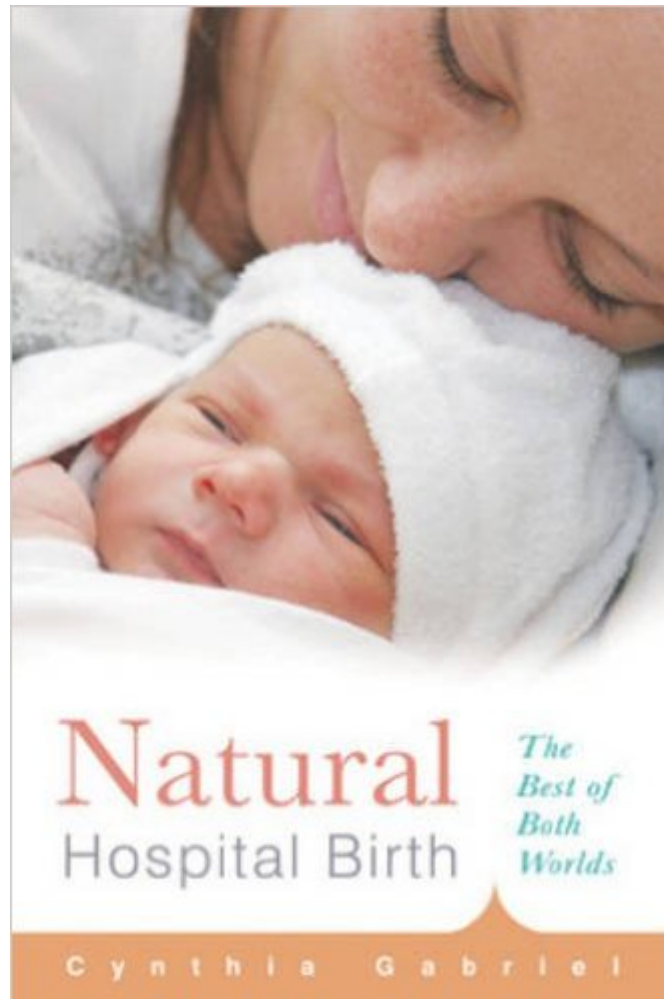


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# Natural Hospital Birth: The Best Of Both Worlds



## Synopsis

These days, many mothers-to-be find themselves torn between the desire for a natural childbirth with minimal medical intervention and the peace of mind offered by instant access to life-saving technology that only a hospital can provide. In *Natural Hospital Birth*, doula Cynthia Gabriel asserts that there is no good reason that women in North America should not be able to have both. She shows expectant mothers what they can do to avoid unnecessary medical interventions and how to take initiative and consciously prepare for the kind of birth they want to have. Also included are inspiring stories from other women who know firsthand that natural birth in the hospital is possible. With this book, mothers-to-be will be equipped with the knowledge they need to ensure a satisfying hospital birth that they will look back on with peace and joy.

## Book Information

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## Customer Reviews

I had high hopes for this book after seeing all of the positive reviews, but as I read this book I went from feeling a little disappointed to being almost angry at the book by the end. I am a birth doula and I bought this book in hopes of picking up some ideas to help my clients who want/have to have hospital births and still want natural births. I didn't get that at all- and I would even go so far as to recommend that the mommas NOT read this book. I'll try to use some quotes from this book to illustrate what I didn't like. The first thing I took issue with is the overall tone of this book. Basically it says that in order to get a natural birth in a hospital you just have to stand your ground, tell the doctors that you want a natural birth, and keep asking for "one more hour". This may work well if the staff really is pushing for interventions based on scheduling, doctor preference, etc (as does happen

unfortunately), but what about situations where there really is a medical need? This book does not discuss what questions you should ask. Yes, asking for more time (if not an emergency) is good, but what about asking for alternatives, asking about risks of continuing without the intervention, risks of getting the intervention, etc? This book really gave a sense of it's 'us vs. them' in a hospital. Sometimes complications arise, and the most empowering thing the family can do is to make sure they ask the right questions, get what information they need, and make a decision that is right for them (whether or not that is the staff's recommendation) NOT just ask for more time. I really disliked the line talking about c-sections being "the ultimate manifestation that other people are in control of birth".

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