

Forum

Natural birth: improved outcomes for both mother and child

Lisa Muscarella, Kathy Blanco, and Donna Young

Abstract

This forum consists of three mothers who each candidly share their birthing experience and knowledge in the hopes of educating pregnant mothers and effecting sorely needed medical reforms. Lisa Muscarella discusses how proper birthing position can achieve as much as 30% greater opening of the birth canal, thus reducing the risk of shoulder dystocia, brachial plexus injuries, and other injuries to both mother and child. Kathy Blanco's personal experience and narrative demonstrates the positive birthing outcomes associated with natural birthing methods and contrasts these with a pregnancy where labor was induced using drugs, a pain killer was administered, and the umbilical cord was instantly clamped. Since 1998, Donna Young has been engaged in extensive research, and is most qualified to discuss fraudulent policies, procedures, and protocols that have come to be established for the benefit and convenience of the healthcare professional and medical staff, rather than serve the interests of the mother and well-being of the baby.

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