

BIRTHING

A NEWSLETTER OF ALTERNATIVE BIRTHING PRACTICES

VOLUME 1, ISSUE 2

JANUARY/FEBRUARY 2001

HYPNOBIRTHING®

The origin of HypnoBirthing® begins in the early part of the past century when Dr. Grantly Dick-Read discovered that when a woman in labor was free of fear she could totally relax, and this total relaxation could then allow the body to produce its own natural analgesia. Today we know this to be true, and have named the bodies pain relievers, endorphins. Marie Mongan, then developed the full program of HypnoBirthing® in 1989.

The HypnoBirthing® method of childbirth education teaches a way to put the mind and body in harmony so that birth can be a joyous, calm, and more comfortable experience. When having your baby with HypnoBirthing®, what you will experience is similar to the daydreaming or focusing that occurs when you are engrossed in a book or staring at a fire. You will be totally relaxed, but fully in control. You will be aware of your body's contractions, but will be able to determine the extent to which you feel the surge. When it's time for your baby to be born, you will be fully awake and involved.

HypnoBirthing® brings with it as many different stories as there are births. It works equally well for home births, hospital births, or birth center births. Some of the advantages it offers are: elimination of the Fear-Tension-Pain Syndrome before, during, and after birthing, elimination of or a greatly reduced need for chemical pain killers, elimination of fatigue during labor, leaving Mother with energy for actual birthing, creation of a more integral role for the birthing companion, and it affords a

Once you bring life into the world, you must protect it. We must protect it by changing the world.
Elie Wiesel

more rapid postnatal recovery. Once the relaxation techniques are learned and incorporated into your life, you will find that you use them for more than childbirth. One of my clients found she could now go to the Dentist without first being drugged, and another found a whole new way to help his four year old daughter relax at bedtime.

The HypnoBirthing® Childbirth education course consists of four separate classes each about 2 hours long, and one week apart. You can begin the class as early as the start of the second trimester or as late as seven and a half months into your pregnancy. You will receive a guide book, audio tapes, positive affirmations, numerous practice handouts, personal attention in learning the techniques, and 24 hour, 7 day a week support. If you should have any questions, or if you would like to register for an upcoming class, please call me at 758-9854.

Aryn A. Whitewolf
Ct. Ht., Ct. HB Ed.

YOUR THOUGHTS?

Birthing is looking for submissions from all of you out there in the birthing community. I would love to hear from you, whether you are a midwife, doula, childbirth educator, or one of the mothers and fathers we serve. Anything is acceptable and everything may be published, from letters to articles to poems. Send submissions to...

BIRTHING: SUBMISSIONS

C/O JULIE SAMMS

P.O. BOX 3107

BELLINGHAM, WA 98227

or E-mail us at...

BIRTHING@HOTMAIL.COM

THE TRANSFORMATION OF BIRTH

As a doula and childbirth educator one of the greatest blessings I receive from my work is the opportunity to witness the beginnings of a family. Over the years, people have often said to me, “you must really love babies.” Well, while I love babies as much as the next gal, babies aren’t what necessarily draws me to this work. Like I said, it’s seeing a family form and, more powerfully, it’s seeing how birth can transform a woman’s life. I see it all the time, in big ways, in small ways and it has probably never been revealed to me more than through the first birth I attended.

When I first met “Coral”, I could hardly believe she was 21 years old. And even harder to believe was that this small, wild looking woman, with dirty, tattered clothes and dread locks was five months pregnant. “Coral” had been “on the road” for the past two years, following the Grateful Dead, living in vans or in the woods, before ending up in Bellingham. She also informed me that she was wanted by the Federal authorities for some political demonstrations and property destruction - she was on the run! She moved here to live with a friend to leave an abusive relationship, and to find a safe place to have her baby. At the time I met her she had had no prenatal care, she had no money and really didn’t have any plans for her birth other than she knew she didn’t want to go to the hospital. I introduced “Coral” to one of our excellent local midwives and the two of them hit it off immediately. The midwife helped “Coral” navigate the maze of DSHS so that she could get a place to live, foodstamps and healthcare.

Once “Coral” was settled into her new place, she asked me to be with her at the birth. I had just signed up for the doula training through Seattle Midwifery School and felt so lucky to have a “client” before even finishing my training. I found the training prepared me well and I can’t say enough good things about it (but that’s another story!) Pre-natally I spent a lot of time with “Coral”. I think because she was my first client I had a hard time knowing my boundaries and wanted to do everything for her. I found a massage student to give her a free message a few times before her birth, I supplied her with tons of baby clothes left over from my baby and my friend’s babies, I cooked her food, gave her rides, introduced her to new moms. We had long talks about how she would make it as a single parent. I loaned her books, I showed her my daughter’s birth

video and spent hours trying to answer the question “What’s it going to feel like?” I wanted her pregnancy and birth to be perfect.

