

# Better Birth Basics

VOLUME 1, ISSUE 3

NOVEMBER 2006

## SPECIAL POINTS OF INTEREST:

- Learn about local Hypno-Birthing classes!
- Read inspiring birth stories!
- Learn about holistic health in pregnancy!

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## Featured Practitioner: Ginnie Priest, CPM

By Kim Wildner

When I moved to Wisconsin and began trying to network with the birthing professionals, setting up a referral system for my HypnoBirthing® clients, everyone was very nice. One of the nicest people I met was Ginnie Priest.

Ginnie is a midwife with 32 years experience. She's welcomed over 1,700 babies gently into the world. When I first contacted her, she was in the midst of trying to help get legislation passed to license midwives in Wisconsin, and getting rules and regulations passed. Yet, with all of that, she took the time to welcome

me and set time aside so that we could get to know each other.



It was at that meeting that she offered to be a contributor to this newsletter with an "Ask the Midwife" column. I didn't hesitate to say "Yes! Please!" So, beginning with the January '07 issue, we will respond to the issues that face the women we serve in the area.

Ginnie will answer general pregnancy, birth and postpartum questions. She will not diagnose, treat or advise, nor will she comment on the practices or recommendations of other practitioners. We suggest that all specific questions regarding specific issues be brought up with the readers' personal health care team.

We will, however, consider generic questions and common concerns for publication.

I have asked Ginnie to tell us a little about herself and her profession. Until next month's issue, you can find more information at [www.birthwithmidwife.com](http://www.birthwithmidwife.com).

## Another wonderful FDL resource!

The Fond du Lac Center for Spirituality and Healing is an amazing place of peace, calm and healing. Please check out their website or actually visit The Center to see for yourself how much they have to offer. You will be amazed! They have health products, books and yoga equipment, and offer Tai Chi, Yoga, healing touch, counseling services

assorted presentations and so much more! I am pleased to announce that I will be offering a few presentations myself. (See December newsletter for details.)

There is still time to attend the viewing of the second half of 'The Secret', with discussion to follow, on December 14 from 7:45 until 9 pm. This

is a must see movie, I think especially for parents and parents-to-be!

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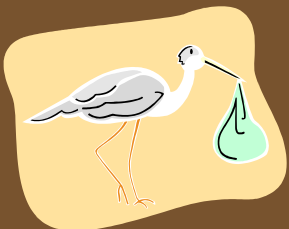
## In the news...



*"I couldn't figure out why women were rushing out to learn what to expect, instead of learning to expect better."*

*Kim Wildner*

*Mother's Intention*



Kim Wildner  
**You just never know...**  
In the days following hurricane Katrina, I watched, my heart aching, as on the news mothers pleaded for help with starving and dehydrating babies in their arms. As I got out my checkbook, I wondered, if money I sent would be used for formula, would mothers even have clean water to mix it with, or to wash bottles? These courageous mothers had found ways to keep their babies safe from the power of a devastating hurricane, but were powerless to keep them alive in the aftermath.

Earthquakes, floods, terrorist attacks, and most recently the tragic incidence

of a family lost in the wilderness. What do any of these things have to do with mothers? They happen to mothers. Unbidden and unforeseen, they happen to mothers with babies and children. And when they do, breastfeeding saves lives.

**Lessons from Kati Kim**  
Breastfeeding already saves lives. More than 9,000 babies per year *in the U.S.* die as a result of formula feeding (Palmer, 2005). These are otherwise healthy babies, in the absence of any natural disaster. They die because of illnesses that could have been prevented with mother's milk. But when Kati Kim was recently stranded in the

wilderness for almost 10 days, the gift of her milk was even more important. She was able to save the lives of her children because her own body provided sustenance for them. Her 7 month old and 4 year old are alive today because Kati was still nursing. Instead of grieving the loss of her heroic husband who struck out to get help, she might have suffered the loss of her children too. According to an interview with Kati's mother on Larry King, Katie wanted you to know.

<http://www.naturalfamilyonline.com/articles/312-formula-report-2.htm>

## In science...

Speaking of preventable illness, in a July issue of *The Scotsman*, science correspondent Ian Johnson reports on a study out of Glasgow University. The study by German scientists found that "babies delivered by Caesarean section were more than twice as likely to develop food allergies and were also at greater risk of suffering from diarrhea and developing asthma in later life."

Natural birth provides a level of protection from illness for babies, as their

guts are colonized with 'good' bacteria that help in the development of a strong immune system. It can take up to a month for babies born surgically to catch up, and that is if they are breastfed.

Breastfeeding is a part of the continuum...part of a complex design for optimum health in our babies. The colonization of the gut begins with bacteria picked up from the mother during birth, and continues on to the bacteria that they come in contact with on the

mother's breast (which also helps babies begin to produce their own vitamin k, incidentally).

Of course, according to the World Health Organization, in 10-15% of all births, cesarean section is a lifesaving procedure. The current U.S. cesarean rate has surpassed 30%. That means 500,000 of our babies being put at risk for illness and allergies without medical indication.

