

**❖ Topic #2: Birth Interventions**

New studies reveal that birthing interventions, which bypass the mother and child's natural occurrences, lead to larger and often long-term problems. Despite this reality, C-section births are up to 33% in the United States. Babies born through cesarean are more susceptible to illness. One factor may be that the baby doesn't get squeezed in the mother's birth canal. This squeezing can extract fluid from the baby's lungs and without that process, more babies born through cesarean inevitably end up in the intensive care units.

While there is no medical recommendation for receiving routine ultrasounds, the International Society of Ultrasound in Obstetrics and Gynecology (ISOG) recommends that all pregnant women receive an ultrasound, despite studies that claim ultrasound waves may be harmful. The ISOG is in partnership with GE Healthcare and other imaging development companies, posing a conflict of interest, yet over 99% of women nationwide are receiving routine ultrasounds with an average of three per pregnancy. There is a lack of evidence to support that ultrasounds improve perinatal mortality, and mounting evidence that suggest they may cause deformities in the cell membranes of the unborn baby which could affect their brain development,

**Group Questions:**

1. What are some natural occurrences for mother and baby that may be bypassed through interventions such as C-sections, epidurals, Pitocin, etc.?
2. Surgeries and medications during the birthing process rely on the bodies' natural ability to heal and detoxify for their use to ever be considered. In this way, doctors are already relying on nature. In what ways could we use this understanding that our body is self-healing, and that life is intelligent to allow nature to take its course in the first place?
3. With all the scientific data that has stopped interventions like episiotomies, anesthesia during labor, and x-rays during pregnancy, are routine ultrasounds and cesareans birthing interventions we can assume will dissipate as science continues to reveal that natural is best?
4. Why have so many interventions become mainstreamed even though there are inconclusive studies on their safety, and mounting evidence that they may have negative effects on the baby?