I got the call I had been waiting for at about midnight on Feb. 25th. “Coral” sounded so calm on the phone, so in control. I arrived at 12:30; the midwife had just gotten there. She did a vag. check and found that “Coral” had dilated to 4 cm and was 100% effaced. “Coral” seemed happy and confident. Her only pain was in her back. I did lots of massage and occasionally applied ice. I tried using the pressure points that were supposed to help with pain but it wasn’t good for her. I did use the hop squeeze, however, and that helped a lot. Mostly, I just held her hand and talked to her. After about 2 hours the midwife did another vag. exam and she and I were both amazed that “Coral” had already progressed to 6 cm. I quickly remembered what I was like at 6 cm with my baby - nothing like “Coral.” She was so calm. She just kept saying that it didn’t hurt as bad as she thought it would. She continued on this way, got in the bathtub for a short time, but mostly just laid on her side and talked softly with me. After about two more hours the midwife checked her again but she hadn’t really progressed. She was still at 6 cm and the front of her cervix wasn’t opening. The midwife suggested breaking her water. “Coral” was unsure of this and wanted to talk to me about it without the midwife present. I told her that although that would mean the baby was no longer in a sterile environment, it might get things moving quicker. I also told her that I had had my midwife break my water when I was at 6 cm and that it wouldn’t hurt. She decided to try it. After the midwife broke her water I got “Coral” to get up and pace back and forth in the living room. After that she progressed quickly changing positions often. Then it happened. This peaceful, quiet woman let out a moan that shook the walls. The midwife checked her again and was amazed to see that yes, she was ready to push. “Coral” used a birthing chair and needed a lot of “coaching” to help her through this stage. She had trouble knowing how to push and where to push. I reminded her of the many conversations that we had about pushing. I told her to bear down as if she were having a bowel movement. I held her face and got right in front of her to get her to really hear me. The midwife applied warm compresses and instructed her to push in to the warmth. Within just a few contractions, “Coral” got the hang of it, discovered

(Continued on page 6)

LOCAL EVENTS

JANUARY 2001

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9 Hypnobirthing® Info. Night 6-7pm @ 1155 N. State St. Rm 417	10 La Leche League 10am @ Garden Street Family Center*	11	 <p>Birthing is sponsoring a free discussion group about... what else? Birthing practices! So if you are pregnant, a new parent, or a professional in the area of birth... please join us! January 30th 6:30 - 8:30 @ Co-op Connections Building***</p>	
14	15	16	17	18		
21	22	23 La Leche League 7:30pm @ Pam's home**	24	25		
28	29	30 <i>Birthing</i> discussion group 6:30pm @ Co-op Connections Building***	31			

FEBRUARY 2001

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13 Midwifery Forum 7pm @ Co-op Connections Bldg.*** Waterbirth	14 La Leche League 10am @ Garden Street Family Center*	15	16	17
18	19	20 La Leche League 7:30pm @ Pam's home**	21	22	23	24
25	26	27	28			

*Garden St. Family Center 1231 N. Garden St. (Garden & Holly)

**Call 592-5052 for information

***Across the parking lot from the Community Food Co-op 1220 N. Forest (Forest & Holly)

If you would like to put an event on the calendar please leave me a message and I will contact you.
Julie, toll free @ 1-877-576-3038 or e-mail birthing@hotmail.com

Upcomming Events : I would like to hold a Doula potluck on January 26th in the evening, call me if you are interested.

