

Better Birth Basics

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SPECIAL POINTS OF INTEREST:

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

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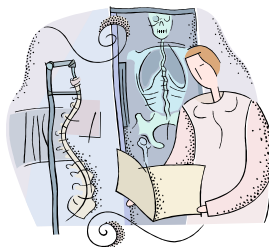
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Featured Practitioner: Dr. Jessica Serwe-Rodriguez

As Fond du Lac's newest chiropractor, I'd like to tell you a little bit about myself. I graduated in 2002 from Marian College with an undergraduate degree in biology. I went on to Palmer College of Chiropractic and graduated in October of 2005.

I always knew I wanted to be in a profession where I helped people. During my education at Marian, I spent time shadowing both medical doctors and chiropractors. I also sought treatment from both for migraine headaches. The medical doctor gave me pills that took care of my headaches, but made me sick in other ways. The pills also did not change the number of headaches or the frequency. I

visited a chiropractor. He said my neck was misaligned and that was probably the cause of my problems. After receiving chiropractic adjustments, I no



longer had migraine headaches or any other type of headaches. The chiropractor did not simply mask my symptoms like the pills did. He found the underlying problem, corrected it, and the headaches went away.

Chiropractic and pregnancy

Many women suffer from low back pain, sciatica (pain down the legs), headaches, and general discomfort during the pregnancy. Some are scared that receiving chiropractic adjustments could hurt themselves or the baby. However, chiropractic is very safe and gentle for the mom and baby. My table can be adjusted to accommodate a mother's belly. I also have a special pillow that surrounds womb, and makes it more comfortable for the mother. I can do both hands on and instrument adjusting—both are very gentle and effective.

(see 'chiropractic ,page 2)

HypnoBirthing® Event in FDL

What if you could reduce, or even eliminate, discomfort in birth while remaining awake, aware and mobile? What if you could reduce complications and interventions?

What if you could trust, and work with, your body, to consciously bring your baby gently into the world? What if

you could release fear, tension and relax unyielding muscles that can create pain? Hypno-Birthing® can show you how! Join us for a **FREE** informational evening at Ideal Chiropractic (976 E. Johnson St., Fond du Lac, just E. of Piggly Wiggly, next to Scrapbook Cottage), Thursday, October

26, 7:00 p.m. Refreshments will be served, and a question and answer period will follow. Seating is limited, so call today to reserve your spot!

(231) 425-8844

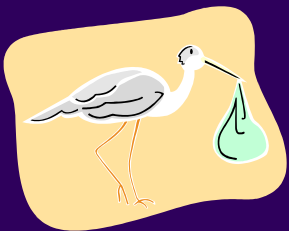


Dr. Jessica Serwe-Rodriguez

"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



Chiropractic cont.

Webster technique

The Webster technique is designed to help pregnant mothers with breech babies to turn the babies back to a normal presentation. This is accomplished by working with the nervous system. When there are misalignments (subluxations) in your spine or pelvis, it puts pressure on surrounding nerves, muscles, and ligaments. These tense muscles and ligaments can put pressure on the uterus which prevents the baby from putting itself in the best possible position for birth. The Webster technique involves light force adjustments to the pelvis and relief of muscle tension. This reduces

the pressure on the nervous system and therefore can relieve some of the pressure on the uterus. Often the baby can then assume the proper position. This can help some women avoid having a c-section.

Chiropractic and children

Chiropractors believe that all newborns should be evaluated. The birthing process is very stressful on a newborn's neck. It can affect the way the child's neck curve develops. Studies have shown that children with a loss of the proper neck curve can develop problems such as allergies, asthma, ear infections, and headaches for

example. Later in life, it will exhibit as poor posture, arthritis, tingling in the fingers, and TMJ problems, to name a few. It is very safe to adjust children and it is amazing to see how many different problems chiropractic care can help with. Even if your child has no symptoms, it does not mean their spine has proper alignment.