<http://thescoatsman.scotsman.com/scitech.cfm?id=990002006>

# A doctor speaks about HypnoBirthing®

I began delivering babies in 1983. I believed in the use of drugs to manage obstetrical pain. I saw lots of complications including babies with compromised breathing in spite of my best efforts to use good sound medical judgment. I believed that Epidurals were a medical blessing. I had a 25% C-Section rate.

Patients demanded natural births. I then performed hundreds of deliveries using the

pushing, blowing and holding off analgesics until the mother could no longer take the pain. I saw babies that were no longer respiratorily compromised but were exhausted and quite often needed respiratory support with oxygen. But my C-Section rate was 25%.

Next I used visual imagery to manage pain. I occasionally still had to use narcotics and a rare epidural. I still saw exhausted babies who were not fully able

to bond. I still had a C-Section rate of 25%.

I then began using Hypnosis to manage pain during birth. The results were ok, mothers still had pain; babies were less often compromised and very rarely needed oxygen. I still had a 25% c-section rate.

I have made the transition to HypnoBirthing®-The Mongan Method. I now believe that birthing involves no pain. I have



For more inspirational stories, read Journey Into Motherhood: Inspirational Stories of Natural Birth by Sheri Menelli

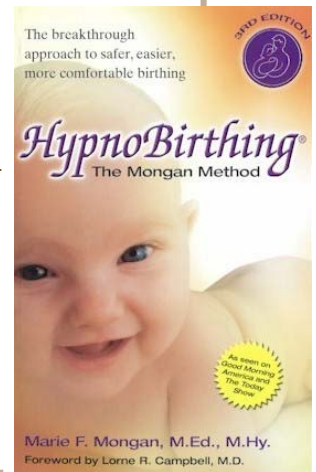
## Another doctor's (and mother's!) perspective

We labored at home. It was a wonderful experience to have total relaxation. The mucus plug released and surges came every 10 minutes. Then, my membranes released and I used the polar bear position between surges while squatting during them. I knew it was time to go to the hospital when I felt the fullness of the baby's head at

my perineum. We drove to the hospital and I gave birth to a beautiful girl 12 minutes after reaching the delivery room. There was no doctor present (besides me!) so my husband was able to receive the newborn. It was truly a miracle—one that we will forever cherish.

Dr. Bethany Chernich, DO

*(Dr. Campbell's and Dr. Chernich's stories can be found, with many, many more, on the official HypnoBirthing website at [www.hypnobirthing.com](http://www.hypnobirthing.com))*



## A doctor speaks...continued

attended over 250 births that have used the techniques and philosophy of HypnoBirthing® - "The Mongan Method". I realize that I no longer perform deliveries; I attend births and observe the miracle of HypnoBirthing®-The Mongan Method.

Every mother has been excited

about the birth event. Support people become involved in a meaningful way. I have had no complications. No babies have needed Oxygen or any support other than warming by mother's body. My C-Section rate is 3%. I have given absolutely no analgesic drugs since I have used HypnoBirthing® -The Mongan Method with mothers.

I routinely lecture to medical groups about HypnoBirthing®-The Mongan Method. I am more than happy to talk to any Health Care Professionals (or anyone else) about my experiences with truly natural birthing. I have a number of patients and Husbands who love to talk about their experience. I train residents to use Hypno-

**At every HypnoBirthing class, you will hear stories of women who created a birth experience that was joyful, empowering...and better than they ever though was possible. Call Kim at (231) 425-8844 (this is a cell number and not long distance).**

**Harbor & Hill  
Transformational Hypnosis**

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**We hope you have enjoyed this premiere issue  
of Better Birth Basics!**

**In upcoming issues:**

- **More birth stories**
- **Tips for new moms**
- **Local practitioners spotlight**
- **Book reviews**

**Realize your potential...think by design**

[www.kimwildner.com](http://www.kimwildner.com)

## A doctor speaks...continued

Birthing®-The Mongan Method  
as an option for patients.

I am an Assistant Clinical Professor of Family Medicine at the State University of New York at Buffalo School of Medicine, Assistant Clinical professor of Family Medicine at the University of Rochester School of Medicine and I am a full time faculty member at the Atlanta Medical Center's Family Medicine Teaching Program.

Sincerely,  
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Doctors, midwives and nurses who have seen successful Hypno-Birthing have had their beliefs about birth change in an instant. They've seen surgical rates fall, material satisfaction rise, and their jobs are made substantially easier.

It is worth the time, effort and perhaps money to seek these caregivers out. You only get one chance to create the best birth possible for this baby. Every choice you make is important, but your care giver is your most important consultant. Communication between you should be clear, open and respectful.

It is your right and responsibility to find someone who can be that

for you. Hopefully your first choice is the best one, but sometimes it's not. *You, The Smart Patient: An Insiders Handbook for Getting the Best Treatment*, (Roizen and Oz) has several suggestions for how to determine if you have the right fit for the experience you want. It is safer for you...and for your doctor, if you do.



**To have a successful Hypno-Birthing, it is essential to have a caregiver who shares your vision and is supportive of your choice.**