RESOURCES

ADOPTION		CLASSES	CHILDBIRTH	HEALTH CARE	ACUPUNCTURE
Adoption Resource Library	733-6714	Apple Tree Childbirth Education	676-2526 Christian-based	David Adich	(DC, LAc) 734-9555
Adoption Support Group	671-3093	Becoming Parents, Staying Partners	676-2443	Paula Brown	(LAc) 734-9500
Bethany Christian Services	733-6042	B'ham Technical College	738-0221	Darcy Elliot	(LAc) 647-0228
International Child Adoption Ntwk.	738-8251	Deborah Craig	738-9015	Mystique Grobe	(ND, LAc) 715-9010
Nancy Berg, Atty	714-6188	Tricia Griffin	733-8086 (Bradley)	Heidi Hawkins (pediatric & allergy)	676-5477
Debra A. Lev PS	671-7065	Brooksana Raney	676-8723	Dennis Littleton	(ND, LAc) 676-5337
		Transitions	734-1414	Jack Shupe	(LAc) 733-1693
BREASTFEEDING SUPPORT		CLASSES		HEALTHCARE CHIROPRACTO	
La Leche League	595-2403 Terry 988-4086 Angela 592-5052 Pam 647-3507 Heather 715-2020 Judie 354-8278 Suzanne	Aryn A. Whitewolf aidU2relax@aol.com	758-9854 Hypnobirthing@	Robert B. Bates, DC	398-7466 kvrba@aol.com
		Markaye Maionczynski	647-8601 Hypnobirthing@	Free Cranio-Sacral Therapy <1month old	
		CLASSES		EXERCISE	
Women, Infants & Children (WIC)	738-2505 or 384-1633	Prenatal Yoga-Plus & Yoga Moms	647-0712 Maureen Braun	Advid Adich, DC, LAc	734-9555
BREASTFEEDING LACTATION CONSULTANTS		Whatcom Family YMCA	733-8630	Jim Ballif, DC	650-0997
Kathleen Auerbach, IBCLC, PhD	384-1755 The Parent Center	CLASSES		PARENTING	
Jeanne Brotherton, RNC, IBCLC	758-9561	B'ham Parks & Recreation	676-6985	Will Cummins, DC	715-9010
Barbie Jimenez, RN, IBCLC	647-1544 Mother/Baby Homecare	B'ham Technical College	738-0221	Lindon Keeler, DC	715-9010
Holly Telfer, RN, IBCLC	715-4170	Ferndale Parks & Recreation	384-5113	Cherrellyn Seegers, DC	715-9010
Judie Zerzen, IBCLC, CLE	715-2020 Breastfeeding Success	Infant & Child Massage	733-6560 Christin Nelson	HEALTHCARE COUNSELORS	
CHILDCARE RESOURCES		Partners in Parenting	676-2443 Anji Citron	Catholic Community Services	676-2164 or (800) 300-2493
B'ham Community ChildCare Center	676-0950 (Sliding Fee Scale)	<p><i>Babies are necessary to grown-ups. A new baby is like the beginning of all things—wonder, hope, a dream of possibilities. In a world that is cutting down its trees to build highways, losing its earth to concrete ... babies are almost the only remaining link with nature, with the natural world of living things from which we spring.</i></p> <p style="text-align: center;"><i>Eda J. Le Shan</i></p>			
The Birches Headstart & Childcare	734-8396 or 384-1470 x 415				
Opportunity Council Childcare Resources	734-5121 x 227				
Dept. of Social & Health Services	714-4000				
Parent Cooperative Preschools	676-2170 x 338				
		Jillian Froebe, MA, ATR	738-4805	Anji Citron, MSW, CSW	676-2443
		Djuna W. Harper, ARNP	714-9574	Alexandra Hall Coy, M.Ed.	650-1591
		Naomi Rudo, MA, MFT	734-0592	Melinda Creed, MSW, CSW	650-1690
		Whatcom Counseling & Psychiatric Clinic	676-8455 or 384-3100		