For more information, or to schedule an appointment, please contact:

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5 Ways to Reduce (or eliminate!) Pain in Labor

Pain in labor is optional. You probably already know that an epidural can eliminate pain, but did you know that sometimes an epidural doesn't work? Or that they may not always be available in a hospital that doesn't employ an on-call anesthesiologist? Or that some women have health issues that prevent them from having an epidural? What if you found out *during labor* that you fell into one of those categories? Wouldn't it be nice to know that there are things, completely

within *your* control, that you could do beforehand that could reduce or eliminate pain? There are...but they aren't what you may think. Yes, there are things, like hydrotherapy (water) or counter pressure that can reduce pain once it already exists. However, what I'm talking about is avoiding pain altogether when possible, or minimizing discomfort if it is unavoidable. The most important things to know are:

1. Be fit and healthy. This is the most important thing

you can do to take control over pain in labor. Most complications in labor (about 85%) are related to nutrition. For instance, smokers will likely experience more pain for a very physiological reason...smokers have diminished blood flow to the uterus, which means less oxygen to the muscles (and the baby, incidentally), which creates pain. Prenatal care monitors your health...only you control your choices.

(continued top of next page)

5 Ways Cont.

2. Have a birth plan...and know how to use it. If you understand what creates pain, often you can avoid it. I've heard the analogy, by someone who obviously greatly misunderstood the concept of a birth plan, that it's like telling a pilot how to fly a plane. It's really more like asking a contractor to tear out a wall. If he told you he couldn't because the wall you wanted removed was a supporting wall and removing it would

compromise the structural integrity of your home, you might ask him to put in a door instead. After all, that's why you hired him. If, however, he came in and told you he was going to put a door in instead because he was much better at putting in doors; and it would be much faster, easier for him, and neater to just put in a door; and really, all you wanted was access to one room from another, so what difference does it make if

there's a door, or it's open concept...would you hire another contractor? A birth plan is about initiating dialog and making sure everyone is 'on the same page'.

3. Learn about your body's own internal pharmacy. Birth does not have to be painful. It certainly *can* be, but it doesn't always have to be. (See "What's Pain Got to do with it?" <http://www.fearlessbirthing.com/>

Sheri Menelli contributed two gives to the raffle basket...her book, *Journey Into Motherhood: Inspirational Stories of Natural Birth*, and her self-hypnosis CD for increasing milk supply.

Raffle Winner from Babies-R-Us Event

A big 'thank you' goes out to the Brookfield Babies-R-Us for generously welcoming us (Milwaukee HypnoBirthing practitioner, Denise Keenan, and Fond du Lac HypnoBirthing practitioner Kim Wildner) to their store in September.

We were able to provide HypnoBirthing information to inter-

ested customers via an information table complete with a PowerPoint presentation and a gift basket.

Jenny O'Brien from the Milwaukee area was the winner of the basket, which included books, a baby blanket and a certificate for massage from Denise.

We hope to be able to team up again with the great folks at Babies-R-Us in the future!

Congratulations, Jenny! And Happy Birthing to you!



5 Ways continued

Pain.pdf) Endorphins are your friend, and your body creates substances more powerful than morphine.

4. Make sure your baby is in the optimum position and that you will be allowed to labor and birth in whatever position you choose (barring unforeseen

medical contraindication). Many instances of pain in labor related to either the mother's position (being restricted to bed, on the back) or the baby's position (posterior, for example). In most cases, both of these issues are easily resolved. Again, the birth plan allows you to explore the protocols of your birth loca-

tion and caregiver in relation to what you will be able to do in labor. As for the baby's position, breech babies can often be turned by chiropractic or hypnosis, and posterior babies can often be prevented (see: www.spinningbabies.com).

5. Surround yourself with

Find more inspirational stories at:

www.journeyintomotherhood.com

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

5 Ways continued

support. Your partner, family, friends and any birth assistants you decide to employ need to understand what is important to you and help you to achieve it. Many people don't believe comfortable birth is possible, or they may feel that if you are making different choices, you are somehow implying that their decisions were wrong. There is no place for that in birth! You have every right to tell them that you love them and appreciate their concern, but that unless they are willing to read what you're reading and come to your childbirth class with you so that you are all discussing the same topics, you really don't need their input. Be loving, compas-

sionate, respectful...and firm. You and your child only get this one birthing day together. Your plans should be honored. Your body knew how to grow this baby...every nerve, every muscle, every cell...from two single cells. It knows how to birth this baby safely and comfortably. Your birth CAN be different.



Opening like a flower...an image

Fortunately, there is one place where you can learn more about all of this and then some! There is one childbirth philosophy that is helping women attain more comfortable birth, even painless birth, not to mention quicker recovery periods even when surgical birth is required. HypnoBirthing® classes teach you how to be in control of your birth...and how to accept whatever turn your birthing takes if surrender of control becomes necessary. It's not just a childbirth class. It's a whole new way of looking at what is possible in birth, for you, your baby, and your family.

For more information, go to www.kimwildner.com