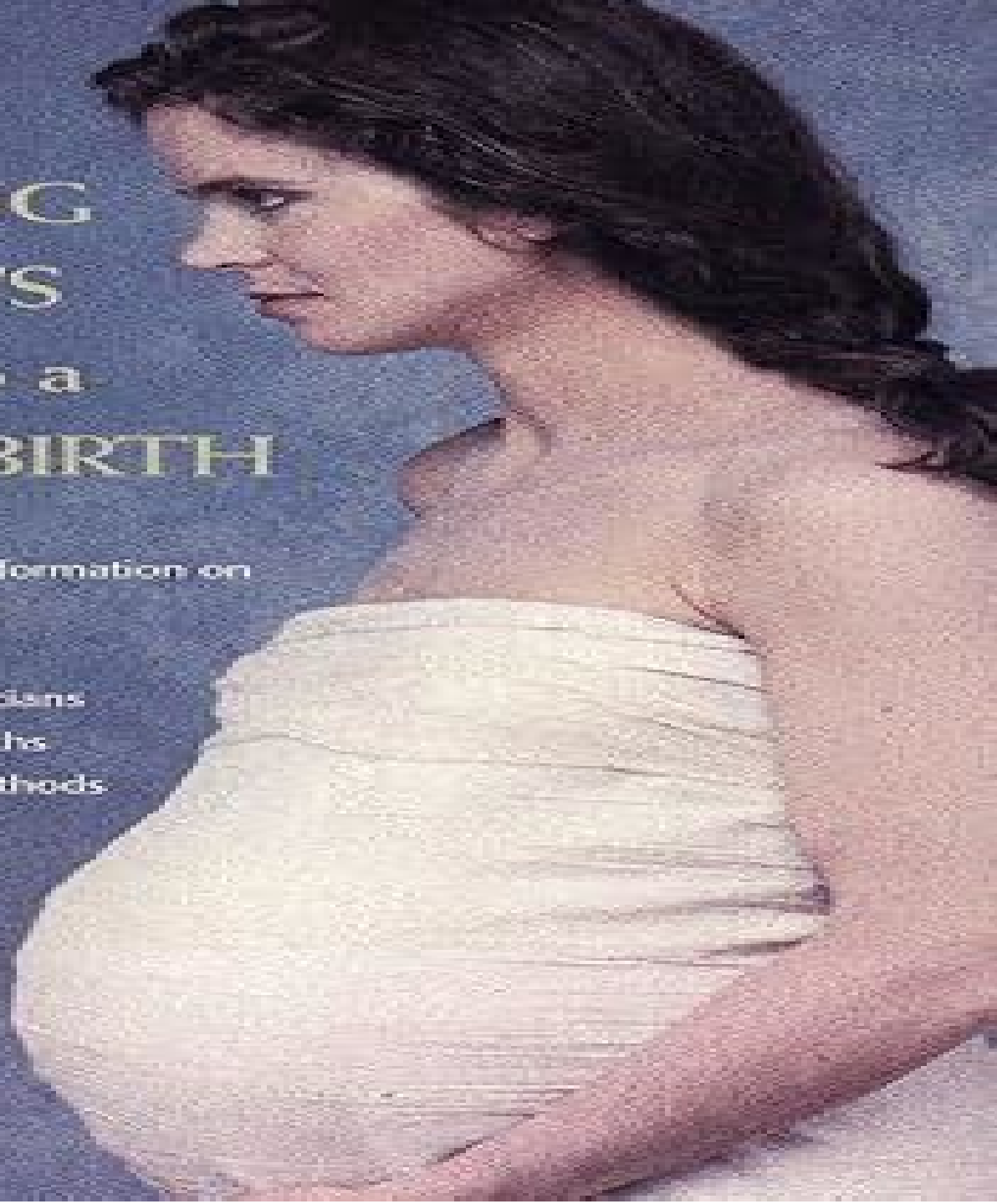


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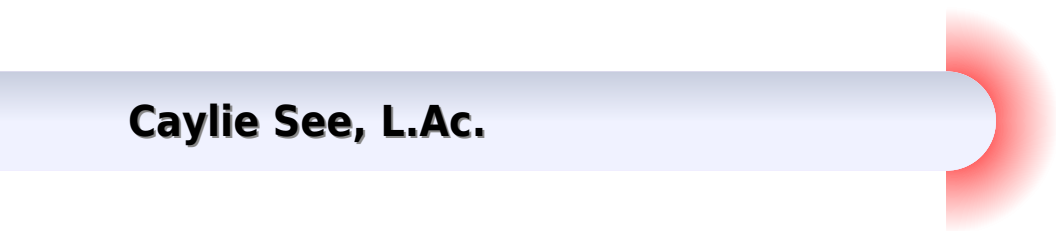
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Henci Goer



The Thinking Womans Guide To A Better Birth Henci Goer

Caylie See, L.Ac.



