



# The Caesarean

*By Michel Odent*

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How did a magnificent rescue operation become such a common way of giving birth? And how safe is it really? Why do some countries have 10 percent caesarean births, and some more than 50 percent? Why have risky procedures, such as forceps deliveries, not been eliminated by the C-section? What are the very first microbes met by a caesarean-born baby? Is it easy to breastfeed after a caesarean? What do mother and baby miss out on by not sharing a vaginal birth? What do we know about the long-term consequences of being born by caesarean and of giving birth by caesarean? What is the future of a civilization born by caesarean? Having been involved in half a century of the history of the caesarean, Dr. Michel Odent is uniquely and authoritatively equipped to deal with these vital and urgent questions.

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About the Author

Odent is of the Primal Health Research Unit, London.

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