

Ina May Gaskin Spiritual Midwifery



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The classic book on residential birth! The initial section details the encounters of parents and midwives through the birth knowledge. Includes info on prenatal care and diet, labor, delivery-techniques, treatment of the brand new baby, and breast-feeding. The second seciton is a specialized manual for midwives, nurses, and doctors.



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We love it. I love it... Don't work with any other books on the topic, even if you wish the epidural or various other assistance, I'm positive this and the other reserve can help you. Both books cover a lot of the same materials, but this one definitely fits the name with spiritual. Ina May and the other midwives acknowledge the part medical professionals performed in the few required interventions. I came across both these books to . I came across both these books to become very empowering and really take the fear and mystery out of birth. Our culture is so weird with its fear driven tactics of birth and quickly opting out of any discomfort, this book (along with the other one) really demystify worries and pain around childbirth and consider it back again to what it is: your body doing what it's been made to perform. Your body was created for this, embrace and love it!. I would tell just stick with the guide to childbirth if you are searching for something more slice and dried out, but I really did appreciate this book for how out there it was using its language and psychedelic talk. Positive perspective in birth! I can't express it enough. I've received a huge selection of unsolicited birth tales from well-intended friends and family, but many of them are either 1) funny or 2) scary anecdotes that don't help me prepare at all to give birth. Although we can not control what people say to us in a grocery store series or at a family function, we can look for stories (such as this book) that will give us POSITIVE PERSPECTIVES on the birth procedure.PROS: - This reserve is really positive and life-affirming. Brilliant! - All of the birth scenarios and perspectives was amazing. Lots of different parent personalities and labor/delivery methods were reviewed in a non-judgmental style. (yay! It really is amazingly hippie-tastic. They obviously have a good working romantic relationship and rapport with close by hospitals.!- Some of the stories are from mothers, some are also compiled by the fathers. As somebody who is wedded to a solid, capable, loving man who plans to become my "birth partner" in labor and delivery, I was happy to see this perspective. Dads have to be educated and empowered, too! "Spiritual Midwifery" is as it sounds, a bit more on the "hippie" spectrum, but absolutely natural gold.. My purpose for scanning this book is normally to brush through to childbirth and ways of support my partner during her pregnancy and labor.). It's ok.- I feel more mentally prepared and well informed as my due date techniques. For that, I got less out of this reserve than I did so with Ina May's various other book, "Ina May's Guidebook to Childbirth". I am so grateful to Ina May and the various other women in these books for sharing their wisdom. 5 Superstars):-Great perspective on the emotions associated with birth. - Empowering stories of mothers and fathers working together to bring their little ones into the globe. This means a few of the tales appear glossed over and a little too easy to be practical. Exceptional read for anyone preparing for childbirth I found this publication and Ina May's "Instruction to Childbirth" to end up being invaluable in my

