



Albuquerque Birth Network

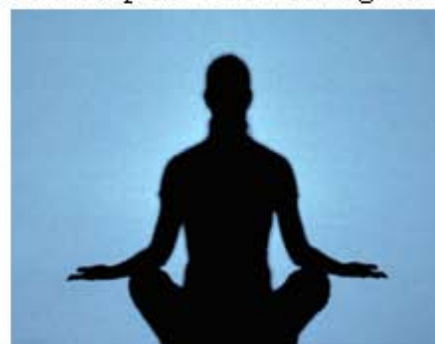
The Gifts of Prenatal Yoga by Marsha Camponeve

Prenatal Yoga is a beautiful gift for an expectant mother and her unborn child. Yoga is a gentle form of physical activity that helps the expectant mother with the many changes her body will experience throughout pregnancy. The School of Complete Yoga offers gentle, loving, prenatal yoga, where students learn about their bodies and how to stretch and strengthen their muscles and joints. The benefits of our classes reach far beyond the physical body. With all of the decisions that new families are facing, this is a time to connect, relax and feel the love in your heart for your baby.

Physical Benefits – Yoga improves posture throughout pregnancy and stretches the entire back to relieve discomfort. When the muscles are stretched and relaxed, energy is increased and pressure around the spinal nerves is relieved. **"The benefits of our classes reach far beyond the physical body."**

Sensitive back muscles, hips and shoulders become more open and flexible with yoga practice. The movement of yoga offers a gentle massage for all of the blood vessels in the body, relieving fluid retention. This natural massage also helps the intestinal muscles, relieving constipation.

Students learn positions that may be helpful during labor and delivery. Muscles of the pelvic floor are strengthened



Watsu for Pregnancy by Sarah Reynolds

Watsu® (WATer - shiatSU) is a style of aquatic bodywork.

Water: An ideal environment for freeing the spine, stimulating the body's natural relaxation response and having fun.

Shiatsu/ Zen Stretching: Shiatsu is Japanese for "finger pressure" and is the most common form of Japanese massage.

Massage and bodywork, whether on land, or in water, has been demonstrated to ease the birthing process

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phone 856-3300 schoolofcompleteyoga.com

Call today for information about our Prenatal Yoga classes. We are located at 5200 Eubank NE at Spain in the Promenade Shopping Center. Also offering Mother and Baby Yoga - perfect for you both after birth!

The Gifts of Prenatal Yoga (continued from front page)

and toned to prepare for childbirth and for quick healing during postpartum.

Mental and Emotional Benefits –

Many women continue to work until their baby's due date, carrying on with everyday responsibilities. At the same time, they are adjusting to the different feelings in their body and their changing family. In prenatal yoga, the expectant mother is taught the gift of breathing, and to calm the body and mind. These inner resources are priceless before, during and after birth. Practicing beautiful visualizations in every class increases confidence and awareness.

Upcoming Events:

- Oct 20—Grief Support for Birth Professionals
- October 20—ABN Book Club "Active Birth"
- Oct 26—Pregnancy Massage
- Nov 3—What's the Matter with My Bladder?
- Nov 9—Hypnobirthing
- Nov 17—ABN Book Club "The Happiest Baby on the Block"
- Nov 30—AfterBirth Transitions

See our website for details, times & locations!

Watsu for Pregnancy (continued from front page)

from beginning to end. It has been clinically shown to improve circulation, relieve pain, reduce muscle cramps, prepares soft tissue for mobilization, stimulates the body's natural relaxation response, and improve birth outcomes.

Many pregnant women are drawn to water for relief, relaxation, exercise, and for an ideal birthing environment. What do moms say about Watsu? "It was so nice not to feel pregnant for awhile," and "Wow, now I really know what it's like for my baby."

As with any type of treatment, always trust your intuition first. Not every technique is appropriate for every person. Watsu is safe for pregnancy. Because the water is at body temperature, 98° or lower, there is no danger to mother or baby. If there are high risk factors present during your pregnancy, a doctor's permis-

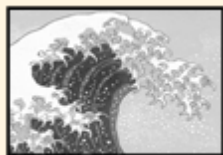
sion for watsu treatment/ massage is required.

Watsu for pregnancy offers many physiological benefits, but also gives the mother a sense of what her baby

allowing her to be more present with her baby now.

Watsu makes it easier to experience surfacing emotions with more equanimity - a valuable lesson to take out of the pool and into motherhood. The mother is more prepared to move towards her birthing day with tranquility, assurance and enthusiasm. Watsu brings joy during pregnancy, confidence for birthing day, and new opportunities for healing mother and baby.

ocean waves natural healing



**massage and bodywork
for mothers
and babies on land
and in warm water**

sarah reynolds, LMC #3220

505/ 362-3629

certified pregnancy massage therapist and watsu® practitioner

might be experiencing: heartbeat, gurgles of stomach, muffled sound, being held safely. Floating level with someone's heart, rising and sinking to the same breath, can help heal old wounds of separation for mother,

Sarah Reynolds is a licensed massage therapist, certified pregnancy massage therapist, registered watsu practitioner and infant massage instructor. She offers healing alternatives for adults, children, and infants on land and in water. Currently she teaches massage, pregnancy massage, and stretching at Crystal Mountain School of Therapeutic Massage in Albuquerque, NM.