The Thinking Woman's Guide To A Better Birth Henci Goer:

The Thinking Woman's Guide to a Better Birth Henci Goer, 1999-08-01 As an intelligent woman you are probably used to learning as much as you can before making major decisions. But when it comes to one of the most important decisions of your life, how you will give birth, it is hard to gather accurate, unbiased information. Surprisingly, much of the research does not support common medical opinion and practice. Birth activist Henci Goer gives clear, concise information based on the latest medical studies. *The Thinking Woman's Guide to a Better Birth* helps you compare and contrast your various options and shows you how to avoid unnecessary procedures, drugs, restrictions, and tests. The book covers Cesareans, Breech babies, Inducing labor, Electronic Fetal Monitoring, Rupturing Membranes, Coping with slow labor, Pain medication, Episiotomy, Vaginal birth after a Cesarean, Doula, Deciding on a doctor or midwife, Choosing where to have your baby, and much more.

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Giving Birth With Confidence (Official Lamaze Guide, 3rd Edition) Judith Lothian, Charlotte DeVries, 2017-03-28 For a Safe and Healthy Birth Your Way, *Giving Birth with Confidence* will help take the mystery out of having a baby and help you better understand how your body works during pregnancy and childbirth, giving you the confidence to make decisions that best ensure the safety and health of you and your baby. *Giving Birth with Confidence* is the first and only pregnancy and childbirth guide written by Lamaze International, the leading childbirth education organization in North America. Written with a respectful, positive tone, this book presents information to help you choose your maternity care provider and place of birth. Practical strategies to help you work effectively with your care provider. Information on how pregnancy and birth progress naturally. Steps you can take to alleviate fear and manage pain during labor. The best available medical evidence to help you make informed decisions. Previously titled *The Official Lamaze Guide*, this 3rd edition has updated information on: How vaginal birth keeps mother and baby together and breastfeeding helps to build the baby's microbiome. How hormones naturally start and regulate labor and release endorphins to help alleviate pain. Maternity care practices that can disrupt the body's normal functioning. The latest recommendations on lifestyle issues like alcohol, vitamins, and caffeine. Room sharing and cosleeping. The controversy, recommendations, and safety guidelines. Out-of-hospital births are on the rise. New research and advice on

planned home birth including ACOG's revised guidelines which support women's choices and promote seamless transfer to hospital if needed. The importance of avoiding unnecessary caesareans for mother and child. Includes the new ACOG guidelines on inductions and active labor. The research in support of the Lamaze International's Six Healthy Birth Practices which are: Let labor begin on its own, Walk, move around and change positions throughout labor, Bring a loved one, friend or doula for continuous support, Avoid interventions that aren't medically necessary, Avoid giving birth on your back and follow your body's urges to push, Keep mother and baby together, it's best for mother, baby and breastfeeding. *Birthing a Better Way* Kalena Cook, Margaret Christensen, 2010. A must read for women who want to know all of their choices in childbirth.

The Sacred Nature of Birth: Natural Wisdom for Conscious Birthing Kara Maria Ananda, 2012-02-29. An inspirational book on conscious birthing and parenting for parents of the new millennium. This book is a rich collection of wisdom for pregnancy, birth and postpartum by a Conscious Birth Emissary and Mother. Learn about natural healing and sacred birthing for the optimal health of your family, children and self. Read about simple practices for connecting with your unborn baby, healing arts for mothers and families and preparing consciously for your best birth. Cover p 4. **Parenting for Peace** Marcy Axness, 2012-01-30. If we really want to change the world, let's raise a generation hardwired for peace and innovation. Marcy Axness details a unique seven-step, seven-principle matrix for helping children achieve self-regulation, self-reflection, trust and empathy. These qualities are the result of dynamic interactions between genetics and environment, beginning before the child is even born. Foundations for this level of health begin forming during the prenatal period and some aspects of optimal development are influenced as early as conception. **The Field Guide to Pregnancy** Caylie See, L.Ac., 2016-10-04. For women who feel excited, overwhelmed, terrified or just plain curious about their pregnancy journey, acupuncturist and integrative fertility expert Caylie See has written this pragmatic, insightful and straightforward guide to finding the best information, resources and foods to nourish their pregnancies. Balancing Eastern and Western medical perspectives, natural remedies and recipes, she maps out the terrain of symptoms that women typically encounter from month to month: insomnia, morning sickness and fatigue, to name a few, and gives explanations and solutions for each symptom. *The Field Guide to Pregnancy* is an encouraging, enjoyable and inspiring gem that helps women find comfort in an inherently uncomfortable time.

