

PW #49 Topics/Talking Points/Group Questions

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❖ Topic #1: Breaking Cultural Norms to Return to Normal:

Suggested reading for this gathering are as follows:

- [Why Are We Asking Doctors if Women Should Have Midwives](#) by Cristen Pascucci (Pg. 25)
- [Thinking Outside the Chair](#) by Katy Bowman, M.S. (Pg. 44)
- [Hands That Itch to Hold the Spoon](#) by Amy Bentley, Ph.D. (Pg. 40)
- [What Happens to a Woman's Brain When She Becomes a Mother](#) by Adrienne LaFrance (Pg. 19)
- [Molecules of Love](#) by Marianne Littlejohn (Pg. 23)
- [The Woman Who Chose to Plant Corn](#) by Charles Eisenstein (Pg. 68)

Talking Points for Articles:**[Why Are We Asking Doctors if Women Should Have Midwives](#)**

In an eye opening article by Cristen Pascucci “Why are we asking Doctors if Woman Should Have Midwives” we explore the conflict of having to ask for permission from the competition for what should be a woman’s right. Furthermore, we learn that only 28 states allow for certified professional midwives despite studies showing that hospital births have increased perinatal mortality. As woman move forward in the workplace, in politics, and rise in social status, they are still being told by men in white coats how to deliver their babies—in a hospital on their backs.

Despite what seems progressive in our culture, melding to social norms in many cases is anything but normal when regular physiology, biomechanics and the limited capacity to adapt are taken into consideration. The rights of women in childbirth is just one area where our culture disturbs the organic expression of life in efforts to perfect its system, but in so doing threatens the outcome.

Questions to Consider:

1. How have you handled persecution for your choices?
2. How have you built a support system to encourage you?
3. How would you feel if other health choices required the “authority” approval of another profession?
4. What are some more realistic expectations for new moms that may help combat the increasing diagnosis of postpartum depression and anxiety in a culture that under supports new mothers, and creates unrealistic expectations for their emotions after birth?

[Thinking Outside the Chair](#)

In the article *Thinking Outside the Chair* by Katy Bowman, M.S. we are shown another area where cultural demands have a negative impact, through the lack of movement, in what is becoming a seated society. Here we learn that ergonomic seating is not the answer since our bodies were not made to be seated all day. She proposes we remove all chairs from classrooms in efforts to reverse this cultural norm.

Questions to Consider:

1. What do you think of the idea proposed in *Thinking Outside the Chair* to remove all chairs from classrooms?
2. What can you do to encourage more movement in your home?

[Hands That Itch to Hold the Spoon](#)

Like all cultural norms that are abnormal to our function they have been introduced at some point in history and adopted for various reasons. In the article *Hands that Itch to Hold the Spoon* we understand how baby food swept the nation, and became seen as the progressive facet for feeding babies. Despite the increased health benefits of breastfeeding our culture was swooned by marketing antics that promised elite status to those who jumped on board.

Questions to Consider:

1. When did you introduce your child to solids, and what motivated you to do so?
2. What type of support did you get for your feeding choices?
3. What are some ways you’ve been able break free of a social restriction?
4. What are some natural life parenting styles that you would like to see accepted in our culture?

[Molecules of Love](#)

Normal physiology is the greatest science there is. In this article, Marianne Littlejohn talks about the hormone, oxytocin and its huge significance in pregnancy, birth and for the newborn baby. Pathways is always guiding us to look at normal physiological function as a template for our lifestyle choices.

When we are first introduced to the authentic wellness-lifestyle at our provider's practice, there are many ideas that make perfect, common sense. We often wonder why we have never heard of these before.

Some are:

- The body is in a constant state of regeneration
- The healing of the body comes from an inner wisdom, not an outside-in drug or modality
- The nervous system controls all body functions and its ability to perform unimpaired affects every system in our body.
- Did you know that the production of oxytocin occurs via the vagus nerve and that certain chiropractic adjustments have a direct effect on the vagus nerve?
- How do you go about explaining to others about the wisdom of the body and your new found respect and trust for normal body function?

Questions to Consider:

- 1- How does understanding more about the body's amazing functions affect your choices for health and well-being?
- 2- Having a deeper understanding of health for the mind, body and spirit can be at times alienating. What are some ways that you've been able to embrace your natural lifestyle in this "progressive" culture?

[The Woman Who Chose to Plant Corn](#)

In this intriguing article by Charles Eisenstein, we are privy to a woman's story as she ventures from the societal norm to return to her native culture.

In this story, we see how many cultural norms threatened her desire for authenticity, and breaking free enhanced her personal, innate expression of life.

Questions to Consider:

1. Can you relate to her highest value and her path for success?
2. Even if you do not personally relate to her values, how can you honor her choice?