RESOURCES

HEALTHCARE		DOULAS	MEDICAL	MIDWIVES	SUPPLIES	BIRTH BALLS
Melissa Denmark Sumas	599-9157	melissa.denmark@gte.net	Ann Tive, LM	734-2182	Sharon Souders	738-6915
Janna Sanabrina Bellingham	647-3604	lionessjds@gte.net	Winni McNamara, LM, CNM, ARNP	734-9500 or 766-6686	SUPPLIES	BIRTH TUBS
Julie Samms Bellingham	877/576-3038 toll free	juliesamms@hotmail.com	Judy Edmunds, CH, RNC, CPM, LM (OR)	647-1220	Deborah Craig	738-9015
Holly Schutza Friday Harbor	378-3316	schutza@interisland.net	Leslie Gesner, LM	966-0314	Pamela Aube	592-9018
Megan Bottomley Everson	988-6704	shyseed@webtv.net	Barbara Schickler, CNM, ARNP	671-4944	Birth & Beyond	206/324-4831
Amy-Emler Shaffer Friday Harbor	378-9426	denamorg@interisland.net	Susan Willis, CNM, CFPN	671-3345	Aqua Doula	800/882-7864
Charity Cook Bellingham	756-2337	unitedonelove@hotmail.com	Peggy Franklin, CPM	856-2161	SUPPLIES	DIAPER
Laurie Gallo Orcas Island	376-4490	opalclt@rockisland.com	MEDICAL	NUTRITION	Cascade Laundry	734-4200
Sharon Souders Bellingham	738-6915		Apple A Day Medical Nutrition Therapy	676-1585	SUPPLIES	HERBAL
Nancy Simmers Bellingham	671-5685		Tracy Delaney, PhD, RD	738-2830	Community Food Co-op	734-8158
HEALTHCARE	HERBALISTS		Judy Edmunds, CH, RNC, CPM, LM (OR)	647-1220	Good Earth Nutrition	733-2211
Judy Edmunds	647-1220		St. Joseph's Hospital Nutrition Therapy	715-6420	Terra Organica	715-8020
Suzanne Nagler	354-6334		PHYSICIANS	NATUROPATH	Wonderland Teas & Spices	733-0157
Linda Quintana	733-0157		Mystique Grobe, ND, LAc	715-9010	SUPPLIES	LACTATION
Amy Sothman	715-8123		Dennis Littleton, ND, LAc	676-5337	Sonia Enterprises Ana Pillow	647-1979
Bonnie Sprague	756-9793		Laura Shelton, ND	734-1560	Mother Baby Homecare	647-1544
HEALTHCARE	MASSAGE		Mark Steinberg, ND	738-3230	SUPPLIES	SLINGS
Susan Adich	734-9555		Joseph Wessels, ND	734-9500	Mother Baby Homecare	647-1544
Elizabeth Brown	676-8274				Sharon Souders	738-6915
Judy Edmunds	647-1220				Judie Zerzen	715-2020
Sarah Love	733-0887					
Claire Lynam	733-4011					
Catriona Munro	734-1560					
Cheryl Roberts	734-1560					
Cindy Sabol	715-9495					
Joanna Schmidt	715-9010					
Sharon Souders	738-6915					

I would like to thank Sharon Souders and the *Birth in Bellingham* group for making their database available to me and making this wonderful resource directory possible!

If you provide a birth related service and would like to be listed in this resource directory please leave me a message, toll free @ 1-877-576-3038 or e-mail birthing@hotmail.com and I will contact you.

HEALTH NEWS

CANDIDA ALBICANS A FUNGUS AMONG US?

- depression
- anxiety
- unnatural irritability
- digestive symptoms (diarrhea, constipation, bloating and heartburn)
- extreme fatigue and a sense of hopelessness
- inability to concentrate
- allergies
- acne
- migraine
- widespread muscular pain
- cystitis
- vaginitis
- thrush
- menstrual problems & pre-menstrual tension

You've probably heard about Candida, perhaps you've had a vaginal yeast infection, or oral thrush. But how much do you really know about this potentially damaging symbiant? Candida is present in everyone, living naturally in your digestive system. It has been overlooked for years and underdiagnosed because it is always with us. Under normal circumstances it is a benign yeast. When the body's immune system becomes compromised it begins to overrun the system and turn from a benign yeast into a potentially damaging fungus. The difference between Candida in it's yeast form and it's fungus form is simple. Candida yeast lives in restricted areas of the body, kept in check by the body's natural flora. Candida fungus forms when the body's defenses have been compromised enough to allow it to spread into areas of the body where it otherwise would not be and it begins to form rhizomes, or roots, which allow it to penetrate the surface of any membrane it inhabits allowing access to the bloodstream. Once in the bloodstream Candida can travel all over the body. The toxins that Candida fungus produces can cause many symptoms but Candida in and of itself is not really a cause for alarm. In fact, Candida is the

alarm. Candida overgrowth is a signal that the body's defenses are impaired. Whether this is due to stress, a diet high in sugar, antibiotics, steroids (such as cortisone or "the pill") or a mixture, chronic Candida (Candidiasis) is a powerful alarm for the immune system. Candida can be controlled through use of antifungal medication but the underlying lifestyle problems will cause reoccurrence in most cases. The only real way to fight Candida overgrowth is to change the way you treat your body and boost your immune system. Once the body returns to a state of health the Candida can no longer overrun the system. If you have any of the symptoms listed above or simply have a persistent feeling of being "unwell" it is worth your time to investigate Candida as a possible cause. I didn't think I was affected, until I started treating myself. I never thought I would feel this well again.