The Womanly Art of Breastfeeding La Leche League International, 2010-07-13. The revised go-to resource on breastfeeding that mothers have relied on for generations. La Leche League has for many years set the standard for supporting families in the art of breastfeeding. This new edition brings that support to today's parents with up-to-date information, new illustrations and stories from mothers, fathers and grandparents around the world sharing their own experiences. What's inside: Why breastfeeding matters, Getting started, feeding cues and nursing positions, Life with your breastfed baby, Managing common challenges, new research, Going back to work, expressing and storing your milk, Sleep and how to get more of it, starting family foods and weaning. La Leche League is here to help you meet your breastfeeding goals.

whether you're planning to breastfeed for a few weeks or a few years This book puts information at your fingertips ready to help you when you need support at any point on your breastfeeding journey **Motherhood and Space** C. Wiedmer, S. Hardy, 2016-04-30 This is a collection of essays on the spatial dimensions of motherhood Engaging both theoretical and empirical perspectives contributors describe the intersection of space and gender across a variety of contexts with both familiar and unexpected territories explored *Parent To Child-The Guide* Natalie D'Annibale Bandlow, 2006-02 This guide provides parents with an opportunity to chronicle their own personal history and past experiences as well as the history and experiences of their child's life in a direct loving and supportive way Don't wait let Parent To Child The Guide assist you in writing the legacy you want and need to leave for your children just in case *La Leche League 2-Book Bundle* La Leche League International, 2012-07-09 Dedicated to supporting nursing and expectant mothers the internationally respected La Leche League has set the standard for educating and empowering women in the natural art of breastfeeding for generations Now this two volume eBook bundle provides a comprehensive one stop guide for all your nourishing needs from pregnancy to breastfeeding through weaning and beyond THE WOMANLY ART OF BREASTFEEDING From pregnancy to weaning the one book every nursing mother needs by her side This classic bestselling guide has been recently retooled reorganized and updated for today's mothers and lifestyles Working mothers stay at home moms single mom and mother's of multiples will all benefit from the range of nursing advice stories and information from preparation during pregnancy to the world of weaning from nursing positions to expressing and storing your milk The Womanly Art of Breastfeeding provides answers to the most asked questions and to questions you didn't even know you had There is no better beginning for your baby than this ultimate support resource FEED YOURSELF FEED YOUR FAMILY Good Nutrition and Healthy Cooking for New Moms and Growing Families Featuring more than seventy five easy to make and delicious recipes sanity saving mom tested advice and vital information about your nutritional needs when pregnant nursing or weaning Feed Yourself Feed Your Family helps you set your family on a course for a lifetime of healthy eating You'll find tips on stocking your fridge and pantry for simple meals in minutes fun ways to get children involved in the kitchen info for safely shedding pounds while breastfeeding and candid affirming stories from mothers just like you **The Hypnobirthing Book** Katharine Graves, 2012 Childbirth can be an empowering and positive experience that you treasure for the rest of your life Hypnobirthing teaches simple and gentle techniques that have a profound effect *One Year to an Organized Life with Baby* Regina Leeds, 2011-02-01 Bringing a baby into the family is undeniably one of life's most momentous experiences marked by expectation joy and hundreds of tasks and questions Which baby gear essentials do you need to buy and when How can you reorganize your home to make room for your baby When should you start looking for a daycare center or nanny One Year to an Organized Life with Baby prioritizes everything that parents need to know in order to get their home and life ready for a new baby as well as strategies for keeping it all together once the baby is born Packed with timelines checklists and tips this unique week by week month by

