

Birthing with the Wisdom of the Ages

By Dr. Jeanne Ohm

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Talking Points

- ❖ Jeanne Ohm reminds us of the natural strength and knowledge within women’s bodies. She laments the increasing interventions and reliance on technology in the U.S. medical system, noting that this increased use of technological intervention has not improved birth outcomes (and perhaps has done some damage by restricting women’s physical bodies and personal choices).
- ❖ She encourages us to consider birthing from the chiropractic vitalistic perspective, and shares her own experiences with 6 homebirths. She explains how she and her husband planned each birth. They were not being reckless or uninformed; rather they had trust in the process, one guided by innate intelligence in all living matter – a.k.a. the wisdom of the ages.
- ❖ Having attended numerous home births, and beginning to chiropractically address the needs of newborn infants after birth, both Drs. Jeanne and Tom Ohm recognized a difference between the necks and spines of babies born at home versus those in the hospital. Babies born in hospitals had increase indication of pain when palpated, as well as overall tension and agitation. They asked to view birth videos of hospital births, and found that greater force was being used in “normal” routines in hospital births – “undue pulling, rotation stretching of the infants’ fragile necks and spines.” C-section rates correlated to increased subluxation.
- ❖ Using research from various medical journals and chiropractic research, Dr. Ohm explains why she has “serious concerns about the currently accepted birth practices in birth.” Her concern extends from women, who are undergoing unnecessary interventions leading to fear and remorse in birth, to babies, “whose nervous systems are subjected to undue physical, emotional and chemical stresses, resulting in difficulty expressing their full life potential for well-being.” (29)

- ❖ And Dr. Ohm sees a correlation between the increased technological interventions that separate a mother from her body and these aggressive obstetric procedures – “It is no coincidence: The very same procedures where a woman’s intuition has been violated the most – technological birthing—are among the greatest causes of injury to a newborn. It is also no coincidence that the healthcare providers who support parents’ intuition and trust in the body’s self-healing, natural processes—doulas, midwives, and chiropractors—are also the ones who are most able to help prevent, reduce and correct the damaging effects of birth trauma.” (29)
- ❖ Concern over birth trauma has led chiropractors to develop prenatal care techniques to assist mother’s nervous system, balancing her pelvis and “enhancing optimal fetal positioning.”
- ❖ Dr. Ohm makes a sincere call to all mothers – “Mothers, our strength is in our inner knowing. It comes from the innate wisdom that speaks when we ask and guides when we listen. When we reclaim our confidence and trust in our inner knowing, we grow and embrace our true selves. As we make the choices for our family’s well-being from this quiet place within, we reclaim motherhood. As we pronounce the respect and appreciation for the magnificence of life, we change the world.” (30)

Resources

Full references for each article are available at <http://pathwaystofamilywellness.org/references.html>

Jeanne Ohm on Birth Trauma (with great links) -

http://www.makinmiracles.com/articles_doctor/birth_trauma.html

A link to a personal perspective of the author - <http://pathwaystofamilywellness.org/Letters-from-the-Editor/a-message-from-our-editor-issue-24.html>

A great site intent on helping women avoid c-sections through education, body work and birth support - <http://www.birthworks.org/site/about-birthworks.html>

Check out The Business of Being Born - <http://www.thebusinessofbeingborn.com/>

Sister Morning Star - <http://www.sistermorningstar.com/>