



HypnoBirthing®  
The Mongan Method

The Myths and Truths of  
HypnoBirthing®  
What Every Mother Should Know

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# The Myths and Truths of

## HypnoBirthing®

### What Every Mother Should Know

By Debbie Radomile, RN, HBCE

Birth is a natural process and a woman's body was created to birth in a perfectly natural manner. HypnoBirthing® enables your pregnancy and childbirth experience to be the gentle, life-affirming process it was meant to be. It is a unique method of relaxed, natural childbirth education, enhanced by relaxation, meditation and self-hypnosis techniques. It provides the guidance that women seek to allow their natural instincts to bring about a safer, easier more comfortable birth because your baby and your body know just what to do. HypnoBirthing® is designed to teach you to trust in nature's way of birth

and to relax and let your body do what it was designed to do. (7)

Since knowledge and understanding are always at the foundation of change, it is important for mothers to learn about their body and the natural processes it goes through in preparation for and during birth. HypnoBirthing® may be new to you but it is not new to the world, as women have delivered babies in this manner for thousands of years before social, religious and scientific pressures led to the medical based child birthing experience that is commonly practiced today. (4,7) HypnoBirthing® is about women empowering themselves during the process of childbirth and choosing a calmer, gentler approach for the well-being of their baby and themselves. Research has shown that HypnoBirthing® moms use less medication, have fewer episiotomies, and a lower C-section rate than traditional births. (3) In addition, HypnoBirthing® babies bond earlier and experience a calmer transition into the world. (7) In

spite of these facts, there are still many myths associated with hypnosis and HypnoBirthing®. This booklet is meant to educate women on the myths and truths of HypnoBirthing® and empower women with the knowledge and understanding of alternative birthing methods.

## Myths

### 1) Hypnosis is for stage shows.

Most people are first exposed to hypnosis through the media when they see someone stare at a watch or quack like a duck. Though hypnosis can be used for entertainment, the majority of hypnosis is used clinically to help people change habits, gain understanding of their behaviors and explore their inner self in order to improve their quality of life. Hypnosis has been supported by a large body of evidence based research and has been used

extensively in the field of psychology to change behavior or treat anxiety, phobias and pain. (1)

The truth is that most of us achieve a hypnotic state on a daily basis. Have you ever driven home from work and realized that you had not consciously remembered every turn, stop sign or road you traveled? That is because you were operating on a level of consciousness where routine behavior is performed on autopilot. This conscious state is called the alpha state. The alpha state is the brain wave state most commonly used in hypnosis. (2)

## **2) Hypnosis is hocus pocus.**

Uninformed people sometimes use terms like hocus pocus and voodoo to describe hypnosis. These terms diminish the validity of a clinical intervention that helps thousands of people every year. As mentioned earlier, hypnosis has been a standard treatment in psychology for years and is gaining more popularity as the public becomes more aware of the connection

between mind and body. Most people know that stress causes illness, but do not realize that many other behaviors and emotions cause illness as well. Hypnosis is used to address the root cause of emotions, beliefs and behaviors to improve both mental and physical health. The reason that hypnosis is so effective is because the hypnotist communicates with the subconscious mind, where scientists believe 95% of our decisions are made. (2)

### **3) Hypnosis won't work for me.**

Hypnosis is effective for anyone who truly wants to change their thoughts, beliefs and behavior. Since you cannot be hypnotized against your will, it is only effective when "you choose" to allow it to happen. The mind is a very powerful tool and when we use it for our benefit, great things can happen. You must choose hypnosis just as you would choose any other treatment modality. (6)

### **4) I fear a loss of control.**

A person under hypnosis maintains complete control and can choose to return to a different level of awareness at any time. Because the person under hypnosis has complete control, they will act and behave in a manner consistent with their everyday self. They will not violate any personal moral code or belief while under hypnosis. (6)

#### **5) I might fall asleep.**

It is possible to become so relaxed under hypnosis that you could fall asleep. This is not common but it can happen and will not harm you in any way. The subconscious part of your mind we want to reach is always awake and will hear what is being said; the session will still be effective.

#### **6) Birth is painful**

Birth does not have to be painful. The body is designed to give birth. The HypnoBirthing® course teaches about the numerous natural chemicals that the body produces during pregnancy and childbirth to

assist the body in performing its functions. Pain is typically a result of long-held beliefs regarding childbirth or a result of medical interventions that interrupt the body's natural process. HypnoBirthing® moms statistically use fewer pain medications, have fewer episiotomies and fewer medical interventions. (3) They report a beautiful child birthing experience because they had faith in their body and their baby to do the right thing at the right time.

**7) HypnoBirthing® cannot be done in a hospital, thereby increasing my risks.**

No one can assure that every child birth experience will be perfect because there are too many factors affecting the mother and baby for any healthcare provider to make that guarantee. However, since child birth is a natural experience, most mothers birth their babies without complications or interventions. The HypnoBirthing® process of child birth is not riskier, but in fact less so, because HypnoBirthing®

moms are more aware of changes in their body and the baby during the birthing process. (7)  
HypnoBirthing® moms can choose a hospital birth or a home birth because HypnoBirthing® can be applied to any birthing situation. Since the majority of women do not need medical interventions or procedures during child birth, they also do not need complex monitoring and treatments to have a healthy baby and a peaceful, calm and comfortable birth.

## TRUTHS

### 1) Hypnosis creates deep relaxation.

When a person reaches the hypnotic alpha state of consciousness, they are very relaxed and focused on their internal state. This deep relaxation can be useful in reducing stress, anxiety and muscle tension.  
(2) The HypnoBirthing® mom uses this relaxed state

to connect with her baby and progress through the stages of birth. Her ability to focus on her body allows her to create a safe place where birth is a smooth gentle transition. Staying focused on her baby throughout the birthing process provides mom with a deep understanding of the mind-body-soul connection.

