

Talking Points & Resources

Hello Pathways Connect Group Participants,

Preliminary note: There is no wrong way

To run your Pathways Connect Gathering, the steps below are to help guide you. However, we encourage you to embrace the flow of your gathering and allow for your meeting to take on its own momentum in whatever direction it might go.

Step 1: Select topics

Prior to your group gatherings, find and select one or more of the magazine articles that you found interesting and want to share. Pick topics that make you passionate, as these are the easiest to talk about and spark discussion.



Step 2: The Gathering

Welcome everyone present in the group and ask each person to introduce themselves and share a little about themselves. Be sure to share about yourself as well.

Step 3: Introduce the topic

Share with the group your topic and why you chose it, why it interests you, and the importance you see in it. Summarize the article (some article summaries are provided below). You can read the entire article or article summary out loud to your group and share your thoughts at this time.

Step 4: Encourage conversation

We provide questions after each summary section that will help people to engage. Make use of these questions or devise your own.

Step 5: Make the chiropractic connection

At the end of each article summary are notes about how this topic relates to chiropractic. If you utilize these meetings to educate parents on the importance of chiropractic care you will be benefitting your office growth and the health of your community.

PW #53 Talking Points/Group Questions**FEATURE*****Why is the Fear of Birth Rising?* By Sam McCulloch****Article Summary:**

“It is estimated that around 10 percent of women suffer from tokophobia, or an intense fear of birth, and researches say the number is growing. But why is this happening? What do we have to fear about birth?” In her article Sam McCulloch uses history to help shine a light on current fears surrounding birth. “There is a commonly held belief” she says, “that birth is dangerous, and that we’re lucky to have access to medical assistance.” However it has been shown that basic hygienic practices were behind the decreased childbirth risks, not doctors.

False notions of the history paired with the bombardment of negative attitudes about birth in social media and television, create the challenges confronting a woman’s innate potential to birth naturally.

What is the fear of birth doing to women? Sam gives us these answers: Fear of birth increases the pain experienced during birth. Fear of birth increases the likelihood of employing contraindicated interventions. And according to a study in the journal BMJ, fear of birth is associated with an increase in post-partum depression.

People are enculturated with the idea that birth is “the most painful and dangerous thing anyone ever does willingly.” To overcome fear around birth, Sam offers some solutions:

Birth support: Have a care provider who you can trust, someone who sees birth as a normal and natural event.

Birth Preparation: Be as informed as possible. Find out what a natural birth looks like. “It can be daunting,” Sam explains, “to imagine how you will feel in a situation you’ve never experienced before.”

Questions for Consideration:

- Is your husband or partner afraid of birth?
- What are the main reasons, if any, for seeing a traditional obstetrician?
- How have you experienced birth portrayed via mainstream sources like Hollywood or television? Have you or your husbands opinions been impacted by these experiences?
- What are the best ways to overcome any cultural programming that may have put fear into the worldview pertaining to birth?
- Are your friends and family supportive of the idea that birth can be fearless and therefore naturally conducted?

- In your experience, are there any times where fear was instrumental in leading to a more natural birth?
- Have you and your partner watched any natural, unassisted homebirth videos?

Chiropractic Connection:

Chiropractic has been shown to reduce labor time. Chiropractic encourages optimal baby positioning which leads to a more natural birth. With chiropractic we learn about the body's innate ability to birth. We also learn about the baby's innate ability to find the optimal position for birth. Carried forward, this philosophy shows us that in birth, women and babies require only one thing—freedom from interference.

FEATURE (continued)

***The DeLee Protocols. The Pathologization of Childbirth (From the book “Born Broken”) by
Matt Rushford, D.C.***

Article Summary (Excerpts from article):

“In 1900, 95 percent of all U.S. women gave birth at home. By 1955, 95 percent of all births occurred in hospitals. This staggering transition was powerfully driven by the systemic reframing, or pathologization, of pregnancy and birth by a man named Joseph DeLee.”

“This audacious and professionally opportunistic reframing also planted the seeds of the eventual story that our current society holds around medicine and birth, which is that birth was dangerous until doctors saved it.”

“The one factor that did not support the movement of birth into the hospital was science. Hospital births were more dangerous in 1920, and they did not get safer any time soon. But science did not stop Joseph DeLee or the emerging cartel of the obstetric field.”

“The Midwife Protection Act in Britain helped to successfully establish the very conditions DeLee and his contemporaries refused to consider: safe home and hospital births managed by trained midwives delivering superior results at reduced cost and with reduced complications.”

“Two years before he died, DeLee seemed to sense the Frankenstein’s monster he had unleashed and warned the audience at a Mother’s Day address to avoid doctors who attempted to rush the birth process. ‘Mother Nature’s methods of bringing babies are still the best,’ he stressed belatedly.”

“Much of the failure [of conventional birth practices] stemmed from an almost religious faith in the power of science and medicine to solve all of humanity’s problems. In the public discourse on medicine and healthcare, this has come to be known as ‘scientism.’”

