

## Birthing Questions (THINGS TO THINK ABOUT)

- **Physicians should continue to be prudent about the use of ultrasound and perform the study only when medically necessary** and when benefits outweigh risk, according to the American College of Radiology. The advice comes in the wake of recent findings by Yale researchers that link prenatal ultrasound exposure to brain damage and a Duke University Medical Center study.
- “Doctors control women with fear. They have succeeded in convincing the great majority of American women that they cannot safely give birth outside a hospital”.  
Dr. Marsden Wagner, M.D.,MS.
- “The Birth Process even under natural and controlled conditions is potentially traumatic.”  
**Dr. Abraham Towbin, M.D.** Harvard Neuropathologist

## The Obstetricians

- Belief in machines and technology
- Lack the belief in women and their bodies
- “In machines we trust”
- Technology = progress = modern
- C-Sections up to 35% (WHO 14% too High)
  
- **Midwifery is on the rise** in most of the Industrialized World **EXCEPT** in the U.S. Canada is converting back to the midwife system, Australia, Netherlands, Great Britain, Ireland, Germany and all the Scandinavian Countries where 75% of all births are assisted by trained midwives.
- “Blocked Atlantal Nerve Syndrome in babies and infants” research paper  
Reports that blocked nerve impulses develop clinical picture that ranges from central motor impairment and development as well as decrease resistance to infection, ear, nose, and throat!  
**Dr. Gottfried Gutman M.D.**
- “I believe since my involvement in chiropractic that the sooner the child can be examined for subluxations, the sooner the subluxation can be corrected, the better the result will be. Chiropractic care should begin shortly after they are born.”  
**Dr. Arpad DeNagy M.D.**
- “The Birth Process even under natural and controlled conditions is potentially traumatic.”  
**Dr. Abraham Towbin, M.D.** Harvard Neuropathologist

## **Nursing**

- Specific nutrition and immunities – Colostrum
- Self-regulating – Breast milk changes as baby grows (saliva)
- Developing joyfulness, closeness and bonding
- Health benefits for baby, you and your hormones
- Help you to lose weight more quickly
- Better for the environment- less waste on packaging
- Saves Money
- Easier

## **Breast Fed Babies have lower risks of:**

- Asthma
- Childhood leukemia
- Childhood obesity
- Ear Infections
- Eczema
- Diarrhea and vomiting
- Lower respiratory infections
- Sudden infant death syndrome
- Type 2 diabetes

## **Breast Feeding for Mom & Baby**

- The action of your baby suckling sends to the hypothalamus hormones to stop your menstrual cycle
- Studies show that colostrum limits your infant's chance of developing asthma and other allergies

## **Breast Feeding and Cancer Risk**

- The British Medical Journal found the longer you breast feed, the lower the breast cancer risks.
- Lessens the risk of ovarian cancer

## **Nursing Solutions**

- **Increase Your Fluid Intake** - Recharge & Other Juices
- **Increase Your Proteins** –
- **Increase yeast consumption** – Dark beer a day
- **Co Sleeping** – More Milk & More Sleep
- **Pumping** – Goal is to have two weeks of breast milk ahead stored.
- **Pumping aids** - picture of your baby and audio of your baby crying is also helpful for milk production.
- **Goats milk** - is closest to human milk need to add Full Vitamin B Complex