How Does Hypnosis Enhance Childbirth? By Joleen Streit, MA, CHt

Hypnosis has been used for centuries to aid in healing the body. It has also been used in childbirth by women around the world. Many people are not aware that when they use visualization and guided imagery, they are using hypnosis.

Hypnosis has been proven to be extremely beneficial to women during pregnancy and birthing. Studies have shown that women who have been hypnotized prior to labor have shorter, easier labors, enjoy calmer babies, and have a lower incidence of post-partum depression. Mothers who utilize hypnosis seem to bond more deeply with their babies.

Hypnosis can be used to remove any fears, concerns, and limiting beliefs associated with childbirth, thus freeing the mother's mind to create a positive outlook. Hypnosis allows us to take care of unconscious negative feelings and thoughts before they have a chance to pop up and interfere with the birth.

Women who have used relaxation techniques during pregnancy report having calmer, more relaxed babies. These babies tend to eat better and cope with stress better than children of women who were overly stressed

while pregnant. The calm, stress-free intrauterine environment facilitates optimal fetal brain development.

Many women have used self-hypnosis to eliminate morning sickness and control their blood pressure during pregnancy. Hypnosis has also been used to turn breech babies, help correct a placenta previa, hold off pre-term birth, and much more.

The ability to use hypnosis and totally relax the body on command is invaluable during birthing. A relaxed laboring mother can work with her birthing body more efficiently and intimately.

Having been taught how to do self-hypnosis, many mothers can control or even eliminate pain and other physical discomforts.

Visualizations are used to send quick, clear messages to the body, and the body then responds by performing its tasks (thinning, opening, expelling) easily and more efficiently.

Mother is not disconnected from the process of childbirth but in a deeply relaxed state. Her total focus allows her to connect with her birthing body and deal with any turn her

birthing may take.

**Joleen Streit, M.A., CHt, Certified HypnoBirthing® Educator
Birth Doula (DONA)**

www.posihd.com



Dr. Karen Genter

High Desert Chiropractic & Wellness
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Chiropractic care can help to reduce labor and birth time by reducing nerve interference to the uterus, cervix, and surrounding muscles. It is also excellent for managing back, leg, and hip pain during pregnancy. Most insurance accepted.

Breastmilk Can Save 1 Million Lives Yearly from "Chiroview"

Breastfeeding a child exclusively during the first six months can save 1.3 million infant lives each year, U.N. advocates said Thursday.

In honor of World Breastfeeding Week, the United Nations International Children's Fund has been pro-

moting breastfeeding for providing all of a baby's needed nutrients, antibodies, hormones and protections from diarrhea and infections. Globally, only 39 percent of babies are exclusively breast-fed in their first six months, UNICEF officials said. Every year, more than 10 million

children die from mainly preventable causes, such as diarrhea, pneumonia, measles and malaria, officials said. If every baby were exclusively breast-fed for the first six months of life, an estimated 3,500 children would be saved each day, officials said.



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Board Members:

Kelly Camden—President
Suzanne Denmark—Admin & Web
Sarah Reynolds—Education
Donna Ryan—Public Relations
Welcoming Dusty Marie!

The Albuquerque Birth Network promotes the health and well-being of mothers and babies through free monthly classes, information, and referrals to professional services for women during pregnancy, birth and postpartum.

Members of the birth network support the model of evidence-based maternity care through endorsement of the Mother-Friendly Childbirth Initiative.

Information About the Network

Modeled after other successful birth networks which have been developed throughout the world, ABN seeks to establish a network of professionals and consumers in the Albuquerque area who support or offer mother-friendly care based on the principles developed by the Coalition for Improving Maternity Services (CIMS).

If you are interested in becoming a member, please don't hesitate to contact us by phone or e-mail, or come to our business meeting, the last Tuesday of the month from 6:00-6:45pm at Babies R Us.

What is Evidence-Based Maternity Care? from www.maternitywise.com

"Evidence-based maternity care" means using the best research about the safety and effectiveness of specific tests, treatments, and other interventions to help guide maternity care decisions. Some basic principles of evidence-based health care are:

- **Question common assumptions.** It is easy for lay people and even health professionals to have confidence in common assumptions. Be skeptical! Many widely held beliefs do not reflect the best available research and may be incorrect.
- **Know that many studies should not be used to guide decisions.** Quite a few studies are poorly done, and many have "weak designs" that make it difficult to have confidence in the results. Just because you

hear that a study has been done does not mean that it is accurate or should be used as the basis for your decision.

- **Look for the "Gold Stan-**



dard." Where available, well-conducted systematic reviews of research should be used to guide care decisions. If systematic reviews are not available, individual studies known as randomized controlled trials are preferred.

- **Make informed decisions.** When making decisions about your care, take into consideration the best available evidence, your values and preferences, and care setting issues, such as the skills of caregivers and available forms of care.