Questions:

- Do you have challenges accepting the idea that medical doctors were not responsible for the decrease in childbirth mortality, and were, in some cases, the cause of its increase?
- The pathologization of birth is heavily influenced through the use of language. “Labor” “Delivery” and “Contractions” are just 3 examples of how pathology has extended into our every-day vocabulary in the topic of birth. What are the ways to oppose the pathologization of birth in the modern world?

- The taboo of being called anti-science immunizes scientism from incurring public scrutiny which is part of the reason it has risen to high levels today. To what extent are your beliefs and choices influenced by this fear of being called anti-science?

Chiropractic Connection:

Medical doctors enjoy a high esteem today, but much less than they did in the past. This decline in authority goes hand in hand with the freedom of information available today. This information has revealed the failure on the part of medical doctors to 'do no harm,' both in the past and in the present day.

The origin of modern medicine paralleled the origin of chiropractic in respect of time (late 1800's.) However their philosophies have always been mirror opposites. In this transition period, people are waking up to the limitations of the dominant paradigm of allopathic medicine. Self-healing represents the next chapter in healthcare. Chiropractic has a long held philosophical and scientific investigation into the nature of this self-healing via the nervous system. In lieu of this reality, chiropractors harbor quite a tenable philosophical and scientific basis for the future of healthcare!

CHIROPRACTIC FOR LIFE***Can Chiropractors Turn Breech Babies?*** By Pathways Magazine**Article Summary:**

Chiropractors practicing the Webster Technique have observed many babies in utero change their position from posterior to anterior and from breech to head down, but why? No chiropractor claims to be practicing obstetrics, and the Webster Technique has never advertised itself as a treatment for a fetus's mal-positioning. Yet more and more pregnant women are utilizing chiropractic for just this reason.

Restoring normal physiological function with spinal adjustments has a fascinating ability to correct abnormalities. Chiropractic care benefits ALL aspects of the body's ability to be healthy. In the case of baby positioning, it is chiropractic's role to restore pelvic biomechanics and alignment with the nerves, muscles, and ligaments attached to the uterus. Through pelvic misalignment and ligament restrictions, the baby's innate ability to find the optimal position for pregnancy and birth (whatever that may be for each individual) is thwarted. Referring to the Webster Technique as a "treatment" for breech presentation or any other positioning creates misunderstanding and unnecessary controversy, and ultimately defies the very principles that chiropractic was founded on.

Questions:

- Has anyone you know sought chiropractic care for optimal fetal positioning?
- Do you agree with the chiropractic principle which avoids referring to an adjustment as "treatment?"
- What are some of your experiences that you may be able to contribute to misalignments in yours or your loved one's spine and nervous system?
- The holistic effect of an adjustment has great benefit for all people, including mothers. What are some ways to achieve balance outside of chiropractic care, or in addition to chiropractic care?

TIMELESS WISDOM***Creative Fertility*** by Jeannine Parvati Baker**Article Summary:**

“At birth, we do not distract ourselves with a machine that goes ‘ping,’ or with a gloved hand to examine our progress. Instead we ask our babies, ‘How do you want to be born?’ Then we listen and arrange ourselves to meet their needs and expectations. After birth comes the same question again. ‘How do you want to be in these arms?’ ‘How do I nurse you?’ We’re here to serve our babies. This is the only post-partum they will ever have. They are the priority.”

Jeanine Parvati Baker describes fertility as creative energy. “Why do people have babies? Because there is just too much love for two people, so they need to share it with another.”

She describes motherhood for women such that, “Having babies fulfills our destinies as women. It’s woven into the softest tissues of ourselves to be mothers, and that is an ecstatic experience. It’s not a job or an obligation. It’s an invitation to experience tremendous joy and happiness.”

But it’s not enough to stop with the mother. Jeannine honors the importance of the father to an equal degree: “The other side blows my mind. The immense amount of surrender and trust that men cultivate when they conceive a baby. The mother’s in control. It’s her body. She can eat whatever she wants to and it’s going to affect the child. What surrender and trust to allow us that literal ecstasy of gestating their child. It’s quite in balance.”

Questions:

- By asking the baby, “How do you want to be born?” we redirect some of the responsibility away from the mother onto the baby, respecting him or her as an autonomous co-pilot in the family trifecta. What feelings are evoked by this paradigmatic shift of responsibility onto the baby, both for birth and for parenting?
- What is the ideal expression of a father whose role consists of “trusting and surrendering?”
- Has your partner’s trust and surrender been a source of strength for you or were you in need of a more active role?
- How do we prevent each-other from providing their optimal role in the family?

Chiropractic Connection:

The chiropractic principle, “Life expresses intelligence.” is never more apparent than in the baby and growing child. The sense of connection, so important for parents who wish to be in tune with the life of their child, is a function of the nervous system as real as the 5 basic functions of sight, sound, taste, touch, and smell. With subluxations to the spine and nervous system, blockages occur and there are resulting effects on our mental and emotional capabilities. Balance to the nervous system may be as important in establishing a resounding connection with each other and our children as is physical contact, love, and attention.