my social media also to another lady who's only a few weeks previously in her being pregnant. It was really delightful—extremely orgasmic and invigorating. You will want to just schedule a C-section? There are drawings (plus some very graphic photos) of birthing positions that use gravity and different other techniques to help get that baby out without the necessity of forceps or vacuum extractors (or c-section, for example). I feel a lot more coonfident in my own choice to VBAC, labor, and present birth naturally. During that time, they encounter no maternal deaths. Ina Might goes through the way the body responds to labor and possible interventions you may see in the hospital. It is extremely outdated, and a lot of the book can be wasted on bashing hospitals and doctors. Not a good book for anyone not planning on a home birth- it increased my anxiety, not decreased it! No helpful tips and very little useful details on the birthing process. My top 5 beloved books! Recommend!!”), 3) whenever a sphincter is along the way of opening, it may suddenly close if the person “becomes upset, frightened, humiliated, or self-concious,” and 4) in the event that you relax your mouth area/jaw, your cervix/vagina/anus can easily open to full capacity. I recommend it to therefore many women! It ready me thoroughly for just two natural child births. From 1970-2010, the midwives accepted 2,844 pregnant women for care.! I estimate her constantly.5 stars for the first half of the book (birth stories), 3. I bought it for details & assistance on having a natural birth. There is an explanation of medical interventions and their benefits and drawbacks (mostly cons), as well as nonmedical alternatives (like breasts stimulation for induction of labor).



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