



Ina May's Guide to Childbirth: Updated With New Material

By Ina May Gaskin

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Ina May's Guide to Childbirth: Updated With New Material By Ina May Gaskin

What you need to know to have the best birth experience for you.

Drawing upon her thirty-plus years of experience, Ina May Gaskin, the nation's leading midwife, shares the benefits and joys of natural childbirth by showing women how to trust in the ancient wisdom of their bodies for a healthy and fulfilling birthing experience. Based on the female-centered Midwifery Model of Care, **Ina May's Guide to Natural Childbirth** gives expectant mothers comprehensive information on everything from the all-important mind-body connection to how to give birth without technological intervention.

Filled with inspiring birth stories and practical advice, this invaluable resource includes:

- Reducing the pain of labor without drugs--and the miraculous roles touch and massage play

- What really happens during labor
- Orgasmic birth--making birth pleasurable
- Episiotomy--is it really necessary?
- Common methods of inducing labor--and which to avoid at all costs
- Tips for maximizing your chances of an unmedicated labor and birth
- How to avoid postpartum bleeding--and depression
- The risks of anesthesia and cesareans--what your doctor doesn't necessarily tell you
- The best ways to work with doctors and/or birth care providers
- How to create a safe, comfortable environment for birth in any setting, including a hospital
- And much more

Ina May's Guide to Natural Childbirth takes the fear out of childbirth by restoring women's faith in their own natural power to give birth with more ease, less pain, and less medical intervention.

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Editorial Review

From Publishers Weekly

Founding member and former president of the Midwives Alliance of North America and author of *Spiritual Midwifery*, Gaskin offers encouragement and practical advice in her upbeat and informative book on natural childbirth. Since the mid-1970s, Gaskin and the midwives in her practice on a Summertown, Tenn., commune known as "The Farm," have attended over 2,200 natural births. Gaskin, who learned the rudiments of her gentle birthing technique from the Mayans in Guatemala, has helped bring attention to the method's remarkably low rate of morbidity and medical intervention. Couples considering natural childbirth will get inspirational coaxing from more than a dozen first-person narratives shared by the author's clients. Gaskin decries what she sees as Western medicine's focus on pain during birth, arguing that natural birthing can not only be euphoric and blissful but also orgasmic (a survey of 150 natural birthing women "found thirty-two who reported experiencing at least one orgasmic birth"). The second half of Gaskin's book deals with the practical side of natural birthing, including how to avoid standard medical interventions such as epidurals, episiotomies and even prenatal amniocentesis that may be unnecessary, even dangerous, to mother or child. While this may not be the definitive guide to natural childbirth, it is a comfortable and supportive read for women who want to trust their bodies to do what comes naturally.

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From [Booklist](#)

Using history as her guide, nationally recognized midwife Gaskin explores what she hopes will be a renaissance in natural childbirth, something that she's been advocating since the mid-1970s. By focusing on how women of ancient civilizations and other modern peoples give birth, Gaskin puts our own hypersensitivities in perspective, uncovering a beautiful, sometimes orgasmic experience rather than a dreadful, painful one. Sure, pain is part of childbirth, but preparing for the pain in a realistic rather than sentimental way--whether giving birth at home or in a hospital--can be the key to a woman's ability to deal with it naturally. Within the pages of personal anecdotes, some touching, some startling, from Gaskin's patients and colleagues, every woman is sure to find something to relate to, whether or not she chooses to have a medicine-free labor. The helpful back matter features a glossary, a detailed resource list including advocacy groups and Web sites, and a bibliography that includes periodicals, rounding out an extremely comprehensive and up-to-date guide on the topic. *Mary Frances Wilkens*

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Review

"Ina May Gaskin is a...treasure. In this invaluable guide her deep experience and profound insights are updated for a new generation and a new set of technologies. Indispensable!" Naomi Wolf, author of *The Beauty Myth* and *Misconceptions* "As a reproductive scientist as well as a medical practitioner, I can assure readers that everything Ina May presents in this book is based on the best scientific evidence. This book should be read by every woman...and by every midwife, nurse, doula, childbirth educator and doctor" Dr Marsden Wagner, former Director of Women's and Children's Health, World Health Organization "all we need to reconnect to the empowering beauty of childbirth that is woman's amazing gift for people-ing the earth. Few books have the potential to improve the life of everyone born on the planet. This one does" Alice Walker, author of *The Color Purple* "intuitive and informative" *Yoga Magazine*

Users Review

From reader reviews:

Jacqueline McArdle:

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Christopher Thompson:

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Jose Pina:

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Jessie Adams:

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