(Continued from page 2)

her own rhythm and her pushing became much more productive. "Coral" gave birth to an 8lb. 5oz. baby boy after a 12 hour labor. I cried as the midwife caught the baby and lifted him to "Coral", and I am crying now as I write this. This was over five years ago and I remember it like it was yesterday. I think one of the most important things I learned from this birth is that birth really CAN transform a woman's life in such an amazing way. The birth itself seemed so easy and effortless but the confidence this woman gained from giving birth through her own power without the aid of drugs or technology has carried her on to other achievements. Today "Coral" is an excellent mother. It has been so great to watch the way that she had reshaped her life. She had put her abusive relationship behind her, turned herself in to the legal authorities and did community service work at a local private school (with baby on back) in lieu of jail time. She moved to Oregon and studied to become a Waldorf teacher and has since worked for several years in the Seattle area at a Waldorf school. She is a confident woman and an excellent mother. She and her son have formed a beautiful family.

Deborah Craig

BIRTH STORIES - FELICITY'S STORY

My labor began before four o'clock Sunday morning. My water had broken in my sleep, I noticed when I woke up and used the bathroom. I was surprised when I didn't stop "leaking." I used a washcloth to catch it. I didn't feel any contractions yet. I went downstairs to wake up my roommate for support. I woke up Stive and called my doctor. He told me not to rush and that he would meet me at the hospital around seven. The three of us got ready to go, I had packed my bag earlier that month. Along the way the contractions began. They were mild feelings of pressure in my lower back. We got to the hospital as planned. I was given a gown, tucked into bed and hooked up to a fetal monitor and a blood pressure cuff. Then the nurse came in to give me an IV. She was really friendly and had her nose pierced. Her shift ended at 8. The next nurse to visit me was Korean and spoke very little English. My contraction were steadily increasing, getting longer and more intense. More of my friends and family showed up. I remained tucked into bed wondering what was going to happen and when. I watched the fetal monitor and I could tell when the contractions were going to come. I started to feel afraid. Around 1 p.m. my doctor could tell I was in pain. He offered me an epidural. I knew that that meant no more pain, but I also wouldn't be getting our of bed after the needle went in. I chose to soak a while in the Jacuzzi tub in my bathroom. The jets on my lower back soothed me through the first contraction but by the second I wanted out of the tub and back in bed. I told the anesthesiologist to go ahead. I only felt the slight pinch of the anesthetic.

The next hour felt great.

By 2 p.m. my legs were totally numb even though I had been rolling every 20 minutes. My contractions were slacking off so they insisted I be taken off the epidural and given Pitocin. I was weakening. I wondered when I was going to be given anything to eat. I was scared and hurting and I felt my labor was not going well, my contractions were really painful. I lost it and started to cry, to scream with my contractions and generally lose all faith in myself and my ability to birth my baby. At 4 p.m. I was finally fully dilated and ready to push my baby out. My doctor came in. My room was very busy at this point. I was positioned on my back and told to lift my legs as high as I could, "knees behind the ears." I pushed with my contractions as my nurse

coached me to "poop the baby out." It got harder and harder to push, the pain was so intense, I was heaving from all the effort. I pushed for three hours solid while all my dreams and hopes for a smooth labor crashed down on me like so many pointed rocks. And then I gave up. I wouldn't push anymore. I couldn't take it. I felt like my baby was going to explode through my body. I wanted to rest for a few contraction and the doctor left the room with the nurses to convince them that I didn't need to have a cesarean. He came back and told me that my baby was having trouble passing under my pubic bone. He could put a suction cup on the baby's head to help guide the baby out. It would take about half an hour. Pushing "normally" would take much longer. I opted for the "suction cup." So he got to work and together we birthed my daughter at 7:44 p.m. She was handed directly to me and at once the fear, pain, anxiety and hopelessness were gone and I was filled with joy. She was beautiful with lots of dark hair streaked with blond and a few stork bites on her head. The placenta was delivered and I was stitched up. Nothing mattered anymore, I had my daughter. The cord was cut and she was cleaned a bit, weighed and measured, braceleted, diapered and her head covered. I named her Felicity. I nursed her for the first time with the help of a new older nurse. I finally got to eat and drink some soda. After every one left we were all really tired. Stive passed right out. Felicity went to the nursery. And I was given two pain killers and left in the dark to sleep.

Rebecca Boonstra

Send me your birth stories! 800 words or less will fill this space. If you are a birth attendant and would like to send other peoples stories please send your name and association with the birthing woman (ie doula, midwife, etc...), parents names should not be included. Send stories to...

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BIRTHING

A NEWSLETTER OF ALTERNATIVE BIRTHING PRACTICES

NAME:

ADDRESS:

PHONE NUMBER:

CHECK ANY THAT APPLY...

Massage Practitioner

Nurse

Doula

Midwife

Chiropractor

Herbalist

Childbirth Educator

Lactation Consultant

Acupuncturist

Nutritionist

Mother/Father

Other _____