month program eliminates stress and refocuses prospective parents so that they can fully enjoy the changing landscape of their lives *Creating Your Birth Plan* Marsden Wagner, 2006 Helps expectant mothers make informed decisions about their pregnancy and childbirth furnishing information on what to expect when delivering in a hospital birthing center or at home how to select an advocate the natural stages of labor natural alternatives to drugs surgery and technology and explanations of various medical interventions Original 25 000 first printing **Orgasmic Birth** Elizabeth Davis, Debra Pascali-Bonaro, 2010-06-08 Based on the hit documentary that inspired a vibrant online community this innovative approach to birthing shows women how to maximize childbirth's emotional and physical rewards With more than 4 million babies born in the United States each year too many women experience birth as nothing more than a routine or painful event In her much praised film *Orgasmic Birth* acclaimed filmmaker Debra Pascali Bonaro showed that in fact childbirth is a natural process to be enjoyed and cherished Now she joins forces with renowned author and activist Elizabeth Davis to offer an enlightening program to help women attain the most empowering and satisfying birth experience possible While an orgasmic birth can for some induce feelings of intense ecstatic pleasure it is ultimately about taking control of one's own body and making the most informed decisions to have a safe memorable and joyful birth day Whether women choose to give birth at home in a hospital or in a birthing center *Orgasmic Birth* provides all the necessary tools and guidance to design the birth plan that's best for them Featuring inspiring stories from mothers and their partners and filled with practical advice and solutions this one of a kind resource is the next frontier of natural intimate childbirth **Understanding the Dangers of Cesarean Birth** Nicette Jukelevics, 2008-09-30 Cesarean delivery childbirth through an incision in the mother's lower abdomen is now the most common major surgical procedure performed in the United States No one argues over the fact that it can be a life saving procedure when the baby or mother is at risk But for almost three decades in this nation cesarean deliveries have increased without substantially better outcomes for babies or mothers Experts warn that up to 50 percent of the more than 1 million C sections performed here each year are unnecessary And that is where Nicette Jukelevics a certified childbirth educator researcher and writer steps in with this book Jukelevics aims to give women the insights they need to make an informed decision about whether natural or C section birth is best for them and their babies She explains when C sections are necessary and when they are not needed She also addresses the overuse and misuse of medical procedures that can complicate labor and lead to C sections as well as reasons doctors may support or suggest C sections including outdated medical information fear of liability and economic advantages measured in doctors' time This work also examines midwifery practices shown to safely reduce cesarean deliveries but ignored or resisted by hospitals *Understanding the Dangers of Cesarean Birth* will interest not only expectant and future parents but also to students and scholars of women's health nursing and public health **Journey Into Motherhood** Sheri Menelli, 2005-09 Providing both inspiration and education this guide to natural childbirth offers 48 personal accounts of labor and delivery without medication Revealing the many

options women have beyond birthing location the testimonials offer insight into the joys concerns and realities of natural birth From delivering at home with a midwife and hearing the right words from a hospital nurse at just the right moment to describing a combination of the Bradley method and acupuncture at a birthing center and discussing a child's birth at home in warm water this resource combines personal insight with referential information A glossary of terms and a resource guide to books magazines websites videos and CDs and listings of childbirth classes and instructors nationwide are also included

Hit the Ground Crawling: Lessons from 150,000 New Fathers Greg Bishop, 2006 Covers issues that more than 150 000 attendees of the nation's largest fatherhood program Boot Camp for New Dads have found important including tips for work life balance finances getting hands on with your baby what's going on with the new mom in your life what men bring to raising children what raising children does for men and more

Birth Without Fear January Harshe, 2019-03-05 An inclusive non judgmental and empowering guide to pregnancy childbirth and postpartum life that puts mothers first offering straightforward guidance on all the options and issues that matter most to them and their partners when preparing for a baby In Birth Without Fear January Harshe founder of the global online community Birth Without Fear delivers an honest positive and passionate message of empowerment surrounding everything that involves having a baby It's a guide that fills in the considerable cracks in the information available to women and families when they're preparing to welcome a child covering care provider choices medical freedom birth options breastfeeding intimacy postpartum depression and much more Birth Without Fear shows moms dads partners and families how to choose the best provider for them how to trust in themselves and the birth process and how to seek the necessary help after the baby has arrived In addition it will educate them about their rights and how to use their voice to exercise them as well as how to cope with the messy postpartum feelings many people aren't willing to talk about Unlike other pregnancy books Birth Without Fear will also help partners understand what mothers are going through as well as discuss the challenges that they too will face and how they can navigate them Shattering long held myths and beliefs surrounding pregnancy birth and the postpartum experience Birth Without Fear is an accessible reassuring and ultimately inspiring guide to taking charge of pregnancy childbirth and beyond

Experienced Doula Cassaundra Jah, CPM, IBCLC, 2011-03-17 If you are an experienced hospital doula here is your most valuable resource a guide to advanced skills tips tricks and techniques Based on the belief that people become empowered through experiences which awaken within them the knowledge that they are strong capable and wise discover how a doula's actions from interview to last postpartum can increase the potential for this self discovery Expand with business marketing and social media skills Form healthy working partnerships Clear birth prejudices prevent trauma and dive deeper with clients Utilize the hospital setting to your advantage Build knowledge about interventions lactation and remedies Learn about transitioning into a lactation consultant or midwife Combining facts humor and a grounded empowered voice you'll find the skills taught invaluable making it one of the most important labor companion books you'll ever read and recommend

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