

Natural Birthing

"If left alone in labor, the body of a woman produces most easily the baby that is not interfered with... If left alone, just courage and patience are required."

~ Grantly Dick-Read, Childbirth without Fear: The Principles and Practice of Natural Childbirth

To ensure a safer easier birth for the mother and baby, chiropractic care is essential. More and more birth practitioners are recommending that their mothers receive chiropractic care throughout pregnancy.

"SAFETY OF ALTERNATIVE APPROACHES TO CHILDBIRTH"

"Under no circumstances do the California data for 1989 and 1990 allow the obstetric profession to uphold the claim that for the large majority of low-risk women hospital birth is "safer" with respect to perinatal mortality. Our data also suggest that even for the high-risk levels of our Study Population the natural approach (including transfers) produces the same perinatal mortality outcomes as the obstetric approach."

"Given no differences in perinatal mortality it must be noted that the natural approach shows significant advantages with respect to lower maternity care cost as well as reduced mortality and morbidity from unnecessary cesareans and other obstetric interventions, and significant benefits from avoiding negative long-term consequences from unnecessary obstetric interventions and procedures. These advantages of the natural approach are of such a large order of magnitude as to raise serious doubts concerning the appropriateness of conventional "obstetric" treatment for low-risk childbirth."