## **2) Your body was designed to give birth and provides everything you need.**

Our bodies were designed to perform many functions like digestion, circulation and movement without any discomfort. We do not experience pain when acid fills our stomach (muscle) and digests our food. We do not experience pain when our bowels (muscles) squeeze out waste through 27 feet of small and large intestine. We do not experience pain 60 times a minute when our heart (muscle) contracts forcefully and ejects blood into the arteries of our bodies. We do not feel pain when we contract and release leg

muscles and arm muscles as we perform routine activities. Then why does our uterus experience severe pain when it's muscles contract? Muscles are made to contract. So, what is wrong with our uterus that it malfunctions? HypnoBirthing® teaches you that there is nothing wrong with your uterus, it is your underlying thoughts and beliefs that create fear and tension during childbirth. This tension and fear leads to muscle tension and the resulting pain. When our body is given contradictory messages, it cannot function optimally; this is what happens to the uterus. During a birth surge, fear and tension may prevent the uterine muscles from performing naturally and gently which can then result in painful contractions. In addition, the mother's body produces numerous chemicals and hormones that assist with the birthing process. When artificial drugs, like oxytocin (Pitocin), are given, the body shuts down its natural chemical production. This prevents the body from performing its innate birthing

functions. HypnoBirthing® teaches how and why your body is made to calmly birth a child and teaches you how to stop the Fear-Tension-Pain cycle. (7)

### **3) The umbilical cord should not be clamped and cut prematurely.**

The umbilical cord is the baby's lifeline in the womb and supports the baby during the transition to the outer world. When the cord is clamped and cut prematurely, the baby is denied up to 30-40% of its blood. (8) The blood provides oxygen to the baby's body and lungs during the critical post birth minutes allowing the baby time to comfortably begin breathing on its own. Premature cord cutting also increases iron deficiency in the first months of life because the baby is deprived of iron stores that are lost in the cord. (8) Iron is a primary component of hemoglobin, the oxygen carrying component of the blood. The blood that is not transferred in the cord must then be manufactured by the baby's body. It

could take several days or weeks to reach pre-birth blood levels.

The average cord stops pulsing approximately 10-15 minutes post birth. (8) During this time mom can still cuddle and bond with her baby as the cord is long enough to allow for the baby to lie on mom's chest. When the cord is finished with its job, it will stop pulsing, shrink and turn white, indicating it is ready to be cut. (8)

#### **4) Fear is the source of labor pain.**

In 1912, Dr. Grantly Dick-Read discovered the Fear-Tension-Pain syndrome during childbirth. He was tending to a woman in the process of birth and offered her pain medications and other interventions. She refused all assistance. After the birth he asked her why she did not want his help and she replied, "It didn't hurt. It wasn't supposed to was it?" This response changed his view of childbirth forever. He began investigating women's response to birth and

discovered that women who believed childbirth would be painful, had a painful childbirth experience and those who did not, did not experience pain. (7)

A veteran obstetrical nurse supported that discovery when she shared that young teens who do not know what to expect during childbirth, typically have gentle uneventful deliveries. HypnoBirthing® education provides the knowledge and skills that a mother needs to address the Fear-Tension-Pain cycle.

**5) Practicing relaxation, meditation and self-hypnosis allows the mother to focus on her body and her baby.**

Meditation and hypnosis both occur when the brain waves reach an alpha state of consciousness. HypnoBirthing® moms practice relaxation, meditation and self-hypnosis routinely in order to train their bodies to relax on command. (7) In an alpha state, the mom is tuned into her body and her baby. (2) She can often sense when bodily changes are

occurring and predict the phases of birth without external input. This phenomenon has been reported by many HypnoBirthing® moms.

**6) HypnoBirthing® mothers are very connected to their baby during and after their pregnancy.**

When a mother achieves a deep state of relaxation and inner focus, she connects mentally, physically and spiritually with her body and her baby. This connection creates an internal knowing and a strong bond between mother and baby, long before her baby is born. It also allows mother and baby to bring their minds and bodies into perfect harmony. (7) HypnoBirthing® moms state this connection gives them a great sense of satisfaction and comfort.

**7) HypnoBirthing® babies are calmer and more content.**

When a baby transitions from the world of quiet warmth and security of the mother's womb to the outer world, it is without a doubt one of the most traumatic events of

their life. If a baby can make that transition calmly and gently, there is less reason to fear the outer world. Hypnotic regression has revealed that babies know their parents at birth and remember their birth in great detail. This knowledge is imprinted in their brain and bodies. HypnoBirthing® moms report that their babies are calmer, more joyful and easily soothed than children they birthed with medical interventions. (5) Bringing a baby into the world peacefully and calmly has long lasting effects on their persona.

## SUMMARY

You can see there are many advantages to choosing HypnoBirthing® for yourself and your baby. Our trained practitioners are Gold Seal certified by the HypnoBirthing® Institute and can assist you with your birthing education, plan and goals. They are always available to answer your questions and provide the ongoing support you require.

We want to help parents have a more fulfilling birthing experience while providing a calmer, gentler and perfectly natural birth for their baby. We look forward to serving you and helping you achieve the beautiful, calm and loving experience you deserve. The joy you are about to experience with the birth of your child is a cause for great celebration, and we are here to support you during this precious time.

**Perfectly Natural** has two locations:

**Erie, Pennsylvania**

Deborah Radomile, RN, HBCE

814-397-1176

and

**Cambridge, Ontario**

Debby Spitzig, HBCE

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