preparations for my first kid. NO MANY THANKS.. It's not something they discuss. I accepted the discomfort, held breathing, and "rode the waves". Child birth was the hardest & most glorious knowledge of my entire life.CONCLUSION (4. natural childbirth). No one in my own family had much to share about birth, especially natural birth. Because of these stories, I was ready for anything and I believed in my baby and body. most influential book for birth. These books produced me feel welcome and safe in this beautiful part of life and gave me the power to have the kind of birth I needed for my son and myself. As a first-time mother without any other pregnant friends, it is difficult to develop realistic targets for birth -- particularly if you want to have a "natural" birth in a hospital setting. After reading Ina May's other book, the guide to childbirth, I needed to read this book as well for the more spiritual aspect.e. I think the other publication is a little more "common" and it has a lot of good information regarding possible complications, ect. - That is a text meant to enrich and empower your understanding of birth, not explain the medical/biological processes.-Most of the "natural births" detailed in this book were in home environments, but could possess easily been supervised by cooperative physicians and nurses. my first review! Christian women, just as much as any other sect of women, have to reclaim their minds &!!Great birth stories, lots of spiritual wisdom, and a midwife guide in the rear of the reserve which is effective for the diagrams and preparing you for what types of points your midwife will be doing when you labor. Excellent book and 1 every pregnant lady (or midwife or . best & Most of us need a getaway from the clinical birth guides. Excellent book and one every pregnant woman (or midwife or additional interested parties) should read. It has helped me to enjoy being a woman more and also being pregnant more. It offers helped me to not be so scared of labor, birth, and delivery. Rather, I can encounter it (I am coming up on my third labor here in August) with God-given strength and pleasure. A word of caution, I did find it a little too "mystic minded" sometimes, but one need not toss the infant with the bath water. There is enough of good and amazing info in this publication to use and apply. hardly ever been anything so essential/worth it before) ALL THE BEST Females! bodies from the overly influential medical program that claims we (females) can't do what God provides designed our anatomies to do and for that reason need additional help (drugs, etc.). This reserve is normally groundbreaking in its right but it ended up being even more of a biographical and historical account then my own how-to guide. I'd read, "HELPFUL INFORMATION to Childbirth" 1st and then this one. I truly have love in my heart for them. Weird. This book and her other one I think are musts for any woman looking to empower herself and have a natural birth .. -Each tale is 1-2 webpages long, and many had been written years (or decades) following the birth happened. I am certain these two books are what offered me the power and knowledge to have an entirely natural

child birth (in a medical center, we couldn't afford a midwife inside our area)..it's very much something of it's time and very hippie-esque. Huge mistake. A must have reserve for the mama-to-be who wants to experience empowered and excited about the birthing procedure.!- It talks honestly about the complicated emotions, sensations, apprehensions and romantic relationships of the parents going right through the birth process. Love her!! Loved I love Ina May and all her books. This one was great Must-read for expecting mothers Great resource for women finding your way through childbirth or for anybody who wants to learn about childbirth. Expecting parents need all the emotional support we are able to get! Fantastic Love this! I enjoy this book and highly recommend!. But the information is good. Good how-to guide and intro to midwifery. I decided to flip through and find what info I possibly could use, and came up totally short. Each section I tried to read lacked true research and seemed completely anecdotal. I respect that Ina May has delivered many, many children, but in publishing an up to date version of her publication she should have corrected these grossly outdated and sometimes dangerous medical practices. It is also worthy of noting that her practice of childbirth appears incredibly invasive. She has photos and illustrations that present her hands (and even a fist) completely in the vaginal canal, and she recommends these methods to schooling midwives. The reading is clean and comforting and the tales are so varied, but all so empowering. Each vaginal check risks introducing bacterial, particularly if the waters possess broken. Made me realize that I am plenty of -- and led me to three homebirths. I observed right from the start that the midwifery details in the second half of the publication was outdated and in lots of places was totally contradicted by other modern midwifery books and criteria. Outdated, not for an expectant mother I read Ina May's Guide to Childbirth and loved it therefore i thought I'd give this one a read aswell..CONS:- Starting with stories as far back as the 1970s, the lingo in the reserve was sometimes distracting ("feeling Holy", "telepathic", "psychadelic" etc. I enjoy that the storytellers are doing their best to recount what was meaningful to them, nonetheless it seems like important factual details are missing from about 25% of the stories. "Spiritual Midwifery" was Ina May's first book and there's no doubt that it and she have already been seminal in getting midwifery and house births back to the fore of society. I believe that we can do it and we should perform it as God meant it (i. This publication was autobiographical on how "The Farm" had become, how and just why Ina May finished up in a midwifery role, and the items she and her midwifery companions learned along the way. As well as the stroll down memory lane, we also get yourself a massive amount personal essays and the various experiences from men and women regarding the labors with their kids in the hands of the midwives. They actually started sounding redundant therefore i skimmed past most of them.. most influential book for birth greatest & If it hadn't been for

these books I would have felt by itself, scared, and possibly produced decisions about birth that I wasn't comfortable with. Childbirth is also a remarkably intimate issue and the types of checks she was prescribing seemed downright violating.



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