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Hypnosis: The Natural Childbirth

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There are many advantages to using hypnosis not just for the actual birthing process but during pregnancy as well. It is well documented that the more a client practices hypnosis—the greater the depth achieved. Over a period of time, even those who only achieve a light state of altered consciousness will soon calm their fears of the hypnotic state and will then easily enter the deeper states needed for the birthing procedure.

Hypnosis is a natural state of being. Everyone is capable of entering what is known as an altered state of consciousness. If you read, watch TV, go to the movies, day dream, anything that allows you to totally become focused on the story line, plot, or imagined scene, you are experiencing an altered state of consciousness or what we call hypnosis. Yet your eyes are open and you see and hear what is going on around you, but you just don't care because you are somewhere else. It is just another easy step to close your eyes and learn how to develop analgesia or anesthesia. Your body will do this for you just as it produces feelings of anger, love and a whole other range of emotions. Emo-



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tions send messages to the body which in turn produces “happy” endorphins.

During the first trimester or 0 to 13 weeks, around three to four weeks gestation, it is not uncommon to experience the onset of morning sickness. Although it is called “morning” sickness it can, unfortunately, last all day and all night as well. It is believed to be due to hormonal imbalances, the first hormone to appear is HCG, human chorionic gonadotrophin, which stimulates the production of the pregnancy hormones, oestrogen and progesterone. There may also be an imbalance between the pregnancy hormones and cortisol. Cortisol is a hormone released when the body is experiencing stress and anxiety. Could this be the cause of sickness and nausea during early pregnancy? Hormonal imbalances are often

blamed for unusual tiredness and emotional highs and lows during this early state of pregnancy.

Learning and practicing hypnosis relaxation techniques during this time will often alleviate the feelings of nausea and sickness, as well as, excessive tiredness. It has also been noted by health care practitioners that the mothers-to-be present themselves with a relaxed and in control attitude.

The baby and the mother-to-be are sharing the same system so it is not surprising to learn there is evidence when the baby is monitored, that the baby is relaxed too.

I believe that the emotional highs and lows experienced during this time is nature giving women an opportunity to prepare physically, mentally and spiritually for child rearing. I feel the mood swings are a great gift to clear emotional garbage, sometimes this occurs without the person even being aware of what the initial problem is or may have been. I feel this process is essential and should be addressed as early in the pregnancy as possible. Often, early analysis has put to rest fears, anxieties and tensions that may be subconsciously connected to past traumas and experiences so that the pregnancy then becomes the wonderful and pleasant experience it is meant to be.