

My Story...

I was first introduced to HypnoBirthing in 1999 while pregnant with my son. I was looking for a birth method that had the same philosophy about birth that I had. Birth, is natural, beautiful, normal & powerful. I had previously worked for a prominent OBGYN in Scottsdale, Az. I had assisted in 12 births and saw firsthand how different birthing methods worked. I found exactly what I was looking for in HypnoBirthing during my pregnancy. After a very successful natural hospital birth with our 9lb 4oz son without even an IV, we were vocal advocates for HB to everyone we knew. It was an amazing experience that changed our lives.

Two and a half years later when we were pregnant with our second baby, we convinced our friends, Roxie and Ken, to take HypnoBirthing classes for the birth of their third baby. My girlfriend Roxie had been induced both times before with a number of drugs and interventions. I told her that HB was a perfect technique to use in all situations, even inductions. They began the class and enjoyed all aspects with the probability that an induction was in their future.

Three weeks early, two weeks before Roxie, I had our daughter. It was the most amazing HypnoBirthing experience I could have wished for. I laughed, bounced and talked to my baby girl till she emerged less than 20min of getting out of the hospital shower to giggles, out right laughter and one deep breath. The doctor almost didn't make it! He said it was "AWESOME." She was 7lbs 12oz of peaceful bliss. Again, I NEVER had as much as an IV started. I guess I could say that the blood pressure cuff, a blood draw and one internal exam was annoying but that's next to nothing for a hospital birth in 2003.

Two weeks later Roxie went in for her induction. She asked me to come and with my cousin on new born duty in the hospital lobby I happily attended. The doctor put her on the lowest dose of Pitocin and waited till it was time to break her membranes/water. She handled it totally calm and peacefully. If Roxie was ever in discomfort that I could see I simply rested my hand on her right shoulder and all tension seem to leave her. Before we knew it was time to meet her little girl. No epidural, no increase on the drugs. It was an amazing new world being so clear and involved in the birth of their third child. They were the next spokespersons for HypnoBirthing! And, Roxie made ME her next mission. She announced that I was to become a Doula!

"With Shira's presence, simple prompts and the touch of her hand on my shoulder I was in total control, feeling only sensations, pressure and at peace. This is Shira's calling!" -Roxie

Within a month after giving birth and with both of us having new bundles of joy, Roxie persisted. Every time we spoke, she brought it up. After a year, I began to listen. In 2004 I began training to become a Doula and a Certified HypnoBirthing Educator. In 2005 I started taking on Clients. I also have a certificate in Techniques for Doulas from the HypnoBirthing Institute and my HB Infant Massage

Certification. I have worked in Scottsdale Memorial Hospital North, AZ, UCSD Medical Center, CA, Scripps Memorial Hospital Encinitas, CA, Tri-City Hospital, Vista CA, Kiaser Hospital Los Angeles, Cedar Sinai Hospital, Los Angeles, and Scripps Mary Birch and Scripps La Jolla Two of the top ranked Birthing Hospitals in the country. -And most enjoyably in a client's home. In 2011 my family and I moved to South Lake Tahoe and my practice was put on hold to give us time to get settled. With a wonderful birth at Barton Memorial, South Lake Tahoe, I again started my "Calling", teaching HypnoBirthing classes and Doula support/work.

My beliefs on birth are simple. Every woman has a right to experience their birth. No matter how she gets there. She has a right to be supported with love, strength, and knowledge so her wishes are heard. Every baby deserves to be born in a calm, peaceful, happy entrance to this world. Knowledge is power and HypnoBirthing has been shown to have the best results in all situations from home births to C-Sections. I have helped women with other methods and been very successful, it's what fits for each couple. If couples stay active, informed and engaged in their pregnancy and birth, they never seem to go wrong. Birth has its way of taking over. I teach women to step aside and allow it to do so and enjoy. The results don't lie. Here are mine. **ALL the below results include clients that are high risk, have medical inventions and planned c-sections.**

85% of clients go to the hospital in advanced active labor.

80% of Clients don't have epidurals or pain meds of any kind.

My C-Section rate is under 4%, the national average is 32.1% in 2022.

I Have supported 8 successful VBAC's (Vaginal Births After Cesarean) with only one repeat, scheduled Cesarean

95% of clients have little to no Postpartum Depression symptoms.

99% of clients breast feed in the first hour with little to no problems.

100% of clients have been fully lucid during their births. No client has ever had to be put under general anesthesia.

100% of clients get 100% of my efforts to have the birth they want.

Thank you to all my wonderful families that made these results!

I love you all.

Shira

PS~ Thank you Roxie for pushing me into my true "calling"! And, to my husband James for supporting me in every birth. xoxo