

Ina May Gaskin

## Spiritual Midwifery



Ina May also provides new information about potentially dangerous techniques routinely used in hospitals during and after birth, and also the latest findings about VBAC (Vaginal Birth After Cesarean). In addition, it breathed new life into the all-but-vanished field of midwifery. Included are tales of dealing with Amish females, showing a different tradition with a similar appreciation for organic childbirth. The initial Spiritual Midwifery, published in 1976, introduced an entire generation of young women to the chance of house birth and breasts feeding. Improved guidelines for managing breech births are also given. This classic book on home birth is currently in its 4th edition, with updated information on the security of natural childbirth, fresh birthing stories, and the newest statistics on births managed by The Farm Midwives. Photos, illustrations Over 540,000 copies sold!



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Weird.5 Superstars):- Great perspective on the feelings associated with birth.. I believe that we can do it and we should do it as God meant it (i. After reading Ina May's other book, the guide to childbirth, I wanted to read this book aswell for the more spiritual aspect. Both books cover a lot of the same material, but this one definitely fits the title with spiritual. I have received a huge selection of unsolicited birth stories from well-intended friends and family, but many of them are either 1) funny or 2) scary anecdotes that don't help me prepare in any way to provide birth.- Each tale is 1-2 web pages long, and many had been written years (or decades) after the birth happened. I found both these books to end up being very empowering and really take worries and mystery out of birth. Our culture is so weird using its fear driven techniques of birth and quickly opting out of any discomfort, this book (as well as the other one) really demystify worries and pain around childbirth and take it back to what it is: the body doing what it has been made to perform. Great birth tales, plenty of spiritual wisdom, and a midwife guidebook in the back of the book which is helpful for the diagrams and preparing you for what forms of issues your midwife will end up being doing while you labor. This book and her other one I believe are musts for just about any woman looking to empower herself and have a natural birth. I'd say to simply stick with the guideline to childbirth if you are looking for something more lower and dried out, but I must say i did appreciate this reserve for how out there it had been using its language and psychedelic talk. Positive perspective about birth! This reserve was autobiographical on how "The Farm" came to be, how and just why Ina May finished up in a midwifery part, and the items she and her midwifery partners learned along the way. It is amazingly hippie-tastic. Although we can't control what people say to us in a supermarket line or at a family group function, we can look for stories (such as this book) that will give us POSITIVE PERSPECTIVES on the birth procedure.PROS:- This book is really positive and life-affirming. Expecting moms and dads need all the emotional support we can get!- All of the birth scenarios and perspectives was great. In addition to the stroll down storage lane, we also get yourself a large amount of personal essays and the various experiences from women and men regarding the labors making use of their kids in the hands of the midwives. Outdated, not for an expectant mother I read Ina May's Guide to Childbirth and loved it so I thought I'd give that one a read as well. Ina Might and the various other midwives acknowledge the function medical professionals played in the few required interventions. They obviously have an excellent working relationship and rapport with nearby hospitals.- It talks honestly about the complex feelings, sensations, apprehensions and interactions of the parents going right through the birth process.- Some of the tales are from moms, some are also written by the fathers. As someone who is wedded to a strong, capable, loving man who plans to end up being my "birth partner" in labor and delivery, I was pleased to see this perspective. Excellent book and something every pregnant lady (or midwife or .- That is a text designed to enrich and empower your knowledge of birth, not explain the medical/biological processes..CONS:- You start with stories as far back as the 1970s, the lingo in the reserve was sometimes distracting ("feeling Holy", "telepathic", "psychadelic" etc. It's not something they talk about. I like it. This means some of the tales seem glossed over and a little too easy to be practical. bodies from the overly influential medical system that claims we (females) can't do what God provides designed our bodies to do and for that reason need additional help (medications, etc.CONCLUSION (4. I came across both of these books to .- Empowering stories of mothers and fathers functioning together to bring their children in to the world.- Personally i think more mentally prepared and more confident as my due date approaches. Exceptional read for anybody preparing for childbirth I found this publication and Ina May's "Guide to Childbirth" to be invaluable in my own preparations for my first child. But the information is great. This book is

definitely groundbreaking in its right but it ended up being more of a biographical and historical account then my personal how-to guide. Due to these stories, I was ready for anything and I thought in my baby and body. I approved the pain, held breathing, and "rode the waves". Kid birth was the hardest & most glorious encounter of my life. I am so grateful to Ina May and the additional women in these books for posting their wisdom. No-one in my family had much to talk about about birth, especially organic birth. I truly have like in my center for them.). 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 more comfortable with. These books made me feel welcome and safe in this beautiful section of lifestyle and offered me the power to have the type of birth I needed for my child and myself. I would read, "HELPFUL INFORMATION to Childbirth" initial and then this one. Don't work with any additional books on this issue, even if you desire the epidural or other assistance, I'm positive this and the other publication will help you. I can't express it plenty of. I think the other reserve is a bit more "universal" and it includes a lot of great information about possible complications, ect. "Spiritual Midwifery" is really as it sounds, a bit more on the "hippie" spectrum, but absolutely genuine gold. (yay! my first review! Excellent book and something every pregnant lady (or midwife or various other interested parties) should read.. My purpose for scanning this book would be to brush up on childbirth and ways of support my partner during her pregnancy and labor. Your body was designed for this, embrace and love it! Dads have to be educated and empowered, as well! Most of us need an escape from the medical birth guides. For that, I acquired less out of the reserve than I did so with Ina May's additional book, "Ina May's Instruction to Childbirth". under no circumstances been anything so important/worth it before) Good Luck Ladies! It offers helped me to take pleasure from being a woman more and also being pregnant even more. It has helped me to not be therefore scared of labor, birth, and delivery.! Childbirth can be an incredibly intimate issue and the types of checks she was prescribing appeared downright violating. There's plenty of great and amazing info in this reserve to use and apply.Christian women, as much as any additional sect of women, have to reclaim their minds & I value that the storytellers are carrying out their best to recount what was meaningful to them, nonetheless it seems like important factual details are lacking from about 25% of the tales. I respect that Ina May offers shipped many, many children, but in publishing an updated version of her publication she must have corrected these grossly outdated and sometimes dangerous medical practices..e. natural childbirth).I really like it... It's ok..!it is rather much something of it's period and very hippie-esque. The reading is certainly even and comforting and the tales are so varied, but all so empowering. I made a decision to flip through and find what info I possibly could use, and came up completely short..! Love her! Instead, I can face it (I am approaching on my third labor here in August) with God-given power and happiness. Loved I love Ina May and all her books. This one was great Must-read for expecting mothers Fantastic resource for women finding your way through childbirth or for anyone who wants to know more about childbirth. Brilliant! A must have reserve for the mama-to-be who wants to experience empowered and excited about the birthing procedure. I enjoy this book and recommend!- Most of the "natural births" detailed in this book were in home conditions, but could possess easily been supervised by cooperative doctors and nurses. Huge mistake. I noticed right off the bat that the midwifery info in the next half of the book was outdated and in lots of places was totally contradicted by other contemporary midwifery books and standards. Fantastic Love this! Each section I attempted to read lacked true research and seemed totally anecdotal.). It's also well worth noting that her practice of childbirth appears incredibly invasive. She has photos and illustrations that display her hands (and even a fist) completely in the vaginal canal, and she recommends these

procedures to training midwives. NO MANY THANKS. Each vaginal check risks introducing bacterial, especially if the waters have damaged.A word of caution, I did find it a little too "mystic minded" sometimes, but one need not toss the baby with the bath water. Good how-to guide and intro to midwifery..!!. "Spiritual Midwifery" was Ina May's first reserve and there's no question that it and she have been seminal in getting midwifery and home births back to the fore of society. I am specific that these two books are what gave me the strength and knowledge to have an entirely natural child birth (in a medical center, we couldn't afford a midwife inside our area). As a first-time mother without the other pregnant close friends, it is difficult to develop realistic targets for birth – particularly if you would like to have a "natural" birth in a medical center setting. Lots of different parent personalities and labor/delivery methods were examined in a non-judgmental style. They in fact started sounding redundant so I skimmed past many of them. best & most influential book for birth greatest & most influential reserve for birth. Produced me realize that I am enough – and led me to three homebirths.



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